

National Women's Hockey League

Official Rule Book

2015-2016

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Rules of the game

Summary

The following Rules of the Game follow the IIHF Rules of the Game except:

1. Section One follows the NHL regulations for a rink, except for a trapezoid behind the net.
2. During the shootout, players are not allowed to go more than once.
3. If the goaltender's facemask comes off during game action at any time the referee will stop the play immediately.

Section One - The Rink

- I. **Dimensions.** Unless agreed upon mutually, the official size of the rink shall be two hundred feet (200') long and eighty-five feet (85') wide. The corners shall be rounded in the arc of a circle with a radius of twenty-eight feet (28').
- II. **Boards and Glass.** The rink shall be surrounded by a wall known as boards which shall extend no less than forty inches (40") and no more than forty-eight inches (48"). The entire playing surface and the boards shall be white in color, except the kick plate at the bottom of the boards, which shall be light yellow in color. The boards shall be constructed in such a manner that the surface facing the ice shall be smooth and free of any obstruction or any object that could cause injury to players.
- III. **Protective Glass and Netting.** The Rink shall have protective glass and netting in accordance with USA Hockey rules.
- IV. **Lines.** Eleven feet (11') from each end of the rink and in the center of a red line two inches (2") wide drawn completely across the width of the ice continued vertically up the side of the boards, regulation goal posts and nets shall be set in such a manner as to remain stationary during the progress of a game. The Red Line, two inches (2") wide, between the goal posts on the ice and extended completely across the rink, shall be known as the "Goal Line".
 - A. In front of each goal, a "Goal Crease" area shall be marked by a red line two inches (2") in width.
 - B. The ice area between the two goals shall be divided into three parts by lines, twelve inches (12") in width, and blue in color, drawn sixty-four feet (64') out from the goal lines, and extended completely across the rink, parallel with the goal lines and continues vertically up the side of the boards.
 - C. There shall also be a line, twelve inches (12") in width and red in color, drawn completely across the rink in center ice, parallel with the goal lines and continued vertically up the side of the boards, known as the "Center Line".
- V. **Goal Crease/Referee Crease.** The goal crease shall be one foot (1') outside of each goal post a two-inch (2") line shall be painted extending four feet, six inches (4'6") in length. These lines shall be at right angles to the goal line. A semi-circle line six feet (6') in radius and two inches (2") in width shall be drawn using the center of the goal line as the center point and connecting both ends of the side of the crease. On the side of the crease lines, four feet (4') from the goal line, extend a five-inch (5") line into the crease.
 - A. The area outlined by the crease line and goal line shall be painted a light blue color, while the area inside the goal frame to the goal line shall be painted white.
- VI. **Face-off Spots and Circles.** A circular blue spot, twelve inches (12") in diameter, shall be marked exactly in the center of the rink; and with this spot as a center, a circle of fifteen feet (15') radius shall be marked with a blue line two inches (2") in width. Two red spot two feet (2') in diameter shall be marked on the ice in the neutral zone five feet (5') from each blue line. Within the faceoff spot are two parallel lines three inches (3") from the top and bottom of the spot. The area within the two lines shall be painted red, the remainder shall be painted white.
 - A. The circles shall be two inches (2") wide with a radius of fifteen feet (15') from the center of the faceoff spots. At the outer edge of both sides of each face-off circle and parallel to the goal line shall be two red lines, two inches (2") wide and two feet (2') in length and three feet (3') apart.
 - B. One foot away from the outer edge of the face-off spot, two lines shall be drawn parallel with the side boards that shall be four feet (4') in length and eighteen inches (18") apart. Parallel to the end boards, commencing at the end of the line nearest to the face-of spot a line shall extend two feet ten inches (2'10") in length. All lines shall be two inches (2") in width.
- VII. **Ice Cleaning.** Aside from the normal ice resurfacing that is performed during the intermissions between each period of play, the following snow removal activities shall be performed:

- A. During each commercial time-out, the ice cleaning crew shall remove snow from the goal crease area, in front of the players' and penalty benches and from side to side from the top of the circles to the end boards (ideally, the entire end zone from the blue lines in).
 - B. During the one minute break between the end of the third period and the start of the five minute overtime period during the regular season, the same procedure as outlined above shall occur.
 - C. During the break between the end of the overtime during the regular season and the start of the shootout, the two ice resurfacing machines shall make four 4 passes (two by each machine) and clean between 22 to 24 feet of the center of the ice surface. Care must be taken to ensure that both ends and both sides are resurfaced equally and that both ice resurfacing machines are shaving the same amount of ice.
 - D. During overtime in the playoffs, the procedure outlined above will take place at the first stoppage of play following the 10:00 mark of the period. This will occur regardless as to whether or not an icing has occurred or a penalty for either team is in effect.
- VIII. **Goal Posts.** The goal posts shall be kept in position by means of flexible pegs affixed in the ice or floor. The flexible pegs shall be ten inches (10") in length and yellow in color. The goal posts shall be of approved design and material, extending vertically four feet (4') above the surface of the ice and set six feet (6') apart measured from the inside of the posts. A crossbar of the same material as the goal posts shall extend from the top of one post to the top of the other. The goal posts and crossbar shall be painted in red and all other exterior surfaces shall be painted in white.
- IX. **Players' Benches.** Each rink shall be provided with seats or benches for the use of players of both teams. The accommodations provided, including benches and doors, MUST be uniform for both teams. Such seats or benches shall have accommodation for at least fourteen (14) persons of each team. The benches shall be placed immediately alongside the ice as near to the center of the rink as possible. Two doors for each bench must be uniform in location and size and as convenient to the dressing rooms as possible. Each players' bench should be twenty-four feet (24') in length and when situated in the spectator area, shall be separated from the spectators by a protective glass of sufficient height so as to afford the necessary protection for the players. The players' benches shall be on the same side of the playing surface opposite the penalty bench and should be separated by a substantial distance, if possible. Each players' bench shall have two doors which must be uniform in location and size. ("Mirrored image benches") All doors opening to the playing surface shall be constructed so that they swing inward.
- X. **Penalty Bench.** Each rink must be provided with benches or seats to be known as the "PENALTY BENCH." These benches or seats must be capable of accommodating a total of ten persons including the Office Officials. Separate penalty benches shall be provided for each Team and they shall be situated on opposite sides of the Timekeeper's area, directly across the ice from the players' benches. The penalty benches must be situated in the neutral zone. Each Penalty Bench shall be protected from the spectator area by means of a glass partition which shall not be less than five feet (5') above the height of the boards.
- XI. **Signal Devices.** Each rink must be provided with a siren, or other suitable sound device that will sound automatically at the conclusion of each period of play. Should the sound device fail to sound automatically when time expires, the determining factor as to whether or not the period has ended shall be the timing device. Behind each goal, electrical lights shall be set up for the use of the Goal Judges. A red light will signify the scoring of a goal and a green light will signify the end of a period or a game. A goal cannot be scored when a green light is showing. A light, normally red in color, will be situated at or near the Timekeeper's Bench and will be illuminated when a commercial timeout is in progress.
- XII. **Timing Devices.** Each rink shall be provided with some form of electronic clock for the purpose of keeping the spectators, players and game officials accurately informed as to all time elements at all stages of the game including the time remaining to be played in any period and the time remaining to be served by at least five penalized players on each Team. Time recording for both game time and penalty time shall show time remaining to be played or served. The game time clock shall measure the time remaining in tenths of a second during the last minutes of each period.

Section Two - Teams

- I. **Eligible players.** A team shall be composed of 18 players (16 skaters and two goalkeepers) who shall be under contract to the Club they represent. At the beginning of each game, the Manager or Coach of each team shall list the players who shall be eligible to play in the game and give the list to the Official Scorer before the game and no changes shall be permitted.

- II. **Goalkeeper.** Each team shall be allowed one goalkeeper on the ice at one time. The goalkeeper may be removed and another skater substituted but shall not be permitted the privileges of the goalkeeper. A substitute goalkeeper, who is fully dressed and equipment ready to play, must be on the players' bench or close to the bench. Except when both goalkeepers are incapacitated, no skater in the playing roster in that game shall be permitted to wear the equipment of the goalkeeper.
- III. **Captain and Alternate Captains.** One Captain shall be appointed by each team, and she alone shall have the privilege of discussing with the Referee any questions relating to interpretation of rules which may arise during the progress of the game. She shall wear the letter "C", approximately three inches (3") in height and in contrasting color, in a conspicuous position on the front of the sweater. A team can either have one Captain and no more than two Alternate Captains or no Captain and no more than three Alternate Captains. Only Captains and Alternate Captains are allowed to discuss with the referee. If neither players on the ice, they cannot come off the bench to discuss any situation with the referee unless requested to do so by an on-ice official. A complaint concerning the merits of a penalty is not a matter relating to the interpretation of the rules and is not allowed. A player who argues excessively a penalty call is subject to a misconduct penalty.

Section Three - Skater's Equipment

- I. **Elbow Pads.** Elbow pads must have a soft protective outer covering of sponge rubber or similar material of at least 1.27 cm thickness.
- II. **Facial Protection.** All players must wear a helmet with a cage. Skaters are not allowed to wear a colored or tinted cage.
- A. A skater whose visor or cage becomes cracked or broken is allowed to finish her shift, but upon leaving the ice she must repair or replace the damaged facial protection before being allowed back on the ice
- III. **Fluorescent Material.** No fluorescent material is allowed on any part of the equipment, clothing, or uniforms of anyone on ice.
- IV. **Gloves.** A skater's gloves must cover the hand and wrist areas and be of appropriate design. The backs of the gloves must be of a soft material and have no other material or objects other than padding sewn into them.
- V. **Helmet.** During the pre-game warmup and the game itself, skaters must wear a certified helmet manufactured specifically for ice hockey with chinstrap properly fastened.
- A. Should the helmet of a skater come off during game action, she must go directly to the players' bench. She is not allowed to touch the puck or participate in game action and she is not allowed to put it back on the ice even if she is not participating in game action.
- B. A Skater is not allowed to deliberately knock off the helmet of an opponent expressly to force her to the bench or to eliminate her from game action.
- C. Skaters' helmets cannot have any design or writing on them except to provide a number corresponding to their sweater number or for officially-licensed advertising.
- D. Skaters must wear their helmets while sitting on the players' bench or in the penalty box except when the helmet is being cleaned or repaired.
- VI. **Shin Pads.** Skaters' shin pads must be of a size that allows them to fit inside standard skater's socks. No protrusions from or additions to the manufactured shin pads are allowed.
- VII. **Skates.** Skates must consist of only four parts: boot, blade, blade holder, and laces. The boot must conform to the foot of the skater and not be unduly wide or long or have any attachments to it. The Blade must be smooth from front to back and secured in the blade holder at all times. It cannot have a pick in the manner of figure skates. The front and back of the blade must be properly covered by the blade holder such that no part of either protrudes. Laces may be of any non-fluorescent color and tied in any manner as long as they do not touch the ice.
- VIII. **Stick/Skater.**
- A. Sticks must be made of wood or other material approved by the League, which will follow what would be approved by the IIHF. They must not have any projections and all edges must be beveled.
- B. The curvature of a skaters' stick blade must not exceed 1.5 cm. The curve is determined by making a perpendicular line measured from a straight line drawn from any point at the heel to the end of the blade.
- C. A Stick may have only one curve and one blade. The shaft of the stick must be straight.
- D. The butt end of the stick must be covered by a form of protection.
- E. It is prohibited to insert any material into the hollow shaft of a stick to alter its weight, substance, or purpose.

- F. Adhesive, non-fluorescent tape of any color may be wrapped around the stick at any place.
- G. If a skater's stick breaks during play, she must drop it immediately. A penalty will be given if she plays with a broken stick.
- H. At no time is a skater allowed to use a goaltender's stick or more than one stick at a time.
- I. It is forbidden for a skater to use an opponent's stick, whether by picking it up from the ice or by grabbing it from an opponent's grip.
- J. The maximum length of the shaft of a stick is 163 cm, 64" from the top of the shaft to the heel, the maximum width is 3 cm the maximum thickness is 2.54 cm.
- K. The maximum length of the blade of a stick is 32 cm along the bottom, from the heel to the toe of the blade, and it must be between 5-7.62 cm (2"-3") high.
- L. Special exemptions on the length of a stick will be permitted if: (1) the player is at least 6'6 3/4" tall, (2) an application is made to the League in writing a suitable time before the player wishes to use the stick, (3) the height of the shaft does not exceed 165.1 cm (65")
- M. Only tape that is rolled onto a stick is allowed for covering the blade. Any adhesive, peel and stick tape is illegal

IX. Uniforms

- A. All players of a team must be dressed uniformly in matching sweaters, pants, socks, and helmets.
- B. All sweaters of a team must be of the same design, including logo on the front, numbers on the sleeves and back, and nameplate on the back
- C. Players are not allowed to tamper with their uniforms in any manner, whether by cutting any part of it, writing on it, or marking it
- D. The dominant color of the uniform must cover approximately 80% of the sweater and socks, excluding names and numbers
- E. Sweaters must be worn entirely outside of the pants
- F. Sweaters must follow the contours of the player's body and not be excessively baggy
- G. Sweaters must not extend length-wise past the end of the pants, and the sleeves must not extend past the fingers of the glove
- H. Each player must wear a number that is 25-30 cm (10"-12") high on the back of the sweater and 10 cm (4") high on both sleeves. Numbers are limited to whole numbers from 1 to 99 (no fractions or decimals)
- I. No two players on a team may use the same number in the same game
- J. Players are not allowed to change or exchange sweater numbers once the game has started. If the sweater becomes stained with blood or becomes badly torn during the game she may be told by an on-ice official to leave the ice and change into a designated sweater with another number and no nameplate.
- K. A player whose hair is long enough to obscure the nameplate or number on the back of the sweater must fashion it in a ponytail or tuck the hair under the helmet.
- L. Graffiti-type designs, patterns, artwork, drawings, or slogans which are abusive or obscene and refer to culture, race, or religion are not allowed.
- M. The nameplate shall be on the upper portion of the back of his sweater, printed 10 cm (4") high, in block capital Roman letters of a font approved by the League.
- N. All players on a team must wear the same uniforms and sweater numbers in the pre-game skate as they do during the game

X. Measurements of a Skater's Equipment.

- A. A referee may request the measuring of any piece of equipment at any time. If they rule that it does not conform to League standards, it will be considered dangerous equipment and cannot be used during game action until it has been adjusted.
- B. No goal can be disallowed as a result of illegal equipment
- C. The measuring of a skater's equipment is limited to sticks
- D. The captain or alternate captain of a team is the only player who may make a formal complaint to the referee against the specific dimensions of any opponent's equipment.
- E. The referee will make the necessary measurement immediately. If the complaint is invalid, the requesting team will be assessed a bench-minor penalty. If the complaint is upheld, the offending player will be assessed a minor penalty and the illegal equipment will be returned to the player's bench.

- F. The request is limited to one measurement and one team at any stoppage of play, but a captain can make as many requests for measurement as she wants over the course of a game
- G. If the captain of a team that two players short in the last two minutes of the game or at any time in overtime requests an equipment measurement that is invalid, the referee will award a penalty shot against the requesting team.
- H. The player whose stick is to be measured must be holding the stick at the time the request is made. She may be on the bench or on the ice, but the referee must make visual confirmation that the stick in question belongs to the player.
- I. If a stick is deemed illegal, the offending skater must enter the penalty box immediately, and a teammate is allowed to bring him another stick. The referee will return the illegal stick to the team's players' bench, and if the team alters the stick to legal dimensions, it can be used again. As a result, it can also be measured again.
- J. If the referee is unable to use the curve gauge for whatever reason to measure the curvature of a stick, the stick will be considered illegal and be removed from the game. However, no penalty will be assessed to either team.
- K. There can be a measurement of a player's or goaltender's stick anytime in overtime or the penalty-shot shootout or any time from the start of the game to the end.

Section Four- Playing Rules/General

I. How the game is played.

- A. A game consists of three periods of 20 minutes plus overtime and a penalty-shot shootout if required.
- B. Two teams compete to score the most goals in a game. To score a goal, a team must put the puck by legal means according to the rules into the goal net of its opponent.
- C. Players and team officials who violate the rules are punished by the on-ice officials or, in more serious cases, by the proper authorities.

II. Length of Play

- A. Regulation time consists of three periods of 20 minutes of game action, stop time.
- B. Periods are separated by a 15 minute intermission.
- C. Teams change ends to start each period.
- D. The ice must be resurfaced prior to each start of each period (excepting overtime)
- E. Overtime follows the third period when the score is tied after 60 minutes of regulation time and consists of a 5 minute, four on four period played to sudden death. In the playoffs, overtime is twenty minutes, five on five, and sudden death. The penalty-shot shootout consist of three shots per team, best of three, followed by a sudden death.

III. Scoreclock

- A. The scoreclock keeps time of the game and runs from the length of the period down to 0:00.
- B. The scoreclock is activated by the facing off of the puck by an on-ice official and is stopped by the whistle of an on-ice official.
- C. On-ice officials can consult with the video goal judge in cases where additional time may have elapsed from the score clock - notably after a false faceoff or because of slow reaction by the timekeeper to a whistle.

IV. Whistle.

- A. When an on-ice official blows the whistle to stop play, players must cease contact with their opponents and abandon the puck.

V. The Puck

- A. The puck must be primarily black and be made of vulcanized rubber or other material approved by the League.
- B. The puck must be 3" in diameter and 1" thick and must weight 156-170 grams (5.5-6.0 ounces).
- C. A printed logo, trademark, and advertising on the puck must not exceed 4.5 cm (1 ¾") in diameter of the area of each side of a puck or 35% of the area of each side of the puck. There may be printing on both sides of the puck.

VI. Warmup

- A. Physical contact between players on opposing teams is not allowed during the warmup and players are not allowed to skate over the red line during this time.

- B. Any violations of game rules that occur during the warmup cannot be enforced by on-ice officials because they are not on the ice to witness the violations first-hand, but these may be reviewed after the game by the proper authorities.
- VII. Puck in Play.**
- A. Game action will be stopped immediately if the puck is less than whole
 - B. If a puck other than the one legally in play appears on the ice during game action, game action will be stopped until a change of possession occurs or if the illegal puck is erroneously played in place of the game puck.
 - C. The puck must be in motion or be player at all times. If either or both teams refuse to play the puck, the on-ice officials will stop play, and the ensuing faceoff will take place at the nearest faceoff spot to where the puck was situated when play was stopped.
- VIII. Change of Ends.**
- A. Teams must start a game defending the goal net nearest their players' bench.
 - B. Teams must change ends for each succeeding regulation or 20 minute overtime period. Teams will not change ends when there is no resurfacing of the ice (i.e. when an overtime period is limited to 5 minutes) and teams will not change ends prior to the start of a penalty-shot shootout.
- IX. Starting Game Action**
- A. Game action must always begin with a faceoff conducted by an on-ice official
 - B. Every period starts with a faceoff at center ice. Every other instance of starting play will begin when a faceoff only at one of the nine designated faceoff spots marked on the ice
- X. Determining faceoff location/general**
- A. When game action is stopped for any reason not specifically outlined below, the ensuing faceoff will take place at a faceoff spot in the zone nearest to where the puck was last played.
 - B. If two rule violations by one team are the reason for a stoppage of play (i.e., high-sticking the puck and intentional offside), the ensuing faceoff will take place at a faceoff spot which provides the offending team no territorial advantage.
 - C. If rule violations are committed by both teams, resulting in a stoppage of play, the ensuing faceoff will take place at the nearest faceoff spot to where the puck was situated when play was stopped.
 - D. When a stoppage of play is caused by an attacking skater in the attacking zone, the ensuing faceoff will take place in the neutral zone at the nearest faceoff spot unless the defending team incurred a penalty at the same time.
 - E. If a player lifts the puck high enough to hit the scoreclock or any obstacle above center ice, game action will be stopped and the ensuing faceoff will take place at the nearest faceoff spot to where the puck was lifted.
- XI. Determining faceoff location/penalties assessed.**
- A. When players are penalized resulting in penalties to one team being placed on the scoreclock, the ensuing faceoff will take place at one of the two end zone faceoff spots in the end of the team that will play short-handed except:
 1. When a penalty is assessed after the scoring of a goal, the ensuing faceoff will take place at center ice.
 2. When a penalty is assessed before the start or at end of a period, the ensuing faceoff will take place at center ice.
 3. When the defending team is about to be penalized and an attacking skater enters the attacking zone beyond the outer edge of the end zone faceoff circles during a player confrontation, the ensuing faceoff will take place at one of two faceoff spots outside the attacking zone
 - B. If a skater of the attacking team is assessed a penalty during a faceoff in the attacking zone, the faceoff will be moved to the defending zone of the team being penalized.
 - C. If penalties are assessed to both teams during the same stoppage of play but at different instances and for different reasons, the faceoff will be in the defending zone of the team that committed the last of the fouls.
 - D. When both teams incur penalties which are displayed on the scoreclock, the ensuing faceoff will take place at the nearest faceoff spot in the zone where game action was stopped
 - E. If an attacking player incurs a misconduct or game-misconduct penalty in his attacking zone, the ensuing faceoff will take place at the nearest faceoff spot to where game action was stopped.

XIII. Determining faceoff location.

- A. When game action is stopped for an injured player, the ensuing faceoff will take place at a faceoff spot determined by the location of the puck and by which team is in possession of the puck at the time of the whistle.
- B. If the injured player's team has possession of the puck in the attacking zone, regardless of where the injured player is situated, the ensuing faceoff will take place at the faceoff spot between the blue lines nearest to where the puck was being played at the time of the whistle.
- C. If the injured player's team has possession of the puck in the defending zone, regardless of where the injured player is situated, the ensuing faceoff will take place at one of the faceoff spots in the defending zone.
- D. If an on-ice official is injured, game action will be stopped immediately, unless there is a scoring opportunity, and the ensuing faceoff will take place at the nearest faceoff spot to where the puck was being played at the time of the whistle.

XIV. Determining Faceoff Location/Defending Zone

- A. When a player on the defending team freezes the puck along the boards in his defending zone, the ensuing faceoff will take place at the end faceoff spot on the side where the stoppage occurred.
- B. If an attacking skater shoots or passes the puck up ice and a defending skater deflects the puck in any way out of play in the neutral zone, the ensuing faceoff will take place in the neutral zone nearest to where the puck was deflected.
- C. If an attacking skater shoots or passes the puck up ice and a defending skater deflects the puck in any way out of play in his defending zone, the ensuing faceoff will take place at the end faceoff spot nearest to where the puck was deflected.
- D. If the attacking team commits an intentional offside, the ensuing faceoff will take place in its defending zone on the side where the offside occurred.

XV. Determining faceoff location/center-ice spot

- A. Faceoffs will take place at the center-ice faceoff spot under the following circumstances:
 - 1. At the start of a period
 - 2. After a goal has been scored
 - 3. After an error by the on-ice officials on an icing call
 - 4. If skaters from both teams freeze the puck along the boards near the center red line
 - 5. For premature substitution of a goaltender after the offending team gains possession of the puck when game action is stopped in the attacking half of the ice, but only if play is beyond the center red line. If play is stopped prior to the puck reaching the center red line, the ensuing faceoff will take place at the nearest faceoff spot in the zone where play was stopped.
- B. When game action is stopped in the neutral zone for any reason not specifically attributable to either team, the ensuing faceoff will take place at the nearest faceoff spot between the blue lines. When it is unclear as to which of the five faceoff spots in the neutral zone is the nearest, the spot that gives the home team the greatest territorial advantage in the neutral zone will be selected for the ensuing faceoff.

XVI. Determining faceoff location/attacking zone

- A. If a skater on the attacking team freezes the puck along the boards in the attacking zone in what the referee deems to be a clear attempt to stop play, the ensuing faceoff will take place outside the attacking blue line on the side where the stoppage occurred.
- B. If a skater on the attacking team shoots the puck over the protective glass inside the attacking blue line without the puck touching an opponent's body or stick, the ensuing faceoff will take place outside the blue line at the faceoff spot nearest to where the puck was shot.
- C. If a skater on the attacking team shoots the puck over the protective glass inside the attacking blue line, but the puck touches an opponent's body or stick, the ensuing faceoff will take place at the faceoff spot inside the blue line on the side where the puck was last touched.
- D. If a player takes a shot on goal from anywhere on the ice and the puck, without deflection, hits any part of the goal frame and goes out of play, the ensuing faceoff will take place in the attacking zone at the faceoff spot nearest to where the puck was shot.

- E. When a skater of the attacking team scores a goal by a high stick, kicking motion, or any other method that is deemed illegal by the on-ice official or video-goal judge, ensuing faceoff will take place outside the attacking blue line.
- F. When the puck enters the goal net as a result of a puck being deflected directly off an-ice official, the ensuing faceoff will take place at the faceoff spot nearest to where the puck deflected off him.
- G. If an attacking skater knocks the goal net off its moorings in the attacking zone and makes no attempt to avoid doing so, the ensuing faceoff will take place at the faceoff spot in the neutral zone nearest to the attacking zone. However, if an attacking player is pushed into the goal frame by a defending player, the ensuing faceoff will take place at an end zone faceoff spot in the attacking zone.
- H. There are four instances when a whistle is blown inside the attacking blue line but the ensuing faceoff takes place outside the blue line:
 1. If one or both defensemen on ice or a player coming from the bench of the attacking team enters into the attacking zone beyond the outer edge of the end zone faceoff circle during a player confrontation
 2. If a skater on the attacking team shoots or deflects the puck out of play without the puck touching the goal net or a player on the defending team in any way
 3. If the attacking team high sticks the puck inside the attacking zone
 4. If an attacking skater established position in the goal crease.

XVII. Procedure for Conducting Faceoffs

- A. The on-ice official must drop the puck on one of the nine designated faceoff spots
- B. Only one skater from each team is allowed to participate in a faceoff.
- C. The two skater participating in the faceoff must be positioned squarely facing their opponent's goal approximately one stick length apart, with the tip of the stick blade stationary on the white part of the faceoff spot
- D. The on-ice official may drop the puck if only one player is ready for the faceoff provided all other skaters not involved in the faceoff are onside and in ready position.
- E. When the faceoff is in the defending half of the ice, the skater of the defending team must place his stick on ice first followed immediately by the skater of the attacking team.
- F. When the faceoff is at the center-ice faceoff spot, the skater of the visiting team must place his stick on the ice first.
- G. All skaters not taking the faceoff must keep their skates outside the circle (contact with the line is permitted). A skater's stick may be inside the circle provided there is no contact with either an opponent or an opponent's stick.
- H. A Skater must also keep his skates on his side of the hash marks (contact with the line is permitted). A skater's stick may be inside the area between the two hash marks provided there is no contact with either an opponent or an opponent's stick.
- I. All skaters must be on their side of the ice at a suitable distance removed from the skaters taking a faceoff between the blue lines. They must remain stationary and cannot skate freely during the faceoff procedure or influence or interfere with the faceoff procedure.
- J. Once the skaters are in the set position for a faceoff, they cannot change positions

XVIII. False Faceoffs

- A. If one or both of the skaters taking the faceoff fail to take their proper position immediately when directed to do so, the on-ice official may order him or them replaced for the faceoff by a teammate on the ice.
- B. If one of the other skaters not taking the faceoff enters the faceoff circle prematurely, the on-ice official will stop the faceoff. The skater of the offending team taking the faceoff must be replaced.
- C. If one of the other skaters not taking the faceoff enters the faceoff circle prematurely and the puck has already been dropped, game action will be stopped and the faceoff will be re-taken, unless the opposing team gains possession of the puck. If play is stopped, the skater of the offending team taking the faceoff must be replaced.
- D. No substitution of players is allowed after a false faceoff until the faceoff has been properly executed and game action begun, except when a penalty is assessed that affects the on-ice strength of either team.

- E. If a skater wins a faceoff by kicking the puck to a teammate, game action will be stopped and the faceoff re-taken. The skater of the offending team taking the faceoff must be replaced.
- F. If a faceoff is won by a hand pass, play will be stopped and the faceoff re-taken, and the skater of the team which committed the hand pass must be replaced. If a skater gloves the puck on a faceoff and the opposing team gains possession, play will continue. Any on-ice official may make this call.
- G. Any team that incurs a second violation of faceoff procedures at the same faceoff will be assessed a bench-minor penalty.
- H. No faceoff may be won by virtue of a player knocking or batting the puck with his hand in the air immediately after it has been dropped by an on-ice official.
- I. If a skater's skate crosses the hash marks prior to the drop of the puck at a faceoff, it will be considered a faceoff violation.
- J. Any contact with an opponent or his stick prior to the drop of the puck at a faceoff will be considered a faceoff violation.

XIX. Television Timeouts

- A. Any game that is televised is subject to at least two commercial timeouts per period, occurring after the whistle following the 14:00 mark and the 8:00 mark.
- B. Television timeouts cannot take place:
 - 1. After an icing call
 - 2. During a power play
 - 3. After a goal
 - 4. if a penalty shot call has forced stoppage
- C. In the event that a commercial timeout is not take during the prescribed time slot, it will be made up for at the first whistle in the next commercial break time slot. The second commercial will then be taken two whistles after the first commercial break is taken in this time slot. If there is another incident where the second commercial is missed, this procedure will continue to repeat itself until all breaks are taken. The only exception occurs when a five minute (non-coincident) major penalty is called on a player. In this situation, the commercial break will occur at the prescribed time.
- D. Television timeouts are not allowed during the overtime period.

XX. Team Timeout

- A. Each team is allowed one, 30-second timeout during a game, including overtime.
- B. A skater designated by the coach or the coach himself may ask the referee for the team timeout during a stoppage in play.
- C. All players on ice are allowed to go to their respective benches during a team timeout.
- D. Both teams can take their timeout at the same stoppage of play, but the team taking the second timeout must notify the referee of its intentions before the end of the first timeout.
- E. A team cannot call a timeout during the penalty shot shootout, before a period is started, or after a period has ended.
- F. A Team timeout cannot be called after a false faceoff
- G. A team timeout cannot be called during game action.

XXI. Overtime Period

- A. During the regular season, if the game is still tied after 60 minutes of regulation time, there will be a five minute sudden death overtime of four on four play. Before overtime there will be a three minute pause after regulation, with no resurfacing of the ice and teams will defend the same goals as they did for the third period
- B. In playoffs, if the game is still tied after 60 minutes of regulation time, there will be a full twenty minute sudden death period, before which players will return to their locker rooms and the ice will be resurfaced and teams will change ends from the third period. There will be no penalty shot shootout in the playoffs.

XXII. Penalty-Shot Shootout

- A. If no goal is scored in the sudden death overtime period, a penalty-shot shootout will be used to determine a winner
- B. Prior to the start of the penalty-shot shootout, the entire center section of the rink between end-zone faceoffs spots will be dry scraped by the Zamboni.
- C. Home team decides whether they want to go first or not.
- D. Goaltenders will defend the same goal net as in the overtime period.

- E. Goaltenders from each team may be changed after each shot, but if a shot must be re-taken for any reason, the skater and goaltender must remain the same except in case of injury.
- F. Three different skaters from each team will take shots alternately. The skaters do not need to be named beforehand and can be changed any time up to the point when the referee blows his whistle to signal the start of a shot.
- G. Eligible to participate in the penalty-shot shootout are all players from both teams listed on the official game sheet except players who had been assessed game-misconduct or match penalties.
- H. The team with the most goals after the first six shots is declared the winner of the game. If the game's outcome is known before all six shots have been taken, the remaining shots will be abandoned.
- I. A player may only shoot once during a shootout, unless all other players have gone.
- J. If, at the referee's urging, a coach does not send a skater out to take a shot, or if a skater declines to take a shot, the shot will be declared "no goal" and the opposing team will take its next shot.
- K. If a team declines to participate in the penalty-shot shootout, its opponent will be awarded the win.
- L. The referee is allowed to consult the video-judge only if there is doubt as to whether the puck crossed the plane of the goal line on a shot. All other uses for video-goal judge are not applicable during the penalty-shot shootout.

Section Five - Playing Rules: Stoppages of play

I. Interference by Spectators

- A. Any occurrence of spectator interference must be reported by the on-ice officials to the proper authorities.
- B. In the event that objects are thrown onto the ice by spectators and game action is compromised, play will be stopped and the ensuing faceoff will take place at the nearest faceoff spot to where play was stopped.
- C. In the event of a skater being held or interfered with by a spectator, play will be stopped.
- D. If the team of the skater interfered with is in possession of the puck, game action will continue until a change of possession occurs.

II. Icing the puck/Hybrid Icing

- A. Should a player of a team equal or superior in numerical strength propel the puck in any manner (stick, glove, skate, body) from his own half of the ice to beyond the icing line, which is the red line extending the goal line at each end, of the opposing team, including off the boards or the protective glass, without the puck being touched by any player from either team in the offensive half of the ice before the puck crosses the icing line, an icing will be called.
- B. There are two decisions a linesman must make under hybrid icing rules.
 - 1. a linesman must determine that the shot from a player's own side of center ice will cross the icing line in the attacking zone
 - 2. must determine whether a defending player or attacking player would be first to touch the puck - which must be decided no later than the instant the first of the player reaches the end zone faceoff spots, although the decision can be made earlier. The skates of the skaters are the determining factors
- C. Should the puck be shot or propelled in such a way that it travels around the boards and slides back toward center ice, the linesman will determine which player would be first to touch the puck. In this instance, the determining factor is not the end zone faceoff spots but the puck itself.
- D. If there is no "race" for the puck, icing will not be called until a defending player crosses his defending blue line and the puck crosses the icing line.
- E. If the race for the puck is too close to determine which player from which team would touch the puck first, icing will be called.
- F. During an icing situation where play has been stopped, there must be strict enforcement of rules regarding avoidable contact.
- G. During an icing situation where the icing has been cancelled because an attacking player has gained positional advantage, players must compete within the rules pertaining to physical contact.

III. Icing the Puck/game Specifics

- C. For the purposes of icing, the entire center red line is part of the offensive half of the ice. Once a skater has “gained the line,” she may shoot the puck the rest of the way down the ice without incurring an icing charge.
- D. To “gain the line,” a player must make contact with the center red line with the puck on his stick (not skate).
- E. Only a team that is playing short-handed is allowed to shoot the puck from its own side of center ice to beyond its opponent’s icing line without incurring an icing call.
- F. Whether a team is short-handed or not is decided by the number of skaters on ice at the time the puck leaves the player’s stick. If the penalty box attendant has opened the door at the expiration of a penalty, but the player has not physically stepped onto the ice, she will be considered on the ice as far as interpretation of icing is concerned.
- G. A team is not considered short-handed if the number of players on ice is fewer than allowed by that number is not the result of penalties
- H. If the puck hits on-ice official on its way down the ice, the icing will still be in effect. If, by virtue of hitting an on-ice official, the puck slows down and does not cross the icing line, the icing will be nullified.
- I. After an icing call, the ensuing faceoff will take place at the end zone faceoff spot of the offending team nearest to where the player shooting or directing the puck last touched it.
- J. If the on-ice officials have erred in calling an icing, the ensuing faceoff will take place at the center ice faceoff spot
- K. If any of the following situations occur, icing will not be called
 - 1. If the puck is iced directly by a skater participating in a faceoff
 - 2. If any opposing skater, except the goaltender, is able to play the puck before it crosses the icing line (including skaters who slow down to ensure the puck crosses the icing line or who pretend to skate fast but do not make a genuine effort to get to the puck before it crosses the icing line)
 - 3. If a player making a line change ignores the puck to go to the bench instead of playing the puck, whether to avoid a penalty for too many men or any other reason
 - 4. If the puck touches any part of an opponent’s body or equipment any time from when it is shot to when it crosses the icing line
 - 5. If a goaltender leaves his goal crease during an icing play or is outside his goal crease and moves in the direction of the puck
 - 6. If the puck hits the goal frame and crosses the icing line

IV. Puck out of Play

- A. When the puck is shot or deflected outside the playing area (including into the player’s bench) or strikes any obstacles other than the boards or protective glass above the ice surface, game action will be stopped and the ensuing faceoff will take place at the nearest faceoff spot in the zone from where the puck was shot which gives the offending team no territorial advantage
- B. When game action is stopped because a player’s shot or pass hits an opponent on the player’s bench who is leaning over the boards or whose body is over the ice surface, or the puck enters his team’s players’ bench through an open door, the ensuing faceoff will take place at the nearest faceoff spot in the zone from where the puck was shot which gives the offending team no territorial advantage.
- C. When game action is stopped because a player’s shot or pass hits an opponent on the players’ bench who is leaning over the boards or whose body is over the ice surface, or the puck enters the opponent’s players’ bench through an open door, the ensuing faceoff will take place in the neutral zone nearest to the opponent’s players’ bench which gives the offending team no territorial advantage
- D. If the puck goes out of play directly from a faceoff, the faceoff will be conducted again from the same spot and no penalty will be assessed to any skater for delay of game
- E. The protective glass at either end of the players’ benches connects to a stanchion which connects to a curved turnbuckle (protective glass inside the players’ bench area). If the puck hits the stanchion, it is still in play, but if it hits the turnbuckle it is considered out of play.
- F. If the puck hits the netting behind either goal, it is considered out of play and normal rules for faceoffs apply so long as the whistle has stopped play.

- V. **Puck on Dasher**
- A. If the puck comes to rest along the dasher anywhere inside the rink during the game action, it will be considered in play and players can gain possession of it by any usual and allowable means.
- VI. **Puck on Goal Net (Base and Top)**
- A. When the puck lands on the outside of the goal net (at either the base along the back of the goal net or on the top) for longer than the flow of the game permits, or if it is frozen against the goal net by opposing players the referee will stop play.
 - B. If the stoppage is caused by a defending player, the ensuing faceoff will take place at the nearest end zone faceoff spot.
 - C. If the stoppage is caused by an attacking skater, the ensuing faceoff will take place at the nearest faceoff spot outside the blue line
 - D. A player who, during the course of continuous action, is able to knock the puck off the goal net, at either the base along the back of the goal net or at the top, game action will continue
 - E. If in the act of batting the puck off the top of the goal net the player makes contact between stick and puck, the usual rules for high-sticking the puck will apply.
- VII. **Puck off End Netting**
- A. If the puck is shot from inside the attacking zone and hits the end netting directly from the shot, the ensuing faceoff will take place outside the attacking zone blue line.
 - B. If the puck is shot from inside the attacking zone and hits the end netting as a result of a deflection by the defending team, the ensuing faceoff will take place at the nearest faceoff spot in the attacking zone to where the shot was taken
 - C. If the puck is shot from outside the attacking zone and hits the end netting directly by the shot, the ensuing faceoff will take place at the nearest faceoff spot to where the shot was taken which provides the offending team no territorial advantage
 - D. If the shot mentioned above is made in the neutral zone, the ensuing faceoff will take place at the nearest faceoff to where the shot was taken which provides the offending team no territorial advantage
 - E. If the shot mentioned above is made in the defending zone, the ensuing faceoff will take place at the nearest faceoff spot in the defending zone.
 - F. If the puck is shot from outside the attacking zone and hits the end netting as a result of a deflection by the defending team, the ensuing faceoff will take place at the nearest faceoff spot to where the deflection was made which provides the offending team no territorial advantage.
 - G. If the puck hits the end netting but there is no whistle, game action will continue as if it had hit the protective glass.
- VIII. **Puck out of Sight**
- A. As soon as the referee loses sight of the puck they will blow his whistle to stop play. The ensuing faceoff will take place at the nearest faceoff spot to where play was stopped, unless otherwise provided for in these rules.
- IX. **Puck off the Goal Net**
- A. If a puck is shot by an attacking skater and hits any part of the goal frame or goal net and goal out of play directly, without touching an opponent in any way, the ensuing faceoff will take place in the attacking zone. If the puck is deflected before or after hitting the goal frame or goal net by a player of the defending team, the ensuing faceoff will take place at the end faceoff spot nearest to where the shot was taken.
- X. **Puck striking an on-ice official**
- A. Game action will not be stopped because the puck touches an on-ice official during the regular course of play except when:
 - 1. the puck enters the goal net as a direct result of that official
 - 2. A puck goes out of play as a result of that contact
 - 3. An on-ice official is injured
 - B. If the attacking team scores a goal because the puck deflects or bounces directly off an on-ice official, the goal will not be allowed and the ensuing faceoff will take place at the nearest faceoff spot to where the puck made contact with the on-ice official.
 - C. If the puck hits an on-ice official and is subsequently put into the goal net in any legal matter, the goal will be allowed.

- D. If the puck leaves the playing area after hitting an on-ice official in the neutral zone, the ensuing faceoff will take place at the faceoff spot in the neutral zone nearest to where the puck made contact with the on-ice official.
- E. If the puck leaves the playing area after hitting an on-ice official in either end zone, the ensuing faceoff will take place at the faceoff spot in the end zone nearest to where the puck made contact with the on-ice official.

XI. Hand Pass

- A. A skater is not allowed to catch the puck in his palm and skate with it, either to avoid a check or to maintain possession of the puck.
- B. When a hand-pass violation occurs, game action will be stopped and the ensuing faceoff will take place at the nearest faceoff spot to where the infraction occurred or where the teammate gained possession of the puck, whichever provides the offending team with less territorial advantage.
- C. A hand pass is allowed in the defending zone provided that both the skater receiving the pass and the puck are still inside that defending zone.
- D. If a skater in his defending zone deliberately directs the puck with a glove or arm to a teammate or has allowed his team to gain an advantage in any zone other than the defending zone, game action will be stopped and the ensuing faceoff will take place in the defending zone at the nearest faceoff spot to where the hand pass originated.
- E. A skater in the neutral zone is not allowed to make a hand pass to a teammate in their defending zone. In this instance, the referee will stop play and the ensuing faceoff will take place at the nearest faceoff spot in the defending zone.
- F. If the puck enters the goal net as a result of either being gloved by an attacking skater or being deflected into the goal net by any player in any manner after the initial contact with the glove, the goal will not be allowed and the ensuing faceoff will take place outside the blue line at the faceoff spot closest to where the hand pass was initiated by the offending team and which provides no territorial advantage to that team.
- G. If a defending player bats or gloves the puck into her own goal, the goal will be allowed.

XII. High Sticking the Puck/Game Action

- A. If a player touches the puck with her stick above the height of her shoulder, and either he or a teammate is the next player to come into possession and control of the puck, or the puck is batted out of play, game action will be stopped.
- B. If the infraction occurs in the attacking zone, and the teammate subsequently comes into possession and control of the puck in the attacking zone, the ensuing faceoff will take place outside the blue line on the side nearest to where the teammate gained control.
- C. If this infraction occurs in the attacking zone, and the teammate subsequently gains control of the puck in either the neutral zone or defending zone, the ensuing faceoff will take place at a faceoff spot closest to where the puck was controlled that provides less territorial advantage to the offending team.
- D. If this infraction occurs in the neutral zone, the ensuing faceoff will take place in the defending zone on the side nearest to where the teammate subsequently came into possession and control of the puck.
- E. If this infraction occurs in the defending zone, the ensuing faceoff will take place in the defending end on the side nearest to where the teammate subsequently came into possession and control of the puck.
- F. High sticking the puck during game action is determined by the player's shoulder (whereas the allowable height for deflecting a puck into the goal net is the crossbar).
- G. If a player touches the puck in any manner with his stick above the height of his shoulder, and an opponent is the next player to play the puck, game action will continue.
- H. If a player hits the puck with a high stick and knocks the puck into his own goal, the goal will be credited to the opposition.
- I. The "lacrosse-like" maneuver whereby a skater cradles the puck on the blade of his stick is permitted provided he does not raise his stick (and, by extension, the puck) above the height of his shoulder at any time during the motion. If the puck and stick are above the height of the shoulder at any time during the maneuver, game action will be stopped.

- J. If a player on the team in possession of the puck makes contact with the puck with a high stick during a delayed-penalty situation against the opposing team, the ensuing faceoff will take place at one of the two end zone faceoff spots of the team being penalized.

XIII. High Sticking the Puck into the Goal Net

- A. No goal will be allowed if an attacking skater directs, deflects, or bats the puck into the goal net in any way with his stick above the height of the crossbar, even if the puck subsequently deflects off any player, the goaltender, or an on-ice official, or bounces off the ice and in.
- B. The determining factor is where the puck makes contact with the stick in relation to the crossbar. If that part of the stick making contact with the puck is at or below the crossbar, the goal will be allowed.

XIV. Protective Glass/Damaged

- A. If any section or part of the protective glass is damaged during the course of game action, play will be stopped immediately and will not resume until it has been repaired.

XV. Offside

- A. The only offside line is the attacking blue line. Skaters of the attacking team cannot cross this line before the puck without incurring an offside.
- B. The entire width of the blue line is considered part of the zone the puck is in. The puck has to completely cross the line to be considered in either the attacking zone or defending zone.
- C. Offside is determined by the position of the skates of the attacking team at the attacking blue line in relation to the puck. An attacking skater is offside when both skates are completely over the blue line in the attacking zone before the puck is completely over the blue line. If the puck is in the air directly above the plane of the blue line before any attacking skater, the play is onside.
- D. Any skate that is in the air is considered not on any side of the blue line until it touches the ice.
- E. To be onside, a skater may have one skate inside the blue line as long as one is on or outside the blue line touching the ice.

XVI. Offside Situations

- A. If an attacking skater shoots or passes the puck which hits a teammate who preceded the puck into the attacking zone, game action will be stopped and an offside called. The ensuing faceoff will take place at the nearest faceoff spot to where the pass or shot originated which provides the offending team less territorial advantage.
- B. If an attacking skater shoots the puck from outside the attacking zone, and it goes out of play in the attacking zone while a teammate preceded the puck into that zone, game action will be stopped and an offside called. The ensuing faceoff will take place at the nearest faceoff spot to where the pass or shot originated which provides the offending team less territorial advantage.
- C. If a player from the defending team is in his defending zone and clears the zone with a shot or pass which hits an on-ice official outside the blue line and bounces back inside while a skater from the attacking team is still inside the blue line, the play will be considered a delayed offside.
- D. If a skater makes a pass from outside his defending zone to a teammate with both skates inside the attacking zone, the play will be called as offside and the ensuing faceoff will take place in the neutral zone at the nearest faceoff spot to where the pass was made which provides the offending team less territorial advantage.
- E. If a player makes a pass from inside his defending zone to a teammate inside the attacking zone, the play will be called as offside and the ensuing faceoff will take place in the defending zone at the nearest faceoff spot to where the pass was made.
- F. If an attacking skater is inside the attacking zone but stickhandles or controls the puck outside that zone or zig-zags back and forth over that attacking zone blue line, the play is considered offside, and the ensuing faceoff will take place in the neutral zone at the nearest faceoff spot to where the puck was situated at the time of the whistle.

XVII. Faceoffs after Offside

- A. If an offside occurs, game action will be stopped and a faceoff will take place as follows:
 - 1. at the nearest neutral zone faceoff spot, if the puck was carried over the blue line by an attacking skater while a teammate was inside the blue line in advance of the puck
 - 2. at the center ice faceoff spot if the pass or shot originated between center red line and the attacking blue line

3. at a neutral zone faceoff spot nearest the defending blue line if the pass or shot originated between the defending blue line and the center red line
4. at an end faceoff spot in the defending zone of the offending team if a skater intentionally caused an offside
5. at an end zone faceoff spot in the defending zone of the offending team if the puck was passed or shot by an attacking skater from his defending zone
6. at the faceoff spot nearest to where the puck was shot if the shot or pass that created a delayed offside goes out of play
7. at a faceoff spot in the defending zone if the defending team is about to incur a penalty on a delayed offside play

XXIII. Onside

- A. If the puck carrier maintains control of the puck while her skates cross the blue line ahead of the puck, she is considered onside provided that she first had control of the puck with both skates in the neutral zone and that she kept the puck on his stick until the puck fully crossed the blue line.
- B. If a skater receives a pass and her stick and one skate are over the blue line but one skate in the neutral zone touching the ice, the play is onside.
- C. If a skater from the defending team who is in the neutral zone or attacking zone moves the puck back inside her defending zone (by stickhandling, passing, or kicking the puck) while skaters from the attacking team are in that zone, the play is onside.

XXIV. Delayed Offside

- A. If an attacking skater precedes the puck into the attacking zone but does not touch the puck, the on-ice official will raise his arm to signal a delayed offside. Game action will continue if the defending team gains possession of the puck or force the defending puck or force the defending puck carrier further back in his end and instead leaves the attacking zone such that at last one skate makes contact with the blue line.
- B. The attacking one must be completely clear of attacking skaters or the defending team must have moved the puck outside its blue line before the linesman can cancel the offside. At that point, the attacking team is free to try to gain possession of the puck or re-enter the attacking zone.
- C. If a delayed offside results in a stoppage of play, the ensuing faceoff will take place outside the blue line of the defending team at the nearest faceoff spot to where the puck was situated at the time of the whistle.
- D. If, during a delayed offside, the defending team makes no effort to move the puck out of its end and the attacking team makes no attempt to clear the zone, game action will be stopped and an offside will be called. The ensuing faceoff will take place outside the blue line of the defending team at the nearest faceoff spot to where the puck was situated at the time of the whistle.
- E. If, during a delayed offside, the defending team puts the puck into its own goal net, the goal will be allowed.
- F. During a delayed offside, the defending team is allowed to take the puck behind its own goal net in the process of clearing the zone as long as there is no attempt to delay the game.
- G. If the puck is shot into the attacking zone resulting in a delayed offside, but as a result of this shot, the puck enters the defending team's net (either directly or off the goalkeeper, a player, or an official or after bouncing off the protective glass or the boards), the goal will not be allowed because the shot was offside. The fact that the attacking team may have cleared the zone prior to the puck entering the goal net is immaterial.
- H. If, during a delayed offside, a player from the defending team shoots the puck directly out of play, rules pertaining to delay of game will be applied and the appropriate penalty assessed.
- I. If, during a delayed offside, a player from the defending team shoots the puck directly out of play and the puck deflects off the glass or a teammate, but does not cross the blue line, no penalty will be assessed but the ensuing faceoff will be in the neutral zone because of the delayed offside.
- J. If, during a delayed offside, a player from the defending team shoots the puck directly out of play but the puck deflects off the glass or a teammate but does not cross the blue line, no penalty will be assessed but the ensuing faceoff will be in the defending zone on the side where the puck was shot or deflected.

- K. If, during a delayed offside, the attacking team shoots the puck over the blue line and the puck deflects off a player of the defending team and out of play, the ensuing faceoff will take place at the nearest faceoff spot in the zone from where the puck was shot.
- L. Rules for a delayed penalty supersede rules for delayed offside. If the attacking team causes a whistle on a delayed offside while the defending team is going to be penalized the faceoff still takes place in the defending zone as per usual rules for faceoffs following penalties.

XXV. Delayed Offside/Hybrid Icing

- A. If a skater who is trying to nullify an icing call advances over the attacking blue line before the puck, creating a delayed offside, icing will be called as per hybrid icing rules. If the linesman determines the skater who is offside would be first to touch the puck, an offside will be called.
- B. If the player touches the puck in the above rule prior to the icing call for a delayed offside, the ensuing faceoff will take place at the faceoff spot nearest to where the puck was shot.

XXVI. Intentional Offside

- A. An offside is ruled intentional when the attacking team commits an action intended to deliberately cause a stoppage of play.
- B. The ensuing faceoff will take place in the defending zone of the team committing the intentional offside.
- C. A delayed offside will be ruled an intentional offside if:
 1. the puck is shot at or near the goal net by the attacking team during the course of the delayed offside, forcing the goaltender to make a save
 2. the attacking team touches the puck or tries to gain possession of the puck during the delayed offside by either playing the puck or trying to check a defending skater in possession of the puck
 3. the attacking team scores a goal on a play which created the delayed offside (i.e., the shoot-in goes into the goal net), in which case the goal will not be allowed
 4. The attacking team makes no effort to clear the attacking zone to cancel the offside
- C. If the puck is shot into the attacking zone, resulting in a delayed offside, and the puck enters the goal net in any manner, the goal will not count unless it was scored by the deliberate in the defending zone of the team committing the intentional offside.
- D. If, while the attacking team is clearing the attacking zone, the puck accidentally hits an attacking skater inside that zone, offside will be called but not be ruled intentional.

XXVII. Injured Skater

- A. If it is obvious that a skater has sustained a serious injury, on-ice officials will stop play immediately and summon the appropriate medical personnel to the ice.
- B. In all other cases, if a skater is injured and cannot continue to play or go to the bench, game action will continue until his team has gained possession of the puck, unless his team is in a scoring position.
- C. If a skater is injured at the same time he is assessed a penalty, he is allowed to go to the dressing room. If he has been assessed a minor, major, or match penalty, his team must immediately put a substitute skater in the penalty box to serve the penalty in full.
- D. If the injured penalized skater is able to return prior to the expiration of this penalty, he must go to the penalty box to serve the remaining time himself.
- E. When game action is stopped because of an injury to a skater, he must leave the ice and cannot return until after play has resumed.

XXVIII. Injured On-Ice Officials

- A. In the case where an on-ice official suffers an injury during game action, play will be stopped immediately (unless one team has a scoring opportunity) to assess the severity of the injury and attend to the injured on-ice official. If the problem can be treated immediately, the injured on-ice official will skate to the players' bench of the home team or be attended to by medical personnel of the home team.
- B. If a referee is injured and is unable to continue, the remaining referee will be the sole referee.
- C. If a linesman is injured and is unable to continue, he will be replaced if the referee deems it necessary.

Section Six - Playing Rules: Player Changes

I. Defining on/Off Ice

- A. A Player who has one skate on the ice and one skate off the ice at the players' bench is considered off the ice unless she plays the puck or engages in any action with an opponent or has both skates on the ice.
- II. Player Change during game action**
- A. Player changes may occur at any time during game action provided that the changing players are within 1.5 meters (5') of the boards across the width of their players' bench and the changing players are not involved in game action in any way.
 - B. If an oncoming player leaves the 1.5 meters (5') zone and participates in game action before the departing player has at least one skate off the ice at the players' bench, the team will be assessed a penalty for too many men.
 - C. If, during a player change game action, a player coming onto the ice or coming off the ice plays the puck, makes contact with an opponent, or participates in game action while both the departing and entering players are on the ice within the 1.5 meter (5') zone, a penalty for too many men will be assessed.
 - D. If player changes are made during game action and the changing players are within 1.5 meters (5') of the boards across the width of their players' bench and the changing players are not involved in game action in any way, no penalty for too many men will be assessed.
- III. Illegal Access of Opponent's Players' Bench**
- A. At no time is a player allowed to use the players' bench of the opposition during a game except accidentally.
- IV. Player's Bench Inside Blue Line/Offside**
- A. If, during a delayed offside, an attacking player in the attacking zone leaves the ice at his players' bench which extends into the attacking zone, she will be considered off the ice provided her replacement comes into the ice in the neutral zone. If her replacement comes onto the ice in the attacking zone and the delayed offside is still in effect, the replacement must clear the attacking zone. If the remaining attacking players have cleared the attacking zone and the linesman has cancelled the delayed offside, the replacement will be onside.
- V. Player Change during Stoppage**
- A. The changing of one or more players constitutes a player change.
 - B. The home team is entitled to "last change". The visiting team must put their players out on the ice first, after which the home team must do so. If either team does not make its changes promptly, the referee will not permit the change.
 - C. Failure by either team to comply, or tardiness to comply, or deliberate error in complying with this rule will result first in a warning from the referee and then a bench-minor penalty for delay of game.
 - D. Once player changes have been made, a team is not allowed to alter its lineup on ice until after play has started after a legal faceoff.
 - E. Teams are not allowed to make player changes after a false faceoff.
 - F. If, after player changes are made and before a legal faceoff, one or both teams incur penalties which alter the on-ice manpower of either team, teams may make further player changes.
 - G. Players from the players' bench can come onto the ice after a goal only for the purpose of making changes and not more players than those changing can come onto the ice to celebrate, unless it is in overtime.
- VI. Player Change Procedure**
- A. The following procedure must be followed for player changes:
 1. Immediately after a stoppage of play, the referee signals to the coach of the visiting team to make their player changes
 2. The visiting team has five seconds to make its changes
 3. the referee raises his arm to indicate that the visiting team may no longer make player changes
 4. with his arm still up, the referee signals to the coach of the home team to make their changes
 5. after five seconds, the referee drops his arm to indicate that the home team may no longer make changes

6. as soon as the referee drops his arm, the linesman conducting the faceoff blows his whistle to indicate that both teams have no more than five seconds to lineup for a faceoff
7. at the end of the five seconds (sooner if the facing-off skaters are read), the linesman drops the puck. It is the responsibility of the linesman to ensure that all skaters come into proper position for the faceoff
8. when a team attempts to make a player change after its allotted time, the referee will send the player(s) back to the bench and issue a warning to the coach. Any subsequent infraction of this procedure will result a bench-minor penalty for delay of game.

VII. Player Change on Icing Calls

- A. A team that incurs an icing call is not allowed to make player changes prior to the ensuing faceoff. The rule applies to those players who were on the ice the moment the puck left the player's stick to produce the icing.
- B. If a team attempts to change players after it has iced the puck, the referee will issue a warning for the first offense and then assess a bench-minor penalty for delay of game for subsequent offenses
- C. Should a team that ices the puck utilize its team timeout at this stoppage, it is still not allowed to make any player substitutions.
- D. A team is allowed to make a player substitution:
 1. to replace a goaltender who have been substituted for an extra player
 2. to replace an injured player or goaltender
 3. if either team incurs a penalty which alters on-ice manpower, the team icing the puck is allowed to make player changes, but the ensuing faceoff will take place in the defending zone of the team incurring the penalty
- E. A skater who breaks his stick on a play that is called for icing will be allowed to go to his players' bench to get a new one.

Section Seven - Playing Rules: Goals

I. Scoring A Goal

- A. A goal is scored when a team has shot or directed the puck into the goal net and entirely over the plane of the goal line during game action and is deemed legal by the referee and/or video-goal judge.
- B. A goal is scored when the puck is put between the goal posts below the crossbar and entirely across the plane of the goal line.
- C. A goal is scored when the puck is shot, kicked, directed, or put into the goal net in any way by a defending player.
- D. The puck must be whole when it crosses the plane of the goal line.
- E. Any puck shot into the goal net during a stoppage in play is not considered a goal.
- F. A goal is considered official once a faceoff has taken place at center ice following that goal. Video evidence obtained after the ensuing faceoff which indicated that the goal should not have been allowed is not admissible.
- G. Only one goal can be awarded to one team at any single instance during a game. In the case of a goal scored without a stoppage of play and subsequently another goal is scored by either team, at which time video review shows the initial play to have been a goal, the second goal is nullified, the first goal is counted and time is put back on the scoreclock (both playing time and, where applicable, penalty time) to indicate when the first goal was scored.
- H. If the initial goal is ruled illegal by the video-goal judge, the subsequent goal will count and the scoreclock will not be adjusted.
- I. Any penalties which occur during the two goals mentioned directly above or after the whistle after the second goal will be assessed except the first minor penalty to the team scored upon (as per rules regarding the nullifying of penalties when a goal is scored during a delayed penalty).
- J. The "lacrosse-like" maneuver whereby a skater whips the puck into the goal net is permitted provided he does not raise her stick above the height of his shoulder at any time during the motion.
- K. If a puck is deflected into the goal net by the stick or body of an attacking skater who has established position while the goaltender is in her crease prior to the puck entering the three-dimensional space of the crease, the goal will not count and the ensuing faceoff will take place at a faceoff spot outside the blue line.

- L. If a skater's skates are not in the goal crease, but her stick is, then any goal scored off the stick will be allowed provided the stick is not interfering with the goaltender's ability to play her position. If the stick is interfering, the goal will not be allowed, and the ensuing faceoff will take place at a faceoff spot outside the blue line.
- M. For a goal to be legal, the puck must cross the plane of the goal line prior to the expiration of a period, if the scoreclock is not functioning, the video-goal judge can be consulted. In all other cases, the decision by the on-ice officials will be final.
- N. If the penalty-box attendant fails to open the penalty-box door when a penalty expires, thus delaying a player's re-entry to the ice, and during this time the opposing team scores a goal, the goal will be allowed.

II. Goal crease as it pertains to scoring goals

- A. If a skater of the attacking team is pushed, shoved, or fouled by a defending skater to cause him to be in the goal crease when the puck enters the goal net, the goal will be allowed unless the attacking skater had sufficient time to get out of the goal crease
- B. If the puck is loose in the goal crease and put into the goal net by the stick of an attacking skater, the goal will be allowed
- C. If an attacking skater is in the goal crease at the moment the puck crosses the plane of the goal line and his position in no way affects the goaltender's ability to make a save or play her position properly, the goal will be allowed.
- D. If a goaltender is outside her goal crease and an attacking skater prevents the goaltender from returning to her crease or prevents the goaltender from play his position properly while a goal is scored, the goal will not be allowed, and the attacking skater will be assessed a minor penalty for interference
- E. The goal crease is three-dimensional and all crease rules pertain not only to the blue ice but to the air space above the blue ice to the height of the crossbar.

III. Goals with the Skate

- A. No goal will be allowed if the puck enters the goal net as a result of a noticeable kicking motion by an attacking player.
- B. A noticeable kicking motion is a movement of the skate along the ice or in pendulum motion as a means of propelling the puck into the goal net.
- C. If an attacking skater kicks at a puck and it is subsequently shot into the goal net by either that skater or a teammate after the goaltender has made a save, the goal will be allowed.
- D. If an attacking skater kicks the puck and it deflects directly off the goaltender or her equipment, or off a player from either team and into the goal net, the goal will not be allowed.
- E. If an attacking skater turns her skate in any manner with the intention of having the puck deflect off it, and the puck enters the goal net as a result of that deflection, the goal will be allowed so long as there was no noticeable kicking motion.
- F. If an attacking skater tries to kick the puck from her skate up to her stick but fails to gain possession of the puck with her stick before the puck enters the goal net, the goal will not be allowed because a noticeable kicking motion propelled the puck into the goal net.
- G. If an attacking skater is jostling with an opponent and during this time she propels the puck into the goal net with a noticeable kicking motion while trying to maintain his balance, the goal will not be allowed. The noticeable kicking motion is the sole criterion, not the jostling with an opponent.
- H. If an attacking skater has the puck on her stick and kicks her stick to propel the puck into the goal net, the goal will not be allowed.

IV. Disallowing a goal/game action

- A. No goal will be allowed if an attacking skater kicks, throws, gloves, or otherwise directs the puck into the goal net with any part of his body or by any means other than his stick even if the puck is further deflected by a player or on-ice official after initial contact.
- B. No goal will be allowed if an attacking skater, directs, deflects, or bats the puck into the goal net in any way with his stick above the height of the crossbar, even if the puck subsequently deflects off any player, the goaltender, or an on-ice official, or bounces off the ice and in. The determining factor is where the puck makes contact with the stick in relation to the crossbar. If that part of the stick making contact with the puck is at or below the crossbar, the goal will be allowed.

- C. No goal will be allowed if the puck is directly deflected into the goal net off an on-ice official even if the puck subsequently deflects off a skater from either team or the goaltender. If the puck hits an on-ice official and is subsequently put into the goal net in any legal manner, the goal will be allowed.
- D. No goal will be allowed if the puck is under a defending player who is pushed by an attacking player, together with the puck, into the goal net.
- E. No goal will be allowed if a skater enters the game illegally from her own players' bench and his team scores a goal while she is on the ice.
- F. If a skater leaves the penalty box early by her own error or an error of the penalty-box attendant, and the skater's team scores while she is on the ice or has been substituted, the goal will not count and the skater must return to the penalty box to serve the remaining time of his penalty. If other penalties are assessed during this time, they must be served as well.
- G. A referee has the right to consult the linesman for incidents leading up to the scoring of a goal. Should a linesman witness a foul which carries with it a major penalty, game-misconduct penalty, match penalty, or unsportsmanlike-conduct penalty committed by an attacking player and which goes undetected by the referee immediately prior to a goal, the linesman can report the incident, and the referee may decide to disallow the goal and assess penalties.
- H. No goal will be allowed if the puck has completely crosses the plane of the goal line after the period has expired.
- I. No goal will be allowed if the referee has blown his whistle to stop play before the puck crosses the plane of the goal line. Such a play is not subject to review by the video-goal judge.

V. Scoring a Goal/Goal Frame off

- A. If a defending player displaces her own goal frame and the opposing team scores a goal, the goal will be allowed provided:
 - 1. the opponent was in the act of shooting prior to the goal frame being displaced
 - 2. The referee determines the puck would have entered the goal net had the goal frame been in its normal position.
- C. A goal will awarded if a goaltender has been removed from the ice for an extra skater and a teammate displaces the goal frame from its normal position when an attacking skater is on a breakaway.
- D. The goal frame is considered displaced if:
 - 3. either of the two goal pegs is not in their respective holes
 - 4. it has come off one or both pegs
 - 5. one of both of the goal posts are not flat on the ice
- E. For all other goal frames which go not utilize pegs, the goal posts must be flat on the ice and on the goal line at the time the puck enters the goal net for a goal to be allowed.
- F. If the position of the goal net is altered in any way during game action, play will be stopped if the goal net does not return to its normal position. If the goal net returns to its normal position, game action will continue.
- G. No goal will be allowed if the goal frame is displaced before the puck crosses the plane of the goal line unless mentioned above.

VI. Use of video-goal judge to determine goals

- A. The video-goal judge may consult with the referee only at the request of the referee or by request of the video-goal judge himself. He is consulted primarily to determine the legitimacy of a goal.
- B. If a goal is scored or appears to have been scored, the referee will make his call immediately and then, if necessary, consult the video-goal judge. It will be up to the video-goal judge to confirm the referee's call or, if there is proper evidence, refute it.
- C. In the case where video review is inconclusive, the referee's original call will stand.
- D. If the video-goal judge requests consultation with the referee on a potential goal that on on-ice official acknowledged, the opinion of the video-goal judge will be the decisive one.
- E. If neither the on-ice officials nor the video-goal judge reviews a possible goal at the next stoppage of play, further review is not permitted after the ensuing faceoff.
- F. If there is no indication from the referees or video-goal judge to review a questionable play immediately following the end of a period, no review can be conducted once the players have left the ice

- G. The following are the only situations subject to review by the video-goal judge:
 1. puck crosses the plane of the goal line
 2. puck in the goal net prior to the goal frame being displaced
 3. puck entering the goal net prior to or after the expiration of a period
 4. puck directed into the goal net by hand or kicked into the goal net
 5. puck deflected into the goal net off an on-ice official
 6. puck struck with a high stick above the height of the crossbar by an attacking skater prior to entering the goal net

Section Eight - Game Penalties: Duration and Situations

I. When penalties can be called

- A. Penalties can be called at any time during the playing of a game. This constitutes the 60 minutes of regulation play, the overtime, penalty-shot shootout, stoppages in play, and the departure of the teams from the ice to the dressing rooms.
- B. An on-ice official must witness first-hand any infraction if a penalty is to be assessed and if incorporated into the official game sheet. This includes events before, during, and after the playing of the game.
- C. "Before" the game constitutes the minutes prior to the opening faceoff when the on-ice officials and players are on the ice but game actions has yet to begin.
- D. Any violations of the rules committed during the pre-game skate or underneath the stands cannot be punished by the assessment of penalties during the game as the on-ice officials were not participating in events at the time. Instead, these violations will be noted by the standby referee and dealt with, if necessary, by the proper authorities.
- E. No player or team official is allowed to enter the dressing room of the on-ice officials during the course of or immediately following the game. Any violation of this rule will be reported to the proper authorities.

II. Implications of penalties

- A. In the two-referee system, no player can be penalized by both referees by the same infraction, but the same player can be penalized by both referees for two distinct infractions.
- B. If a team being penalized is in possession of the puck, game action will be stopped immediately. If the opposing team is in possession of the puck, game action will continue until the penalized team gains control of the puck.
- C. If, during the delayed penalty, the team in possession of the puck scores into its opponent's goal, the first minor penalty will be cancelled. If a double-minor penalty were to be assessed, one minor penalty is cancelled and the other imposed. If a major, misconduct, or match penalty were to be imposed, these will still be assessed even if a goal is scored.
- D. If, during the delayed penalty, two or more minor penalties were to be assessed to more than one player and a goal is scored, the referee will ask the captain of the penalized team which penalty to cancel. The second and subsequent penalties will still be imposed. The order of the penalties assessed will not be taken into consideration.
- E. If an attacking skater on a breakaway is fouled by an opponent to the degree that warrants a major and automatic game-misconduct penalty, the penalties will be imposed on the opponent regardless if the resultant penalty shot is successful or not.
- F. Upon being penalized, a skater must proceed directly to the penalty box or dressing room unless instructed otherwise by an on-ice official. Failure to do so will result in an additional bench-minor penalty.
- G. If one team is assessed more than one penalty of the same duration which effects on-ice manpower, the captain must inform the referee of the order the penalties are to be served in case further penalties result in one penalized skater being allowed to leave the penalty box before others.
- H. A skater must go to her dressing room if she is assessed a misconduct penalty in the third period which would prevent her from participating in the overtime and penalty-shot shootout.

III. Penalties on Scoreclock

- A. Penalties are said to have expired at the exact time of the penalty on the scoreclock plus the length of the penalty. For instance, if a minor penalty is called at 4:58, it expires at 2:58. If a major penalty is assessed at 13:05, it expires at 8:05, whether or not the skater steps on the ice at the

exact second. For coincident minor penalties and misconduct penalties, the skater is allowed to return to the ice only at the first whistle after the penalty time has been served.

- B. Only penalties displayed on the scoreclock allow a team to gain extra skaters during game action when they expire. Penalties not displayed on the scoreclock include coincident minors or majors, misconducts, game misconducts, and coincident match penalties.
- C. Penalties which must be displayed on the scoreclock include minors, double minors, majors, and match.
- D. Penalties with a delayed start time will be displayed on the score-clock only when their time has started.
- E. In the case of misconduct penalties, the skater is allowed to return to the ice only after the first whistle after the expiration of his penalty.
- F. In the case of more than one penalty to a team, skaters are allowed to return to the ice only when their own penalty has expired. A skater who comes onto the ice after a teammate's penalty has expired - not her own - will be subject to further penalty.

IV. Playing Short-Handed

- A. A team is short-handed by the virtue of having fewer players on the ice as a result of one or more penalties during game action than its opponent
- B. If the opposition scores a goal while a team is short-handed, the penalized skater can return to the ice immediately if the penalty being served is a minor or bench-minor penalty which makes the team short-handed.

V. Duration of Penalties

- A. Minors and Bench Minors
 - 1. A minor penalty constitutes two minutes of playing time and must be served in full by the penalized skater. No substitution of this skater is allowed in on-ice manpower. If the opposition scores during the ensuing power play, the first minor penalty is considered over and the skater can leave the penalty box.
 - 2. If a team scores a goal on a penalty shot during a powerplay, the penalized skater is not allowed to return to the ice.
- B. Majors
 - 1. A major penalty constitutes five minutes of playing time and carries with it an automatic game-misconduct penalty. No substitution of this player is allowed in on-ice manpower for the five minutes. The penalized player must go to the dressing room, and a teammate designated by the coach through the captain must serve the penalty in full, regardless of how many goals the opposition scores. Once the five minutes has expired, the team may replace the skater for the game misconduct portion of the penalty. A review of the penalty by the proper authorities is automatically conducted after the game.
- C. Minor and Major
 - 1. When a skater is assessed a minor and major penalty (and automatic game-misconduct penalty) at the same time, the major penalty is served first after which the minor penalty begins. The penalized player must go to the dressing room, and a player designated by the coach through the captain must serve the assessed penalties.
- D. Misconducts
 - 1. A misconduct penalty constitutes ten minutes of playing time, but immediate substitution in on-ice manpower is allowed. The skater must serve her misconduct in full unless she is injured, in which case a teammate designated by the coach through the captain must sit in the penalty box in her place. The skater is not allowed to leave the penalty box until the first whistle after ten minutes of playing time has elapsed.
 - 2. If a player is assessed a second misconduct any time during a game, it will become an automatic game-misconduct penalty instead. She must go to the dressing room but may be substituted immediately on ice, and no teammate has to serve her penalty.
 - 3. If a goaltender is assessed a misconduct penalty, it must be served by a skater on the ice at the time of the whistle to stop play who is designated by the coach through the captain.
- E. Minor and misconduct

1. When a skater is assessed a minor and misconduct penalty at the same time, the penalized team must immediately put an additional skater in the penalty box to serve the minor penalty. No substitution of this skater is allowed in on-ice manpower. At the expiration of that penalty, the teammate may leave the penalty box but the skater who committed the infractions must remain in the penalty box to serve the misconduct penalty. Even though a teammate serves the minor penalty, the misconduct penalty does not begin until the expiration of any lesser penalties.

F. Game Misconducts

1. A game-misconduct penalty requires the penalized player or team official to go to the dressing room, but immediate substitution on ice is allowed.
2. A player who receives two game-misconduct penalties in the same game is automatically suspended for one further game.

G. Match

1. A match penalty results in the immediate expulsion of the player or team official from the game and a five minute penalty served by a teammate designated by the coach through the captain. No substitution of the skater is allowed in on-ice manpower until after the expiration of the five minutes.
2. A match penalty carries with it an automatic one-game suspension.

VI. Penalty Situations

- A. Only penalties that are displayed on the scoreclock effect on-ice manpower (except penalties which have a delayed start time).
- B. For a penalized skater to return to the game as a result of an opponent's goal, his team must be short-handed by a minor or bench-minor penalty at the time of the goal (not counting a delayed penalty). In the case where more than one skater is penalized, the first minor or bench-minor penalty will terminate (unless it were a coincident minor or bench-minor penalty with an opposing skater in which case the next minor or bench-minor penalty will be cancelled).
- C. If there is a delayed-penalty call for a minor or bench-minor penalty against a team already short-handed by reason of a major or match penalty, and the opposition scores before the play can be stopped to assess the new penalty, that signaled penalty will be cancelled because of the goal.
- D. If a delayed penalty is about to be called against a skater which will result in a minor, major, and automatic game misconduct, or match penalty but the opposing team scores during the delayed penalty, the minor penalty is cancelled but the major and game misconduct or match penalty will still be assessed. The skater must go to the dressing room while a teammate designated by the coach through the captain serves the major or match penalty.
- E. If a team incurs two or more penalties of the same duration at the same stoppage, the captain of that team must notify the referee before the start of game action which skater will be first out of the penalty box (either after the scoring of a powerplay goal by the opposition or at the expiration of the penalties when the skaters leave the penalty box). The referee will inform the scorekeeper accordingly.

VII. Coincident Penalties

- A. When an equal number of minor, major, or match penalties of the same duration are assessed to both teams at the same stoppage of play, the penalties are considered coincident penalties.
- B. When penalties are assessed to both teams at the same stoppage of play, the referee will cancel as many penalties of equal duration (minor, bench minor, double minor, major, and automatic game misconduct, match) to each team as possible.
- C. If teams are playing 5-on-5 and only one minor or bench-minor penalty is assessed to each team, teams will play 4-on-4. The two players must go to the penalty box without substitution and they can return to the ice at the expiration of the penalties.
- D. If one or both penalized players are assessed a misconduct penalty in addition to a minor penalty, teams will play 4-on-4 and an additional skater will have to go to the penalty box to serve the minor penalty while the penalized player will serve the entire 12 minutes. The player serving the minor penalty can return to the ice at the expiry of that penalty.
- E. When coincident penalties are assessed and one team is short-handed, immediate substitution is allowed for an equal number of coincident penalties of equal duration to each team and will not have a bearing on delayed start time of penalties.

- F. If teams are playing with manpower that is not 5-on-5, there is no further reduction of manpower on ice as a result of penalties of equal duration and number which can cancel each other.
- G. If multiple penalties are assessed to both teams, equal numbers of minor, major (and automatic game misconduct), and match penalties will be cancelled as per rules for coincident penalties. Any differential in penalty times will be displayed on the scoreclock, and players will serve the time accordingly. They will not be allowed to return until the first stoppage in play after the expiry of their penalties.
- H. Players who receive major or match penalties which are coincident penalties must go to their dressing room but no teammate is required in the penalty box unless one of the penalties appears on the scoreclock.
- I. In the applications of coincident penalties, minor and bench-minor penalties are considered the same.

VIII. Delayed Start Time of Penalties

- A. No team may have fewer than three skaters on ice at any time during game action.
- B. Players must always return to the ice in the order of the expiry of their own penalties.
- C. If a third or subsequent player of any team is assessed a penalty during regulation time which requires him to go to the penalty box and two teammates are already serving penalties, the penalty time of the third player or any subsequent players will not start until the penalty time of one of the first two players has elapsed. The third or subsequent skaters must still proceed to the penalty box as soon as their penalties have been assessed, but they can be replaced on the ice by as substitute until their penalty time begins.
- D. Once the first penalty of three or more players has elapsed, the skater cannot return to the ice until the first whistle on or after the expiration of his penalty.

IX. Delayed Penalty Call

- A. For most penalties, a player from the offending team must be in control of the puck for game action to be stopped and the penalties assessed
- B. A touch of the puck or glancing contact between stick and puck does not constitute control unless that contact results in a goal for the team being penalized.
- C. If the offending team is not in control of the puck, the referee will raise his arm signifying his intention to call a penalty, but he will not stop game action until:
 - 1. The offending team has gained control of the puck
 - 2. The puck is frozen
 - 3. The puck goes out of play
 - 4. The team in control commits a foul of its own
 - 5. Either team ices the puck
 - 6. Other reasons specified by these rules
- D. If the team in control of the puck a delayed-penalty situation scores into its own goal, the goal will be credited to the opposition, but the penalty will still be assessed.
- E. A team being penalized during a delayed-penalty situation cannot score a goal by its own means.
- F. If, after the referee has raised his arm, a goal is scored by the team in control of the puck, the goal is allowed and the first minor penalty, if more than one is intended to be called, is cancelled. All additional penalties will be assessed.
- G. If the team being penalized is already short-handed and its opponent scored a goal during a delayed-penalty call, the earlier minor penalty being served is automatically terminated and all new penalties being signaled will be assessed.
- H. If there is a delayed penalty to a team for a minor or bench-minor penalty, and that team is already short-handed with a major or match penalty and the opposition scores, the delayed penalty will be cancelled but the major or match penalty remains on the scoreclock.
- I. If a team incurs a penalty and scores a goal on the same play so quickly that the referee does not have time to blow his whistle before the puck enters the goal net, he can still nullify the goal and assess the penalty after stopping play.

X. Penalties in Overtime

- A. In playoff games, any penalties in overtime will be assessed the same as in regulation 5-on-5.
- B. If a penalty carries over into overtime from regulation, whether it is 5-on-4 or 4-on-3, teams will play 4-on-3. If a team incurs a minor penalty in overtime, teams will play 4-on-3.

- C. Coincident penalties in overtime do not effect on-ice strength.
- D. If a team is penalized such that a two-man advantage occurs, the offending team will remain at three skaters while the opposing team will be allowed a fifth skater. At the first stoppage of play after the two-man advantage is no longer in effect, the numerical strength of the teams will be adjusted to either 4-on-4 or 4-on-3.
- E. If there is a 5-on-3 manpower advantage at the end of regulation time, the overtime will begin with teams playing 5-on-3. With the expiration of penalties, due to continuous action, on-ice manpower may get to 5-on-4 or 5-on-5. At the first stoppage of play, on-ice manpower will be adjusted to 4-on-4 or 4-on-3.
- F. If teams are playing 4-on-4 at the end of regulation time with skaters in the penalty box serving non-coincident penalties, overtime starts 4-on-4 and skaters exit the penalty box as normal. At the first stoppage of play, manpower will be adjusted to 4-on-3 or 4-on-4.
- G. If teams are playing 4-on-4 at the end of regulation time with skaters in the penalty box serving coincident penalties, overtime starts 4-on-4.
- H. If teams are playing 3-on-3 at the end of regulation time, overtime starts 3-on-3. After on-ice manpower reaches 5-on-4 or 5-on-5, at the first stoppage of play manpower will be adjusted to 4-on-3 or 4-on-4.

Section Nine - Definition of Penalties

I. Abuse of Officials

- A. Definition: An attempt by a player or team official to usurp the power of an on-ice official, demean or degrade an on-ice official, call into question the integrity or ability of an on-ice official, or physically confront an on-ice official.
- B. Minor Penalty
 - 1. A player who bangs the protective glass in protest of an on-ice official's decision
 - 2. A player who bangs the boards with her stick or other objects to protest an on-ice official's decision.
- C. Bench-Minor Penalty
 - 1. an unidentifiable player or team official who uses obscene, profane, or abusive language or uses the name of any official coupled with any vehement remarks
 - 2. a penalized player who does not go directly to the penalty box or dressing room as instructed by an on-ice official
 - 3. A team official who nags the boards with a stick or other object to protest an on-ice official's decision
- D. Misconduct penalty
 - 1. A player who challenges or disputes the ruling of an on-ice official
 - 2. A player who shoots the puck intentionally out of reach of an on-ice official who is retrieving it
 - 3. A player who enters or remains in the on-ice officials' crease while they are in consultation with each other or reporting to off-ice officials
 - 4. A captain or alternate captain, on ice or off, who complains to an on-ice official about how he is conducting the game, interpreting the rules, or handling game action
 - 5. A player who bangs the boards with her stick or other objects to protest an on-ice official's decision for which they have been already been assessed a minor or bench-minor penalty
 - 6. A player who bangs the protective glass in protest an on-ice official's decision for which they have been already been assessed a minor or bench-minor penalty
- E. Game Misconduct Penalty
 - 1. A player or coach who uses obscene, profane, or abusive language directed to an on-ice official for which they have been already been assessed a minor or bench-minor penalty. When this conduct occurs after the game ended, on or off the ice, the game misconduct penalty can be applied without the necessity of having previously assessed a minor or bench-minor penalty.
- F. Match Penalty
 - 1. A player or team official who makes contact in any way with an on-ice official and is detrimental to the conducting of a game

2. A player who swings her stick at an on-ice official.

II. Bench-Minor

- A. Definition: Conduct detrimental to the game or violation of the rules from the players' bench from either an identifiable or unidentifiable player or team official. infraction coming from the players' bench is punishable minor penalty
- B. Any action on ice that warrants a misconduct or game misconduct penalty is punished equally if it comes from an identifiable player or team official at the player's bench.
- C. A bench-minor penalty can be served by a skater who was on the ice at the time the whistle stopped play or otherwise provided by these rules
- D. If the head coach of a penalized team refuses to designate a skater to serve a bench-minor penalty or a penalty to a goaltender, the referee will name a skater of his choice.

III. Biting

- A. Definition - a player who bites any part of an opponent's body
- B. A player who bites an opponent will be assessed a match penalty.

IV. Boarding

- A. Definition - A player who body checks, elbows, charges, or trips an opponent in such a manner that causes the opponent to be thrown violently into the boards.
- B. A boarding penalty is punishable by at least a minor penalty.
- C. A player who injures or recklessly endangers an opponent as a result of boarding will be assessed either a major and game-misconduct penalty or a match penalty
- D. "Rolling" an opponent in possession of the puck along the boards who is trying to squeeze by a player is not considered boarding.

V. Broken Stick/Playing with - Replacing

- A. Definition - A stick that is not fully intact, has a broken blade or shaft, or is no longer whole is considered broken and is illegal.
- B. A player must drop a broken stick immediately. If she participates in game action with a broken stick she will be assessed a minor penalty.
- C. A skater who uses a goaltender's stick during game action will be assessed a minor penalty.
- D. A player whose stick is broken is forbidden to receive a stick thrown onto the ice from either the players' bench or from a spectator, but she may receive a stick from a teammate on the ice at the time without having to proceed to her players' bench to obtain a new one. This exchange, however, must be made hand-to-hand. A teammate who throws, tosses, slides, or shoots a stick to her will be assessed a minor penalty.
- E. At no time is a skater allowed to grab an opponent's stick
 - 1. from an opponent on ice who may either be holding the stick or who may have dropped it to the ice
 - 2. from an opponent sitting on her players' bench
 - 3. from the stick rack at the opponent's bench.
 - 4. Any violation of this rule will result in a minor penalty.
- F. A skater who participates in game action while taking a replacement stick to a player or goaltender will be assessed a minor penalty.
- G. If a player receives a stick during game action from a teammate in the penalty box, the player receiving the stick will be assessed a minor penalty.
- H. A skater who does not have a skater's stick in her hands may still participate in game action.

VI. Butt Ending

- A. Definition - a player who slides the top hand on her stick down the shaft to create a dangerous protrusion which she drives into the body of an opponent.
- B. An attempt to butt-end is punishable by a double minor and misconduct penalty.
- C. A player who butt-ends an opponent will be assessed either a major and automatic game-misconduct penalty or a match penalty.
- D. A player who injures or recklessly endangers an opponent by butt-ending will be assessed a match penalty.

VII. Charging

- A. Definition - a player who, after skating towards an opponent, checks her with unnecessary force or runs at or jumps into an opponent.

- B. A player who checks an opponent with unnecessary force or runs at or jumps into an opponent will be assessed at least a minor penalty.
- C. A player who makes physical contact with an opponent after the whistle has been blown but who had sufficient time to avoid such contact will be assessed at least a minor penalty for charging.
- D. A minor penalty for interference or changing is warranted where an opponent makes unnecessary contact with a goaltender.
- E. A player who injures or recklessly endangers an opponent as a result of charging will be assessed a major penalty and automatic game-misconduct penalty or match penalty.

VIII. Checking from Behind

- A. Definition - a player who delivers a check to a vulnerable player who is not aware of the impending hit or who is unable to protect or defend herself from such as hit. The point of contact is the back of the body.
- B. A player who hits an opponent from behind into the boards, the goal frame, or in open ice in any manner will be assessed at least a minor and misconduct penalty.
- C. A player who recklessly endangers an opponent as a result of checking from behind will be assessed a major penalty and game-misconduct penalty.
- D. A player who injures an opponent as a result of checking from behind will be assessed a match penalty.
- E. If the skater being checked turns her back towards an opponent and puts herself in a vulnerable position immediately before a check to create a checking from behind situation, no penalty for checking from behind will be assessed.

IX. Checking to the Head or Neck

- A. Definition - a player who directs a hit of any sort, with any part of his body or equipment, to the head or neck of an opposing player or drives or forces the head of an opposing player into the protective glass or boards.
- B. A player who directs a check to the head or neck of an opponent will be assessed one of
 - 1. a minor penalty and misconduct penalty
 - 2. a major penalty and automatic game-misconduct penalty
 - 3. a match penalty
- C. A player who injures or recklessly endangers an opponent as a result of checking to the head or neck will be assessed a match penalty.
- D. A penalty for checking to the head or neck will be assessed if one of the following occurs when a player checks an opponent:
 - 1. The skater directs a hit with any part of her body or equipment to the head or neck of an opponent
 - 2. The skater drives or forces the head of an opponent into the protective glass or boards by using any part of her upper body
 - 3. The skater extends and directs any part of her upper body to make contact with the head or neck of an opponent
 - 4. The skater extends her body upward or outward in order to reach her opponent or uses any part of the upper body to make contact with an opponent's head or neck
 - 5. The skater jumps (leaves her skates) to deliver a blow to the head or neck of an opponent.
- E. If a skater skates with his head up, is in possession of the puck and is expecting a check, an opponent does not have the right to hit him in the head or neck.
- F. If the primary force of a blow is initially to the body area and then contact slides up to the head or neck area, a penalty for checking to the head or neck will be assessed.
- G. A skater who delivers a check to an opponent who is skating with the puck with his head down in the direction of the skater, and does not use an upward motion or drive her body up into the opponent, will not be penalized for checking to the head or neck.
- H. If a skater maintains his position in the normal course of a game action as an opponent runs into her, the ensuing contact will not be considered checking to the head or neck unless conditions above are violated.

XII. Clipping

- A. Definition - Clipping is the act of a player who lowers his body with the express intention of delivering a check to an opponent's knee area.
- B. A player who delivers a check in a clipping manner or lowers her own body to deliver a check to an opponent's knee area will be assessed at least a minor penalty.
- C. A player who crouches down near the boards to avoid being body-checked and who, as a result, causes an opponent to tumble over him, will be assessed at least a minor penalty.
- D. A player who injures or recklessly endangers an opponent by a clipping action will be assessed a major penalty and game-misconduct penalty or match penalty.

XIII. Illegal Hit

- A. Definition - a player is not allowed to deliver a bodycheck to an opponent
- B. She will be assessed one of
 - 1. Minor penalty
 - 2. A major penalty and automatic game-misconduct penalty
 - 3. match penalty
- C. A player who injures or recklessly endangers an opponent by body-checking will be assessed either a major penalty and automatic game-misconduct penalty or a match penalty
- D. If two players are in pursuit of the puck, they are reasonably allowed to push and lean into each other provided that possession of the puck remains the sole object of the two players.

XIV. Closing Hand on Puck

- A. Definition - Although a skater may bat at the puck with her glove or catch it and place it on the ice immediately, she is not allowed to palm the puck (i.e., keep it in her glove), hold it for longer than it takes to put it on the ice, or skate with it in her glove.
- B. A skater who catches the puck and holds it while stationary or skates with it in his glove either to avoid an opponent or to gain clear possession of it will be assessed a minor penalty for closing his hand on the puck.
- C. A skater who picks the puck up from the ice with his glove or hand outside her own goal crease during game action will be assessed a minor penalty.
- D. A skater picks the puck up from the ice with her glove, conceals, or covers the puck with her glove on the ice inside the three-dimensional area of her own goal crease while her goaltender is on the ice, a penalty shot will be awarded to the opposition.

XV. Cross-Checking

- A. Definition - A player who delivers a check to the body of an opponent with both hands on the stick and no part of the stick on the ice.
- B. A player who cross-checks an opponent will be assessed at least a minor penalty.
- C. A player who injures or recklessly endangers an opponent by cross-checking will be assessed a major penalty and automatic game-misconduct penalty or match penalty.

XVI. Dangerous Equipment

- A. Pads and protective equipment made of any material likely to cause injury are considered dangerous, and their use is strictly prohibited.
- B. A referee can prohibit the use of a player equipment he feels might cause injury.
- C. The team of a player who participates in game action with illegal equipment will first be issued a warning by the referee. Failure to comply with the warning to adjust, replace, or secure any equipment as per the referee's instructions will mean any player from that team subsequently violating rules for dangerous equipment will be assessed a misconduct penalty.
- D. The referee can request that a player remove any personal accessories regarded as dangerous. If these personal accessories are difficult to remove, the player should tape them or put them safely under her game sweater in such a way that they are no longer dangerous. The player will be required to leave the ice during this process and a warning will be issued to her team. Failure to comply with the warning as per the referee's instructions will mean any player from the team subsequently violating rules for personal accessories will be assessed a misconduct penalty.
- E. Included in dangerous equipment is a cracked or damaged cage or visor. Although a player is allowed to finish her shift with such damage, it must be fixed or replaced prior to her next shift. Failure to do so will result first in a warning from the referee and then a misconduct penalty.

XVII. Delay of Game- Adjustment of equipment

- A. A player who stops game action or delays the start of game action to repair or adjust her equipment will be assessed a minor penalty
- XVIII. Delay of Game - Displaced Goal Net**
- A. A player who deliberately displaces the goal net from its normal position will be assessed a minor penalty.
 - B. If a player deliberately displaces her own goal net from its normal position during the last two minutes of regulation time, or at any time in overtime, the referee will award the opposing team a penalty shot.
 - C. If a player deliberately displaces his own goal net from its normal position when an attacking skater is on a breakaway, the referee will award the opposing team a penalty shot.
 - D. If, when a goaltender has been removed from the ice, a teammate displaces their goal net from its normal position when an attacking skater is on a breakaway, the referee will award a goal to the opposing team.
 - E. If the goal net becomes displaced during game action as a result of some action by the attacking team as the defending team gains possession of the puck with a clear chance to move up ice, there will be no whistle until puck possession changes again. If the defending team moves up ice and scores a goal, the goal will be allowed.
 - F. If possession described directly above changes inside the defending team's blue line, the ensuing faceoff will occur at one of the faceoff spots in the neutral zone nearest the defending team's blue line.
 - G. If possession in described above changes in the neutral zone or attacking zone of the defending team, the ensuing faceoff will occur at the nearest faceoff spot to where play was stopped.
- XIX. Delay of Game - Falling on the Puck**
- A. A skater who falls on, holds, or gathers the puck into her body or equipment to create a stoppage in play will be assessed a minor penalty. If, however, a puck becomes lodged in a skater's skates or equipment as he blocks a shot or pass, game action will be stopped but no penalty assessed.
 - B. A skater who uses her hands to conceal the puck in his palm or equipment to force a whistle will be assessed a minor penalty.
- XX. Delay of Game - Freezing the Puck**
- A. A skater who holds or freezes the puck with her stick, skates, or body along the boards or in open ice when not being pressured by an opponent will be assessed a minor penalty.
- XXI. Delay of Game - Goal Celebration**
- A. Players from the players' bench can come onto the ice after a goal only for the purpose of making changes and not more players than those changing can come onto the ice to celebrate, except for in overtime. Violation of this rule will result in a warning to both teams by the referee, and further violation will result in a bench-minor penalty.
- XXII. Delay of Game - Late Lineup**
- A. A coach who does not send out the required number of players in a timely manner to start a period, including overtime, will be assessed a bench-minor penalty.
- XXIII. Delay of Game - Shooting or throwing the puck out of play**
- A. A player who shoots, throws, or bats the puck directly out of the playing area from inside her defending zone anywhere in the rink (except where there is no protective glass) during game action, without any deflection, will be assessed a minor penalty. The determining factor will be position of the puck when it is played.
 - B. No penalty will be assessed if a player shoots the puck directly over the boards at the players' benches but not over the protective glass behind the players' benches.
 - C. A player who deliberately shoots the puck out of play anywhere on the ice during play or after a stoppage will be assessed a minor penalty.
 - D. A player who lifts the puck from the defending zone and hits the scoreclock or roof above center ice, causing a stoppage of play, will not be assessed a penalty.
- XXIV. Delay of Game - substitution after an icing call**
- A. A team charged with icing cannot substitute any of its players except:
 1. to replace a goaltender who had been substituted for an extra skater
 2. to replace an injured player of goaltender

3. if either team incurs a penalty which alters on-ice manpower, the team icing the puck is allowed to make player changes, but the ensuing faceoff will take place in the defending zone of the team incurring the penalty.
- B. A coach who attempts to make an illegal substitution after an icing call forcing a delay in the game while the referee or linesman organizes the correct lineup, will be issued a warning by the referee for the first violation. A coach who attempts for a second time to make substitutions for the purpose of delaying the ensuing faceoff will be assessed a bench-minor penalty.
- XXV. Delay of Game - Violation of faceoff procedures**
- A. When a skater not taking the faceoff enters the faceoff circle before the puck is dropped, the skater on her team taking the faceoff must be replaced. For a second violation by any skater on that team at the same faceoff, the offending team will be assessed a bench-minor penalty.
 - B. When a skater taking the faceoff has been removed from the faceoff by an on-ice official and another skater of the same team delays taking up her proper position after a warning, the offending team will be assessed a bench-minor penalty.
 - C. A skater who lines up for a faceoff in an offside position or improperly in any way and, after a warning from an on-ice official continues to line up offside or improperly, will be assessed a minor penalty.
- XXVI. Diving or Embellishment**
- A. A player who blatantly embellishes a fall or fakes an injury in attempt to draw a penalty by her action.
 - B. A player who embellishes or dives will be assessed a minor penalty.
- XXVII. Elbowing**
- A. A player who uses her elbow to foul an opponent.
 - B. A player elbowing an opponent will be assessed at least a minor penalty.
 - C. A player who injures or recklessly endangers an opponent by elbowing will be assessed a major penalty and automatic game-misconduct penalty or match penalty.
- XXVIII. Engaging with Spectators**
- A. Definition - a player or team official who makes physical contact with a spectator during the course of a game, including stoppages in play and intermissions.
 - B. A player or team official who physically confronts, retaliates, or engages with a spectator will be assessed a match penalty.
- XXIX. Fighting**
- A. A player who punches an opponent during game action, after a whistle, or any time during the regular course of a game during a prolonged player confrontation.
 - B. Both players involved will be assessed 5 minute majors and automatic game misconducts.
 - C. A player who removes her gloves with the intention of engaging in a confrontation with an opponent will be assessed a misconduct penalty.
 - D. A player who is on the ice and it the first to intervene in a fight already in progress (third man in) between two opposing players will be assessed, in addition to any other penalties incurred during the incident, a game-misconduct penalty.
 - E. A player who tries to fight or continues to fight after she has been ordered by the referee to stop, or who resists a linesman who is trying to stop the continuation of a fight, will be assessed a double minor penalty or a major penalty and automatic game-misconduct penalty or a match penalty.
 - F. If a fight involves one player on the ice with another player off it, both players will be assessed a misconduct penalty or a game-misconduct penalty or a match penalty.
 - G. A team official who is involved in a fight, on ice or off, will be assessed either a game-misconduct penalty or a match penalty.
 - H. The first player from either team to leave the players' bench or penalty box during a player confrontation on ice will be assessed a double-minor penalty and an automatic game-misconduct penalty. Subsequent players who leave the players' bench during a player confrontation will be assessed a misconduct penalty. Subsequent skaters who leave the penalty box during a player confrontation will be assessed a minor and game-misconduct penalties. These penalties will be served at the expiration of all previous penalties. The act alone of leaving either the players' bench

or penalty box constitutes a violation of these rules, even if the players do not engage in fighting once they are on the ice.

- I. Player substitutions (i.e., line changes) made prior to a player confrontation are allowed, but any player subsequently becoming involved in a player confrontation will be penalized as if she left players' bench or penalty box to participate in that confrontation.
- J. If players of both teams leave their respective benches at the same time, or if players from one team leave their players' bench after seeing players from the other team do so, the first identifiable player of each team will be penalized under this rule.
- K. A maximum of five misconduct and/or game-misconduct penalties per team can be assessed under this rule.
- L. A player cannot be assessed both a match penalty and a game-misconduct penalty for continuing a fight.

XXX. Head-Butting

- A. Definition - A player who uses her head, with or without her helmet on, to strike an opponent.
- B. A player who either attempts to head-butt or succeeds in head-butting an opponent will be assessed a match penalty.

XXXI. High Sticking

- A. Definition - a player who carries her stick or any part of it above the height of her shoulders and who strikes an opponent with any part of it.
- B. A player who makes contact with an opponent with a high stick will be assessed at least a minor penalty.
- C. A player who injures an opponent accidentally by a high-sticking foul will be assessed a double-minor penalty.
- D. A player who injures an opponent by a careless high-sticking foul will be assessed either a major penalty and automatic game-misconduct penalty or a match penalty.
- E. A player who makes contact with any part of an opponent's upper body while winding up to shoot or following through on a shot or pass is subject to all penalties for high-sticking.

XXXII. Holding

- A. Definition - a player who impedes the movement of an opponent with one or both hands, arms, legs, or in any way to prevent her from skating freely.
- B. A player who holds an opponent will be assessed a minor penalty.
- C. There are three common methods of holding:
 - 1. a player who grabs an opponent with one or both arms with the sole intent of preventing that opponent from skating freely with or without the puck
 - 2. a player who uses the boards to pin an opponent using his arms or upper or lower body to prevent that opponent from moving away from the boards and who makes no attempt to play the puck
 - 3. a player who grabs the sweater of an opponent to restrain her free movement or to slow her down.

XXXIII. Holding the Stick

- A. Definition - a player who grabs an opponent's stick with one hand or two to prevent her from skating, playing the puck, or otherwise playing the game freely, or any act of preventing an opponent from using her stick.
- B. A player who holds an opponent's stick will be assessed a minor penalty.

XXXIV. Hooking

- A. Definition - a player who uses her stick to impede the progress or interfere with an opponent, with or without the puck
- B. A player who hooks an opponent will be assessed at least a minor penalty.
- C. There are four common methods of hooking:
 - 1. A player who hooks the arm, hand, or glove of an opponent who is about to make a pass or take a shot
 - 2. A player who makes contact with any part of an opponent's body using her stick during a one-on-one competition for the puck
 - 3. A player who uses her stick against an opponent's body to prevent an opponent from maintaining puck possession

4. A player who uses her stick to prevent an opponent from skating freely
- D. A player who injures or recklessly endangers an opponent by hooking will be assessed either a major penalty and automatic game-misconduct penalty or a match penalty.

XXXV. Illegal Stick - Stick Measurement

- A. The captain of a team may request a stick measurement at any stoppage of play. If the measurement determines a stick to be illegal, the offending player will be assessed a minor penalty and the stick will be returned to the players' bench by the referee.
- B. The player whose stick is to be measured must be in possession of the stick at the time of the request. She may be on the bench or on the ice, but the referee must make visual confirmation that the stick in question belongs to the player.
- C. If the measurement determines that the stick is legal, the team requesting the measurement will be assessed a bench-minor penalty for delay of game. The penalty must be served by anyone on the ice at the time the measurement was requested.
- D. There is no limit to the number of stick-measurement requests a team may make in a game, but only one measurement per stoppage of play is allowed and by only one team.
- E. If a player refuses to surrender his stick or destroys his stick or any part of his equipment for measurement when requested to do so by the referee, this equipment will be regarded as illegal and the player will be assessed a minor and misconduct penalty.
- F. A stick measurement can be requested after a goal in regulation time, but if the stick is deemed illegal the goal will still be allowed. The same rule applies for overtime and the penalty-shot shootout.

XXXVI. Incorrect access to or from the penalty box

- A. Definition - a skater who fails to enter or leave the penalty box by way of the ice surface.
- B. A skater who uses a part of the arena other than the ice surface to enter or exit the penalty box will be assessed a minor penalty.

XXXVII. Injured skater Refusing to Leave the Ice

- A. Definition - a skater who is unable to continue to play or incapable of leaving the ice of her own ability must leave the ice if game action is stopped to attend to her injuries.
- B. A skater who is injured and requires medical attention on ice is required to go to the bench, once able, at least until after the ensuing faceoff. A skater who refuses to comply will be assessed a minor penalty. If she still refuses to leave after being assessed a minor penalty, she will be assessed a further misconduct penalty.
- C. A skater who is bleeding is not allowed to return to the game until her wounds have been sufficiently bandaged or stitched to prevent the free flow of blood. If she returns without proper protection or with blood-stained equipment of any sort, she will be assessed a minor penalty.
- D. A skater who lies on the ice either faking an injury or refusing to get up off the ice will be assessed a minor penalty.

XXXVIII. Interference

- A. Definition - a player who obstructs or prevents an opponent without possession of the puck from skating, receiving a pass or moving about the ice freely.
- B. A player who interferes with an opponent will be assessed a minor penalty.
- C. Interference during game action can constitute any of the following:
 1. A skater who hinders an opponent from moving up ice;
 2. A skater who blocks an opponent from moving freely into the attacking zone, especially in the case where she forces the opponent to go around her by sticking out her hip on a shoot-in;
 3. A skater who prevents an opponent from checking a teammate of that skater in possession of the puck or who moves into an opponent's path without first having established body position (i.e., playing a pick)
 4. A skater who blocks an opponent from getting into position to receive a pass;
 5. A skater who wins a faceoff but prevents her opponent from advancing to the puck (faceoff interference);
 6. A player on either of the players' benches or in the penalty box who, by means of her stick or body, reaches onto the ice and interferes with the movement of the puck or of an opponent during game action;

7. A skater who moves laterally to impede the progress of an opponent without first having established body position
 8. A player who prevents an opponent from picking up a piece of equipment from the ice (stick, glove, helmet) by pushing it away from the opponent.
- D. Skaters in front of the goal net are given leeway for penalties such as interference, cross-checking, hooking, holding, tripping, and slashing so long as the efforts to establish position in front or to remove that skater from in front do not cross the lines of a fair battle for territory. Violations in this area include: knocking down an opponent who does not have the puck; pulling at an opponent's sweater; placing a stick between an opponent's legs in a "corkscrew" maneuver; cross-checking an opponent violently; slashing at the back of an opponent's legs.
- E. Situations which are not classified as interference include:
1. A skater is entitled to the ice she occupies so long as she maintains her skating speed and body position between an opponent and loose puck. If she slows down, she risks interfering with his opponent;
 2. A skater is entitled to stand her ground and is not required to move if an opponent wishes to skate through that area of the ice;
 3. A skater may block an opponent so long as she is in front of the opponent and moving in the same direction;
 4. A skater can use her body position to force an opponent to take a less direct route to the puck, so long as she doesn't use a hand or arm to hold or block the opponent.
- F. A player who checks an opponent who is not in possession of the puck will be assessed a minor penalty for interference.
- G. Two skaters who jostle for position as they skate to a loose puck are within their rights to do so, but if one uses her stick, arm, or skate to obstruct her opponent's ability to skate to the puck, she will be assessed a minor penalty for interference.
- H. A player who injures or recklessly endangers an opponent by interference will be assessed either a major penalty and automatic game-misconduct penalty or a match penalty.

XXXIX. Interference on a Goaltender

- A. Definition - a player who uses any means to prevent a goaltender from playing her position
- B. A skater who, by means of her stick or her body, interferes with or impedes the progress of a goaltender who is in her goal crease, or who prevents the goaltender from playing his position, will be assessed a minor penalty.
- C. If an attacking skater in possession of the puck, skating forwards or backwards, makes contact with the goaltender in the goal crease, and the puck enters the goal net, the goal will not be allowed and the attacking skater will be assessed at least a minor penalty. This rule also applies to penalty shots and penalty-shot shootouts.
- D. An attacking skater who positions himself facing the opposing goaltender and engages in actions such as waving his arms or stick in front of the goaltender's face for the purpose of distracting the goaltender as opposed to positioning herself to try to make a play, regardless whether the attacking skater is positioned inside or outside of the goal crease, will be assessed a minor penalty.
- E. An opponent who prevents or blocks a goaltender from returning to her goal crease or bumps her unduly while the goaltender plays the puck behind her goal net will be assessed a minor penalty.
- F. An attacking skater may skate through the goal crease during same action so long as she doesn't make contact with the goaltender. If she does makes contact, or if the goaltender makes contact while backing up in her goal crease, the attacking skater will be assessed a minor penalty.

XL. Kicking

- A. Definition - a player who generates a swinging motion with her skate directed at any part of an opponent's body.
- B. A player who kicks or attempts to kick an opponent will be assessed a match penalty.

XLI. Kneeing

- A. Definition - a skater who extends her knee for the purpose of making contact with an opponent.
- B. A skater who uses her knee to make contact with an opponent will be assessed at least a minor penalty.
- C. A slater who injures or recklessly endangers an opponent by kneeing will be assessed a major penalty and automatic game-misconduct penalty or match penalty.

XLII. Leaving the penalty box prematurely

- A. Definition - Only the penalty-box attendant is allowed to open and close the door to the penalty box during a game. A skater is not allowed to leave the penalty box except at the end of a period or after the expiration of her penalty.
- B. A penalized skater who leaves the penalty box by her own error prior to the expiration of her penalty will be assessed a minor penalty in addition to having to serve the remainder of her existing penalty.
- C. A skater who leaves the penalty box prematurely because of an error by the penalty-box attendant will not be penalized, but she must return to the penalty box to serve the remaining time of her penalty.
- D. A skater who leaves the penalty box prior to the expiration of her penalty for the purpose of challenging the ruling of an on-ice official will be assessed a minor penalty and game-misconduct penalty.
- E. A skater who leaves the penalty box prior to the expiration of her penalty to either enter into or precipitate a confrontation or fight will be assessed double-minor penalty and automatic game-misconduct penalties (if she is the first to do so) or minor and game-misconduct penalties (if she is a subsequent player).

XLIII. Playing without a helmet

- A. Definition - a skater who participates in game action without a helmet properly secured to her head.
- B. A skater whose helmet comes off during game action and who does not proceed to her players' bench immediately will be assessed a minor penalty.

XLIV. Pulling Hair, Helmet, Cage

- A. A player who grabs or hold the cage or helmet or pulls the hair of an opponent will be assessed either a minor penalty or a major and a game-misconduct penalty.

XLV. Refusing to start play

- A. Definition - no team is allowed to ignore the referee's call to start play.
- B. If both teams are on the ice and one team refuses to play for any reason, the referee will warn the captain of the unwilling team and allow that team not more than 30 seconds to resume play. If the team still refuses to play, the referee will assess a bench-minor penalty.
- C. If there is a recurrence of the same incident, the referee will stop the game, and the incident will be reported to the proper authorities who have the power to forfeit the game to the opponent.
- D. If a team is not on the ice and fails to go on the ice to start playing when ordered to do so by the referee through the captain, manager or coach, the referee will allow to the refusing team two minutes to begin play. If the team resumes play within these two minutes, it will be assessed a bench-minor penalty. If the team refuses to go on the ice, the referee will stop the game, and the incident will be reported by the referee to the proper authorities who have the power to forfeit the game to the opponent.

XLVI. Roughing

- A. A player who jostles or strikes an opponent during the game.
- B. A player involved in a confrontation with an opponent will be assessed a minor, double minor, or major and automatic game-misconduct penalty.
- C. A player who deliberately knocks the helmet off an opponent's head in order to force her out of play will be assessed a minor penalty.
- D. A player who persists in continuing to be involved in roughing is subject to rules for fighting.
- E. A player who removes his gloves to engage in a confrontation with an opponent will be assessed a misconduct penalty.

XLVII. Slashing

- A. Definition - a player who swings her stick, with one hand or two, at any part of an opponent's body or equipment. Contact to the opponent is not necessary for the penalty to be assessed.
- B. Tapping the stick of the puck carrier is not considered slashing if it is limited to hitting the stick for the sole purpose of trying to make the opponent lose possession of the puck. Forceful contact, especially if it results in breaking either the opponent's stick or the player's own stick, is considered slashing.
- C. A player who slashes an opponent will be assessed at least a minor penalty.

- D. A player who injures or recklessly endangers an opponent by slashing will be assessed a major penalty and game-misconduct penalty or a match penalty.
 - E. A player who swings her stick at another player during a confrontation will be assessed a major penalty and game-misconduct penalty or match penalty.
 - F. A player who swings wildly at the puck, on ice or in the air, with the object of intimidating an opponent will be assessed at least a minor penalty
 - G. A player who lifts her stick between an opponent's legs for the purpose of making contact with the groin will be assessed either a major penalty and game-misconduct penalty or a match penalty.
- XLVIII. Slew-Footing**
- A. Definition - player who dangerously kicks an opponent's foot or skate from behind or who pulls an opponent backwards while at the same time knocking or kicking her feet from under her.
 - B. A player who slew-foots an opponent will be assessed a match penalty.
- XLIX. Spearing**
- A. Definition - a player who stabs an opponent or attempts to stab an opponent with the end of the stick blade, whether or not the stick is being carried with one or both hands. Contact to the opponent is not necessary for the penalty to be assessed.
 - B. A player who attempts to spear an opponent will be assessed a double minor and misconduct penalty.
 - C. A player who spears an opponent will be assessed a major penalty and automatic game-misconduct penalty or match penalty.
 - D. A player who injures or recklessly endangers an opponent by spearing will be assessed a match penalty.
- L. Spitting**
- A. Definition - a player who spits on or at an opponent, spectator, or anyone in the rink during a game.
 - B. A player or team official who spits on or at an opponent or anyone in the rink during a game will be assessed a match penalty.
 - C. A bleeding player who intentionally wipes blood from her body onto an opponent or anyone in the rink will be assessed a match penalty for spitting.
- LI. Taunting**
- A. Definition - a skater who celebrates a goal or taunts the opposition while skating past the opposing players' bench with celebratory, derisive, or mocking gestures or provocative words intended to taunt or incite her opponents.
 - B. Excessive celebrations or taunting of opponents on their players' bench in any manner will result in a misconduct penalty
- LII. Team official entering the playing area**
- A. Definition - it is forbidden for a team official to step onto the ice during a game without consent from an on-ice official.
 - B. Where an injury has occurred to a player and there is a stoppage of play, a team doctor (or other medical personnel) may go onto the ice to attend to the injured player without waiting for the referee's consent.
 - C. A team official who steps onto the ice any time between the start of a period and its conclusion will be assessed a game-misconduct penalty.
- LIII. Throwing a Stick or Object**
- A. Definition - a player or team official who throws a stick or any other object within or without the playing area.
 - B. A player who throws a stick or part of it or any other object out of the playing area will be assessed a game-misconduct penalty.
 - C. A player can slide or direct any stick or any part of it, or any object, away from her immediate area on ice so long as her actions do not interfere with an opponent. However, a player on the ice who throws or directs a stick or any part of it, or any other object, at the puck or puck carrier in the neutral or attacking zone, will be assessed a minor penalty.
 - D. A player or team official on the players' bench or penalty box who throws or directs a stick or any part of it, or any other object, at the puck or puck carrier in the neutral or attacking zone, will be assessed a minor penalty or bench-minor penalty.

- E. If a player or team official commits any of these actions mentioned above in her defending zone, the referee will award the opponent's team a penalty shot.
- F. The position of the puck or puck carrier at the moment when the throwing occurs is the determining factor to assess a minor penalty or bench-minor penalty or a penalty shot.
- G. When a player or team official throws a stick or any part of it or any other object at an attacking skater who is on a breakaway, the referee will award a penalty shot to the skater.
- H. If a goaltender has been substituted for an extra skater, leaving her team's goal net empty, and a teammate or team official throws a stick or any part of it or any other object at the puck or puck carrier in the neutral zone or the defending zone with the empty net, thereby preventing the puck carrier from having a clear shot, a goal will be awarded to the attacking team. The goaltender is considered off ice once her replacement has one skate on the ice.

LIV. Too Many Men

- A. Definition - A team is allowed a maximum of one goaltender and five skaters or six skaters on the ice. However, a bench-minor penalty for too many men can be incurred any time a team has one or more skaters on the ice than it is allowed.
- B. "On the ice" means that both skates must be on the ice. If a player has one skate on the ice and one over the boards or off the ice, at her players' bench or the penalty box, she is considered off the ice. However, if she is off the ice under this definition, she is not allowed to play the puck, make contact with an opponent, or participate in game action in any way.
- C. A player coming onto the ice must wait until the departing player is within 1.5 meters (5') of his respective players' bench.
- D. Player changes during game action and during stoppages must take place only at the players' bench. Changing on-ice manpower using any other entrance or exit is illegal and will result in a bench-minor penalty for too many men.
- E. A team which has on the ice more than the number of players to which it is entitled during game action will be assessed a bench-minor penalty for too many men.
- F. If, during a player change during game action, a player coming onto the ice or coming off the ice plays the puck, makes contact with an opponent, or participates in game action while both the departing and entering players are on the ice within the 1.5 meter (5') zone, a bench-minor a penalty for too many men will be assessed.
- G. If player changes are made during game action and (1) the changing players are within 1.5 meters (5') of the boards across the width of her respective players' bench and (2) the changing players are not involved in game action in any way, no penalty for too many men will be assessed.
- H. A bench-minor penalty for too many men must be served by a skater on the ice at the time of the whistle to assess the penalty.

LV. Tripping

- A. Definition - a player who knocks an opponent to the ice using her stick, foot, or leg.
- B. A player who trips an opponent by any means will be assessed at least a minor penalty.
- C. If a player chases an opponent who is in possession of the puck and lunges along the ice, knocking the puck away with her stick and subsequently causing the player to fall, no penalty will be assessed.
- D. A player who is chasing an opponent who is in possession of the puck and lunges along the ice but does not make contact with the puck first and causes the opponent to fall will be assessed a minor penalty for tripping.
- E. A player who injures or recklessly endangers an opponent by tripping will be assessed a major penalty and game misconduct penalty or match penalty.

LVI. Unsportsmanlike conduct

- A. A player or team official who commits a violation of the rules pertaining to sportsmanship, fair play, and respect.
- B. Minor Penalty
 - 1. An identifiable player who commits a violation of the rules of sportsmanship, fair play, and respect will be assessed a minor penalty.
 - 2. An identifiable player who uses obscene, profane, or abusive language directed to any person on the ice or anywhere in the rink will be assessed a minor penalty.

3. An identifiable player who celebrates with or congratulates a teammate after an injury to an opponent will be assessed a minor penalty
 4. An attacking skater who sprays a goaltender who freezes the puck for a whistle will be assessed a minor penalty.
- C. Bench-Minor Penalty
1. A bench-minor penalty will be assessed if an unidentifiable player or team official commits a violation of the rules of sportsmanship, fair play, and respect.
 2. A bench-minor penalty will be assessed if an unidentifiable player or team official celebrates with or congratulates a teammate after an injury to an opponent.
 3. A bench-minor penalty will be assessed if an unidentifiable player or any team official uses obscene, profane, or abusive language directed to any person on the ice or anywhere in the rink.
 4. A bench-minor penalty will be assessed if an unidentified player or team official who is off the ice throws a stick or any other object onto the ice
- D. Misconduct Penalty
1. A player who shoots the puck after a whistle or end of a period will be assessed a misconduct penalty.
 2. If a violation is flagrant or if a player continues her unsportsmanlike conduct, she may be assessed a misconduct penalty.
 3. A player who persists in using obscene, profane, or abusive language directed to any person on the ice or anywhere in the rink for which she has already been assessed a minor or bench-minor penalty will be assessed a further misconduct penalty.
 4. A penalized player who fails to go directly and immediately to the penalty box following a fight or player confrontation will be assessed a misconduct penalty.
 5. A player who persists in inciting an opponent into taking a penalty will be assessed a misconduct penalty.
 6. A player who enters the opponent's players' bench for any reason other than accidental will be assessed a misconduct penalty in addition to any other penalties she may incur during such an incident.
- E. Game-Misconduct Penalty
1. A team official who persists in any action for which she has been assessed a minor, bench minor, or misconduct penalty will be assessed a game-misconduct penalty.
 2. A player or coach who uses obscene, profane, or abusive language directed to any person on the ice or anywhere in the rink for which she has already been assessed a minor or bench-minor penalty will be assessed a game-misconduct penalty. When this type of conduct occurs after expiration of the game, on or off the ice, the game-misconduct penalty can be applied without the necessity of having previously assessed a minor or bench-minor penalty.
- F. Bench-Minor and Game-Misconduct Penalties
1. An identifiable player or team official who is off the ice and throws a stick or any other object onto the ice will be assessed bench-minor and game-misconduct penalties.
- G. Match Penalty
1. A player or team official who threatens, makes racial or ethnic slurs, spits, smears blood, or makes sexual remarks to any person will be assessed a match penalty.
 2. A player or team official who makes any obscene gesture to any person on the ice or anywhere in the rink before, during, or after the game will be assessed a match penalty.
 3. A player who swings her stick at a spectator or anyone other than an opponent will be assessed a match penalty.

Section Ten - Penalty Shots and Awarded Goals

I. Penalty Shots and Penalty-Shot Shootout as part of the game

- A. The taking of a penalty shot and the game action of the penalty-shot shootout are considered part of the game. Any penalty that might normally be assessed to players during game action are equally applicable during a penalty shot or a penalty-shot shootout.

II. Awarding a penalty shot - breakaway

- A. If an attacking skater is on a breakaway and is fouled by an opponent from behind, or by the opposing goaltender, the skater will be awarded a penalty shot.
- B. If the skater loses control or possession of the puck after being fouled, the referee will stop game action and award a penalty shot.
- C. If the skater is fouled but still manages to maintain possession of the puck, the referee will delay the penalty call and allow the skater to complete his action.
- D. If the fouled skater manages to score, the penalty shot will be cancelled. If the penalty being assessed was a minor penalty, it will also be cancelled by the goal, but if the penalty being assessed was a misconduct, major and automatic game misconduct, or match penalty, these will still be assessed.
- E. If the referee signals a penalty shot, and before the play is whistled because of a goal or to call the penalty shot another foul is assessed to the same team, the additional penalty will be assessed regardless if the player scores on either the play or the subsequent penalty shot.
- F. If a foul occurs near the end of any period (regulation or overtime) and time expires on the scoreclock before the referee can award the penalty shot, the shot will still be taken.

III. Awarding a Penalty Shot - interference or throwing objects

- A. If a player or team official shoots or directs a discarded or broken stick or other piece of equipment or object at the puck or puck carrier while play is in the defending zone of the player committing the foul, the referee will award a penalty shot.
- B. If a player or any team official illegally enters the game from the players' bench or any other part of the arena and interferes with an attacking skater who is on a breakaway, the referee will award the opposing team a penalty shot.
- C. If a player or team official throws or shoots a stick or any part of it or any object, or who directs (with any part of her body) a stick or part of it or any object, in the direction of the puck or puck carrier who is on a breakaway, the referee will award the opposing team a penalty shot.
- D. If a player on the ice throws or directs a stick or any part of it or any object at the puck or puck carrier in her defending zone, the referee will award the opposing team a penalty shot.
- E. If a player or team official on the players' bench or in the penalty box throws or directs a stick or any part of it or any object at the puck or puck carrier in his defending zone, the referee will award the opposing team a penalty shot.

IV. Awarding a penalty shot - last two minutes of regulation or overtime

- A. If a player deliberately displaces his goal frame from its normal position during the last two minutes of regulation time or at any time in overtime, the referee will award the opposing team a penalty shot.
- B. If in the last two minutes of regulation time or at any time in overtime, a team makes a deliberate illegal substitution to create a too-many-men situation, a penalty shot will be awarded to the opposition.
- C. Deliberate illegal substitution occurs when a team intentionally sends extra players onto the ice during game action for the purpose of gaining an advantage, causing a stoppage in play, or preventing a goal.
- D. Incorrect substitution during game action will not be considered deliberate illegal substitution, the offending team will be assessed a bench-minor penalty unless this becomes a tactic mentioned above.
- E. If a captain of a team that is two men short in the last two minutes of regulation time or at any time in overtime requests an equipment measurement that is not upheld, the referee will award a penalty shot against the team requesting the measurement.

V. Awarding a Penalty Shot - Player displacing goal net

- A. If a player deliberately displaces his goal frame from its normal position when an attacking skater is on a breakaway, the referee will award the opposing team a penalty shot.

VI. Awarding a penalty shot - skater falling on puck

- A. If a skater falls on, holds, gathers the puck into her body, picks up the puck with her hands, or conceals the puck with her hands from the ice in the defending zone goal crease, the referee will award the opposing team a penalty shot.

VII. Penalty-Shot Procedure - Overview

- A. In cases where a skater is fouled in a manner that warrants a penalty shot, the skater fouled must take the penalty shot. If he is injured and unable to take the shot, any non-penalized skater who was on the ice at the time of the infraction may take it.
- B. For the purposes of the penalty-shot procedure, "injured" means that a team doctor must confirm with the referee that the skater is physically unable to take the penalty shot. If, in the opinion of the referee, the skater is faking an injury, subsequent punishment may be meted out by the proper authorities against the skater and/or coach.
- C. In cases where the skater fouled is not identifiable, the coach of the team taking the penalty shot can designate any skater who was on the ice at the time of the infraction to take the shot so long as that skater was not about to be penalized.
- D. If a penalty shot is awarded for a reason other than a foul against a specific skater, the coach of the team taking the penalty shot may designate any skater on the ice at the time of the infraction to take the shot so long as that skater was not about to be penalized.
- E. The coach of the defending team is allowed to change goaltenders prior to a penalty shot, but the incoming goaltender is not allowed a warmup of any kind.
- F. Should two penalty shots be awarded to the same team at the same stoppage of play (for two separate fouls), only one goal can be scored. Should the first penalty shot result in a goal, the second penalty shot is automatically cancelled, but the appropriate penalty is assessed for the second infraction. If the first shot is unsuccessful, the second shot is taken. The order of the penalty shots will be decided by the order of the infractions during game action.
- G. Only a goaltender or backup goaltender is allowed to be the goaltender during a penalty shot or penalty-shot shootout.
- H. A skater is only allowed to be the goaltender during a penalty shot or penalty-shot shootout if both the starting goaltender and the backup goaltender are injured or serving penalties which have removed them from the game.

VIII. Penalty-shot Procedure - taking the shot

- A. The players of both teams must skate to their respective benches and leave the ice surface entirely, remaining there during the taking of the penalty shot. Only the goaltender defending the shot, the skater taking the shot, and the on-ice officials are allowed to be on the ice.
- B. The referee places the puck on the center-ice faceoff spot.
- C. The skater taking the shot must be on his own side of center ice prior to the start of the penalty shot.
- D. The goaltender must stay in her goal crease until the skater has touched the puck at center ice. If the goaltender comes out of her goal crease before that instance, the referee will raise his arm and allow the shot to be taken. If the skater scores, the goal will stand. If she does not score, she will be allowed to re-take the penalty shot, and the goaltender will be issued a warning. If the goaltender leaves her goal crease a subsequent time against this skater on this shot, she will be assessed a misconduct penalty and a player designated by the coach through the captain must go to the penalty box. If she does not score, the player will be allowed to re-take the shot. For a third violation, a goal will be awarded to the skater taking the penalty shot.
- E. If a goaltender commits a foul against a skater during a penalty shot and no goal is scored, the goaltender will be assessed the relevant penalty and a player designated by the coach through the captain must go to the penalty box. The skater will be allowed to re-take the shot. If a goaltender commits a foul for a second time against this skater on this shot, and no goal is scored, the referee will assess a misconduct penalty to the goaltender and another player designated by the coach through the captain must go to the penalty box. The skater will re-take the shot. For a third violation against this skater on this shot, if no goal is scored, a goal will be awarded.
- F. The penalty shot officially begins when the referee blows his whistle for the skater to start the shot. The skater must, within a reasonable time of hearing the referee's whistle, play the puck and proceed towards her opponent's goal line in continuous motion and attempt to score.
- G. If the skater misses the puck and does not touch the puck on his way past it as it sits on the center-ice faceoff spot, she can return and continue with the penalty shot. As soon as the skater touches the puck in any manner, the penalty shot can be said to have started.
- H. Once the puck has left the skater's stick and the shooting motion or attempt has been completed, the penalty shot is considered over. No goal can be scored by a second shot of any kind.

- I. The skater is allowed to use the full width of the ice so long as she demonstrates continuous forward movement of the puck towards the goal net.
- J. The penalty shot is considered complete once:
 - 1. The puck leaves the skater's stick as a result of shooting;
 - 2. The goaltender has made a save;
 - 3. The skater has not kept the puck in continuous forward movement;
 - 4. The puck touches the boards anywhere between the center red line and icing line and does not go directly into the goal net;
 - 5. The puck advances past the icing line for any reason or in any way;
 - 6. A goal is scored.
- K. If a skater mishandles the puck or falls, but the puck continues in a forward motion, she may catch up to it, regain possession, and continue his shot in the normal manner.
- L. If a goal is scored on a penalty shot, the ensuing faceoff will take place at center ice. If no goal is scored, the ensuing faceoff will take place at the nearest end zone faceoff spot to where the penalty shot was attempted.

XI. Penalty-Shot Procedure - Specific Situations

- A. If a player from the opposing team interferes with or distracts a skater taking the penalty shot, and because of such action the shot fails, the referee will allow the skater to re-take the penalty shot and assess a misconduct penalty to the offending player.
- B. If a team official from the players' bench of the defending team interferes with or distracts a skater taking the penalty shot, and because of such action the shot fails, the referee will allow the skater to re-take the penalty shot and assess a game-misconduct penalty to the offending official.
- C. The 'spin-o-rama' move in which a skater makes a 360-degree turn as he approaches the goal net is not allowed.
- D. The 'lacrosse-like' maneuver in which a skater flips the puck onto the blade of his stick and skates with it in this fashion is not allowed.
- E. When a skater and goaltender have been selected by their respective coaches to take a shot and defend the goal net against this shot, neither can be changed if the shot must be re-taken due to a violation of rules or a foul committed by the goaltender unless one or both sustained an injury. In this case, the coach may designate another skater to take the shot or the backup goaltender to defend the goal net.
- F. During the course of a penalty shot or penalty-shot shootout, when the puck enters the goal net and the goal frame comes off its moorings or is not in the correct position as a result of the goaltender's action or of the goaltender "trying to make the save," the goal will be allowed without video-goal judge review.
- G. During the course of a penalty shot or penalty-shot shootout, if the goal net comes off its moorings or is not in the correct position as a result of the goaltender's action or the goaltender "trying to make the save," and the puck does not go into the goal net, no goal will be awarded.
- H. Any methods used by the skater taking a penalty shot or penalty-shot shootout in order to distract the goaltender will result in the shot being considered complete, and no goal will be awarded.
- I. If a spectator interferes with the penalty shot so that either the skater is unable to take his shot properly or the goaltender is unable to play her position properly, the referee will rule the shot to be re-taken.
- J. If a penalty-shot goal is scored during a power-play situation, the penalized skater will not be allowed to return to the ice.
- K. The penalty shot will be taken with the scoreclock frozen at the time of the whistle. It does not run during the penalty-shot process.

XII. Awarded Goals

- A. For the referee to award a goal to a team without the puck going into the goal net, the defending goaltender must have been removed from the ice for an extra skater prior to the infraction.
- B. A goal will be awarded if a goaltender has been removed from the ice and the puck is in the three-dimensional space of the goal crease and a skater from her team deliberately:
 - 1. Falls on, holds, or gathers the puck into his body;
 - 2. Picks up the puck with his hands;
 - 3. Covers his hand on the puck.

- C. A goal will be awarded if a goaltender has been removed from the ice and an attacking skater who is on a breakaway is fouled from behind to prevent a clear opportunity to score.
- D. A goal will be awarded if a goaltender has been removed from the ice and a skater of her team displaces the goal frame from its normal position when an attacking skater is on a breakaway.
- E. A goal will be awarded if a goaltender has been removed from the ice and a player or any team official from her team illegally enters the game from the players' bench or any other part of the arena and interferes with an attacking skater on a breakaway.
- F. A goal will be awarded if a goaltender has been removed from the ice and a player or team official from the players' bench or penalty box, by means of her stick or any other object or any part of her body, interferes with the movement of the puck outside the opponent's defending zone blue line.

XIII. Awarded Goals - Blocking the Goal Net

- A. If a player leaves any object in front of her goal net and the puck hits such objects, preventing the puck from entering the goal net while the goaltender is off the ice having been substituted, a goal will be awarded.
- B. If a goaltender leaves her stick or other equipment or piles snow or other objects in front of her goal net prior to coming off the ice to be substituted by a skater, and any of such obstacles prevent the puck from entering the goal net, a goal will be awarded.

Section Eleven - Rules Specific to Goaltenders

I. Goaltender Warmup

- A. Once the puck has been faced off to start a game, any goaltender subsequently entering the game is not allowed a warmup at any time.

II. Protection of Goaltender

- A. At no time is contact initiated by a skater with an opposing goaltender is acceptable. Contact, whether incidental or otherwise, may be with a stick or any part of the body.
- B. A penalty will be assessed in every case where a skater makes unnecessary contact with an opposing goaltender. Incidental contact is allowed when the goaltender is in the act of playing the puck outside her goal crease, provided the attacking skater makes a reasonable effort to minimize or avoid such contact.
- C. If an attacking skater is pushed, shoved, or fouled by an opponent so as to cause her to come into contact with the goaltender, such contact is not deemed to be contact initiated by the attacking skater, provided the attacking skater has made a reasonable effort to avoid the contact.
- D. An attacking skater is not allowed to jab, poke, or slash the goaltender's glove whether it is on the ice or in the air after the goaltender has made a save.
- E. An attacking skater is not allowed to knock the goaltender's stick out of her hand by any means.
- F. A goaltender outside of her goal crease is not allowed to interfere with an attacking skater who is attempting to play the puck or to check an opponent.

III. Goaltender and Goal Crease

- A. If an attacking skater establishes position in the goal crease, play will be stopped and the ensuing faceoff will take place at the nearest faceoff spot in the neutral zone.
- B. An attacking skater who commits a foul on a goaltender, regardless of the goaltender's ability to play her position or where the puck is being played, will be assessed at least a minor penalty.
- C. If a goaltender is outside his goal crease and an attacking skater prevents the goaltender from returning to his crease or prevents the goaltender from playing his position properly while a goal is scored, the goal will not be allowed, and the attacking skater will be assessed a minor penalty for interference.
- D. If an attacking skater is in the goal crease and visually obstructs the goaltender's ability to play her position when the puck enters the net, no goal will be allowed and no penalty will be assessed.

IV. Goaltender and Goal Crease - Goal allowed

- A. If an attacking skater is in the goal crease at the moment the puck crosses the plane of the goal line and in no way affects the goaltender's ability to make a save or play his position properly, the goal will be allowed.
- B. If a skater of the attacking team is pushed, shoved, or fouled by a defending skater to cause her to be in the goal crease when the puck enters the goal net, the goal will be allowed unless the attacking skater had sufficient time to get out of the goal crease.

- C. An attacking skater who makes incidental contact with a goaltender out of her goal crease while both try to gain possession of the puck will not be penalized. If a goal is scored at this time, the goal will be allowed.
- D. If an attacking skater establishes position outside the goal crease but in front of the goaltender, obscuring the goaltender's sightline but making no contact, and a goal is scored, it will be allowed.

V. Goaltender and Goal Crease - Goal Disallowed

- A. If an attacking skater makes contact with a goaltender in the goal crease during game action, he will be assessed a minor penalty for interference. If a goal is scored at this time, it will not be allowed.
- B. An attacking skater who makes intentional contact with a goaltender during game action will be assessed a minor penalty for interference. If a goal is scored at this time, it will not be allowed.
- C. If an attacking skater pushes an opponent in any way during game action which causes that opponent to make contact with her own goaltender, and a goal is scored at this time, it will not be allowed.
- D. If an attacking skater establishes position inside the goal crease, obscuring the goaltender's sightline but making no contact, and a goal is scored, it will not be allowed.
- E. An attacking skater who makes contact other than incidental with a goaltender who is out of her goal crease during game action will be assessed a minor penalty for interference. If a goal is scored at this time, it will not be allowed.

VI. Goaltender Equipment - General

- A. All protective equipment must be worn entirely under the uniform except gloves, facemask, and goaltender's pads.
- B. The measurement of goaltender's equipment, with the exception of the stick, may be requested only immediately after the end of the first or second period.
- C. With the exception of skates and stick, equipment worn by the goaltender must be constructed solely for the purpose of protecting the head and body and must not include any garment or addition which gives the goaltender undue assistance in tending goal or "making himself bigger".
- D. Abdominal aprons, extending down the front of the thighs on the outside of the pants, are prohibited.
- E. Graffiti-type designs, patterns, artwork, drawings, or slogans which are abusive or obscene and refer to culture, race, or religion are not allowed on any equipment.
- F. The referee can request that a goaltender remove any personal accessories should the accessories be regarded as dangerous. If these personal accessories are difficult to remove, the goaltender should tape them or put them safely under his game sweater in such way that they are no longer dangerous. In this case, the goaltender will be required to leave the ice during this process, and a warning will be issued to his team. For a second violation the referee will assess a misconduct penalty to the offending goaltender.

VII. Blocking Glove - Goaltender

- A. The blocking glove must be rectangular.
- B. The flap protecting the thumb and wrist must be fastened to the blocker and follow the contour of the thumb and wrist.
- C. Raised ridges are not allowed on any portion of the blocking glove.

VIII. Chest and arm Protection - Goaltender

- A. No raised ridges are allowed on the front edges or sides of the chest pad, the inside or outside of the arms, or across the shoulders.
- B. Layering at the elbow is allowed to add protection but not to add stopping area.
- C. Shoulder cap protectors must follow the contour of the shoulder cap without becoming a projection or extension beyond or above the shoulder or shoulder cap.
- D. On each side, the shoulder clavicle protectors are not to extend or project above or beyond the shoulder or shoulder cap or extend beyond the armpit. No insert is allowed between the shoulder clavicle protector and the chest pad that might elevate the shoulder clavicle protector.
- E. If, when the goaltender assumes the normal crouch position, the shoulder or shoulder cap protection is pushed above the contour of the shoulder, the chest pad will be considered illegal.

IX. Facemask - Goaltender

- A. Goaltenders must wear a facemask at all times during game action. The facemask must be constructed in such a way that a puck cannot enter through the openings.
 - B. A goaltender is allowed to wear a facemask of a different color and design than that of her teammates.
 - C. The backup goaltender is not required to wear her helmet and facemask when she crosses the ice to return to her players' bench after intermission.
- X. Knee Protection - Goaltender**
- A. Knee protection must be strapped and must fit under the thigh pad of the pants.
 - B. Flaps attached to the inside of the goaltender's pads above the knee that are not worn under the thigh pad of the pants are not allowed.
 - C. The knee strap pad is the pad that separates the inside of the knee from the ice.
 - D. The knee protection must be worn with the strap tight so that it does not obscure any portion of the "five hole". The padding between the knee strap pad and the inner knee channel is not affected by this measurement standard.
 - E. Medial rolls (raised seam ridges) are not allowed
- XI. Pads - Goaltender**
- A. A piece of any material covering the space between the ice and the bottom of the goaltender pads in front of the skates is not allowed.
 - B. Graffiti-type designs, patterns, artwork, drawings, or slogans which are abusive or obscene and refer to culture, race, or religion are not allowed. The pads, however, can be of any non-fluorescent colors.
 - C. No attachments such as plastic puck foils are allowed to any part of the pads.
- XII. Stick - Goaltender**
- A. A goaltender's stick must be made of wood or other material approved by the NWHL. It must not have a projections and all edges must be beveled.
 - B. The shaft, from the butt end to the blade, must be straight.
 - C. The butt end of a goaltender's stick must have a form of protection. If the cap at the top of a metal stick has been removed or falls off, the stick will be considered dangerous equipment.
 - D. It is forbidden to insert any material into the hollow shaft of the stick to alter its weight, substance, or purpose.
 - E. Adhesive, non-fluorescent tape of any color may be wrapped around the stick at any place. Fluorescent-painted sticks are not allowed.
 - F. The maximum length of the shaft of a goaltender's stick is 163 cm (64") from the top of the shaft to the heel; the maximum width is 3 cm (1 3/16"); the maximum thickness is 2.54 cm (1").
 - G. The shaft consists of two parts. The lower section (shank) down to the heel must not be more than 71 cm (30") long and not more than 9 cm (3 1/2") wide. Both parts of the shaft must be straight.
 - H. The maximum length of the blade is 39 cm (15 3/8") along the bottom, from the heel to the toe. The maximum height is 9 cm (3 1/2") except the heel which can be 11.5 cm (4 1/2"). The maximum curvature of the blade is 1.5 cm (5/8").
- XIII. Sweaters - Goaltenders**
- A. No "tying down" of the sweater is allowed at the wrists if this creates a tension across the sweater such that a webbing effect occurs in the armpit.
 - B. No other tie-downs or additions are allowed anywhere on the sweater to create a webbing effect.
 - C. A sweater is illegal if its length is such that it covers any area between the goaltender's legs.
 - D. The sleeves must not extend past the fingers of the catching and blocking gloves.
- XIV. Throat Protector - Goaltender**
- A. A goaltender is allowed to attach a throat protector to the chin of her facemask. It must be made of material that will not cause injury.
- XV. Game Action - Goaltender**
- A. If a goaltender is hit in the facemask by a shot during game action, the referee may stop play if there is no immediate scoring chance.
 - B. If a goaltender's facemask comes off during game action at any time, the referee will stop play immediately. The ensuing faceoff will take place at the nearest faceoff spot to where the puck was situated when game action was stopped.
- XVI. Throwing the puck forward - Goaltender**

- A. If a goaltender has the puck in either glove and places it on the ice in front of her and propels the puck forward with his stick, skate, or any other part of his body or equipment, no penalty will be assessed.
- B. If a goaltender throws the puck forward and the puck is first played by a teammate, the referee will stop play, and the ensuing faceoff will take place in the end zone of the offending team at the nearest faceoff spot to where the throwing occurred.
- C. If a goaltender throws the puck forward and the puck is first played by an opponent, game action will be allowed to continue.

XVII. Goaltender Substitutions

- A. If a goaltender must go to her players' bench during a stoppage in play for any reason, she must be substituted unless the stoppage is for a team or television timeout.
- B. When a goaltender substitution is made during a stoppage of play or a timeout, the goaltender who left the game cannot re-enter the game until play has resumed.
- C. The goaltender on ice and substitute goaltender are allowed to change during game action just as skaters do, but they are subject to the same rules for "changing on the fly".
- D. No warmup is ever allowed for a substitute or incoming goaltender.
- E. If a goaltender sustains an injury or becomes ill, he must be ready to play immediately after receiving quick medical attention on ice. If the injury causes undue delay, the injured goaltender must leave the game and be replaced, although he may subsequently return at any time.
- F. If, during the course of a game, both goaltenders of a team are unable to play, the team will be allowed to dress a skater from the players' bench to play as a goaltender. She has ten minutes in which to dress and be ready to play, but if she is ready prior to ten minutes she is allowed to use the remaining time for warmup on ice.
- G. If the situation directly above occurs, neither of the two regular goaltenders is allowed to return to the game.

XVIII. Illegal Substitution - Goaltender

- A. Definition - a skater coming onto the ice to replace a goaltender must wait until the goaltender is within 1.5 meters (5') of his players' bench.
- B. If a goaltender proceeds to her players' bench for the purpose of being substituted for an extra skater, but the substitution is made prematurely, the referee will stop play when the offending team gains possession of the puck.
- C. When play is stopped in the attacking half of the ice, the ensuing faceoff will take place at the center-ice faceoff spot.
- D. When play is stopped in the defending half of the ice, the ensuing faceoff will take place at the nearest faceoff spot in the zone where play was stopped which provides the offending team no territorial advantage.

XIX. Icing and the Goaltender

- A. If a goaltender leaves her goal crease or is situated outside his goal crease when icing is signaled, and she makes a move in the direction of the puck, the icing call will be cancelled even if she returns to her crease.
- B. If a goaltender is outside her goal crease when the puck is shot down the ice and icing is signaled, icing will be in effect if she moves back into her goal crease immediately.
- C. If a goaltender is outside her goal crease when the puck is shot down the ice and icing is signaled, no icing will be called if she makes no attempt to move back into his goal crease immediately.
- D. If a goaltender is on her way to the players' bench during game action and an icing is signaled, icing will be called if she makes no attempt to play the puck and either continues to the players' bench or returns directly to her goal crease without attempting to play the puck.
- E. If a goaltender is on her way to the players' bench during game action and an icing is signaled, no icing will be called if he plays or attempts to play the puck.

XX. Goaltender Penalties

- A. A goaltender who fouls an attacking skater will be assessed at least a minor penalty.
- B. A goaltender never serves a penalty or penalties assessed to her or her team which requires her to sit in the penalty box.

- C. Any additional penalties which are assessed to a goaltender at the same stoppage of play apply and must be served by a skater on her team who was on the ice at the time play was stopped to assess the penalty (provided that skater did not incur penalties herself).
- D. A skater who serves a penalty for a goaltender must have been on the ice at the time of the whistle to assess the penalty.
- E. For a first misconduct penalty to a goaltender, she continues to play. This penalty must be served by a teammate who was on the ice at the time game action was stopped (provided that skater did not incur penalties herself).
- F. A goaltender who is assessed a second misconduct penalty in a game (which results in an automatic game-misconduct penalty) must leave the game and be replaced by the backup goaltender.
- G. For major, game-misconduct, and match penalties, the goaltender herself is ejected.
- H. In case of major or match penalties to a goaltender, the five-minute penalty must be served by a skater on her team who was on the ice at the time play was stopped (provided that skater did not incur penalties herself).
- I. In any instance when a goaltender is ejected from a game, the backup goaltender must be the first option to replace the ejected goaltender before a skater can dress as a goaltender.
- J. When a goaltender is assessed more than one minor or major penalty at the same stoppage of play, one skater of her team designated by the coach through the captain who was on the ice at the time the play was stopped can serve any and all of these penalties (provided that skater did not incur penalties herself).
- K. If a goaltender is assessed both a minor penalty and misconduct penalty at the same time, one skater who was on the ice at the time game action was stopped must serve the minor penalty and a second skater who was on the ice at the time game action was stopped must serve the full 12 minutes. Both players must be designated by the coach through the captain.

XXI. Beyond Center Line - Goaltender

- A. Definition - a goaltender is not allowed to participate in game action across the center red line at any time.
- B. A minor penalty will be assessed for violation of this rule.
- C. Both skates must be over the center red line for a penalty to be assessed.
- D. A goaltender who participates in team celebrations in the attacking half of the ice following a goal will be assessed a minor penalty.
- E. This rule is superseded by rules for fighting if the goaltender skates over the red line to engage in a confrontation.

XXII. Broken Stick - Goaltender

- A. Definition - a stick that is not fully intact, has a broken blade or shaft, or is no longer whole is considered broken and, as such, illegal.
- B. A goaltender must drop a broken stick immediately. If she participates in game action with a broken stick she will be assessed a minor penalty.
- C. A goaltender whose stick is broken is forbidden to receive a stick thrown onto the ice from either the players' bench or from a spectator, but she may receive a stick from a teammate on the ice at the time without having to proceed to her players' bench to obtain a new one. This exchange, however, must be made hand-to-hand.
- D. A goaltender who skates to her players' bench during a stoppage of play to replace her stick, and then returns to her goal crease, will be assessed a minor penalty. However, if she is substituted until play has resumed, no penalty will be assessed.
- E. A goaltender is allowed to go to the players' bench and change her stick during game action.
- F. At no time is a goaltender allowed to grab an opponent's stick: (1) from an opponent on ice who may either be holding the stick or who may have dropped it to the ice; (2) from an opponent sitting on her players' bench; (3) from the stick rack at the opponent's bench. Any violation of this rule will result in a minor penalty.
- G. If a goaltender whose stick is broken receives a stick during game action from a teammate in the penalty box, the goaltender receiving the stick will be assessed a minor penalty.
- H. A goaltender may use a skater's stick.
- I. A goaltender cannot use more than one stick at any one time.

- XXIII. Delay of Game/Goaltender - Adjustment of Equipment**
A. A minor penalty will be assessed to a goaltender who stops game action or delays the start of game play to repair or adjust her equipment.
- XXIV. Delay of Game/Goaltender - Displaced Goal Frame**
A. A minor penalty will be assessed if a goaltender deliberately displaces the goal frame.
B. In the last two minutes of regulation time or in overtime, a penalty shot will be awarded to the opposition if a goaltender deliberately displaces the goal frame.
C. A goal will be awarded if a goaltender displaces the goal frame during a penalty shot or the shootout.
- XXV. Delay of Game/Goaltender - Freezing the Puck along the Boards**
A. A minor penalty will be assessed to a goaltender who holds or plays the puck with her stick, skates, or body along the boards in such a way as to cause a stoppage of play.
- XXVI. Delay of Game/Goaltender - Going to Players' Bench During Stoppage**
A. A bench-minor penalty will be assessed if a goaltender goes to her players' bench during a stoppage which is not a television timeout or team timeout, except if she is being replaced.
- XXVII. Delay of Game/Goaltender - Removing Facemask**
A. A minor penalty will be assessed if a goaltender deliberately removes her facemask during game action in order to stop play.
- XXVIII. Delay of Game/Goaltender - Shooting or Throwing the Puck out of Play**
A. A minor penalty will be assessed to a goaltender who shoots, throws, or bats the puck directly out of the playing area from inside her defending zone anywhere in the rink during game action.
B. A goaltender will not be penalized if she deflects the puck over the protective glass while making a save, but will be assessed a minor penalty if she bats or swats the puck out of play while making a save.
- XXIX. Dropping the Puck on Goal Netting/Goaltender**
A. A minor penalty will be assessed to a goaltender who drops the puck on top of the goal netting or on the back of the goal net to cause a stoppage in play. The goaltender is allowed to cover a puck which bounced onto the netting with her glove to prevent an opponent from playing it.
- XXX. Fighting/Goaltender**
A. A match penalty will be assessed to a goaltender who uses her blocker to punch an opponent in the head, neck, or face.
B. A goaltender who removes her glove and blocker to engage in a confrontation with an opponent will be assessed a misconduct penalty.
- XXXI. Holding the Puck in Goal Crease/Goaltender**
A. A minor penalty will be assessed if a goaltender holds the puck for more than three seconds if she is not being pressured by an opponent.
B. A goaltender who is not under pressure and then deliberately drops the puck into her pads, body, or equipment in order to stop play will be assessed a minor penalty.
- XXXII. Holding the Puck Outside Goal Crease/Goaltender**
A. A minor penalty will be assessed to a goaltender, whether or not she is being pressured by an opponent, who is entirely out of the goal crease, and when the puck is behind the icing line or beyond the hash marks, falls on or gathers the puck into her body or holds or places the puck against any part of the goal net or the boards.
B. A goaltender who falls on or gathers the puck into her body in the area between the icing line and the hash marks of the end zone and faceoff circles will be assessed a minor penalty unless she is being pressured by at least one opponent.
- XXXIII. Illegally Blocking Goal Net or Piling Snow/Goaltender**
A. A minor penalty will be assessed if a goaltender leaves her stick or other equipment or piles snow or other objects in front of her goal net and any such objects prevents the puck from entering the goal net while she is on the ice.
- XXXIV. Leaving Goal Crease During Player Confrontation/Goaltender**
A. A minor penalty will be assessed to a goaltender who leaves the immediate vicinity of her goal crease to participate in any way in a confrontation.
B. A goaltender who is outside of her goal crease and becomes involved in a player confrontation will not be assessed a penalty for leaving her goal crease, but is subject to other penalties.

- C. If a player confrontation takes place in her goal crease, the goaltender can leave her goal crease without penalty. Additionally she must leave her goal crease or skate to a corner or any area in her defending zone nearest to her goal crease which is not part of a player confrontation if instructed to do so by an on-ice official.

XXXV. Penalty Shots/Fouls by a Goaltender

- A. If a goaltender commits a foul on an attacking skater who is on a breakaway, the referee will award the opposing team a penalty shot regardless if the foul takes place from behind or not.
- B. If a backup goaltender enters the game illegally and interferes with an attacking skater who is on a breakaway, the referee will stop play and award the opposing team a penalty shot. If the player scores a goal prior to the whistle, the goal will stand and the penalty shot will be canceled.
- C. If a goaltender removes her facemask when an attacking skater is on a breakaway, the referee will stop play and award the opponent a penalty shot.

XXXVI. Awarded Goals/Fouls by a Goaltender

- A. If, during the course of penalty shot, the goaltender moves or dislodges the goal frame, a goal will be awarded.
- B. If, during the course of a penalty shot, the goaltender removes her facemask, a goal will be awarded.
- C. If, during the course of a penalty shot, the goaltender throws her stick at the puck or puck carrier, a goal will be awarded.