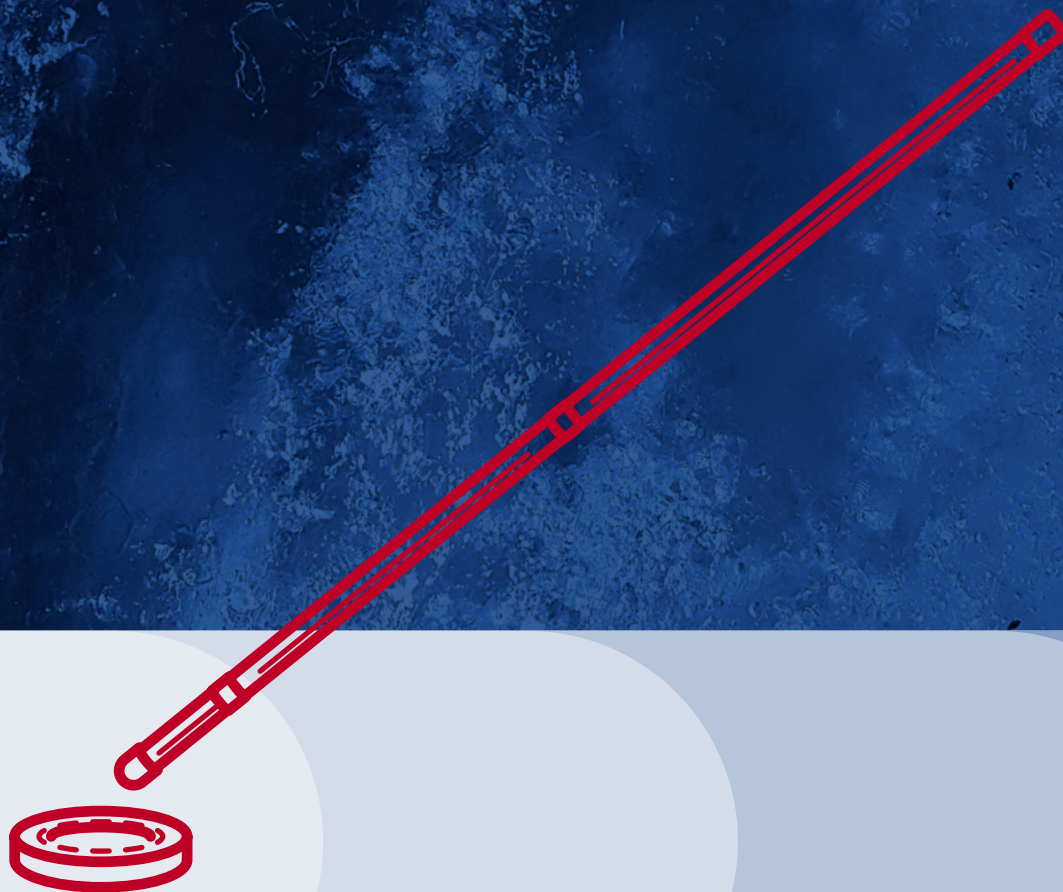


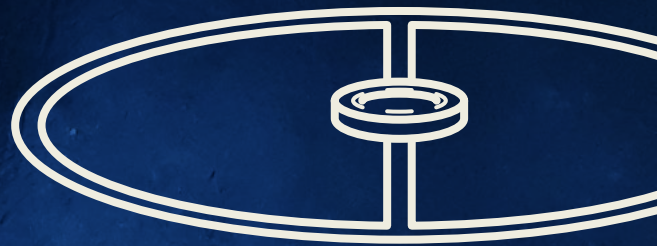


Winter Sport Rules

Floor Hockey



December 2025



The following Special Olympics Canada (SOC) sports rules shall govern all SOC floor hockey competitions.

The Floor Hockey Rules have been broken into the following sections:

Section A – Playing Area

Section B – Teams

Section C – Equipment

Section D – Officials

Section E – Rules of Play

Section F – Infractions

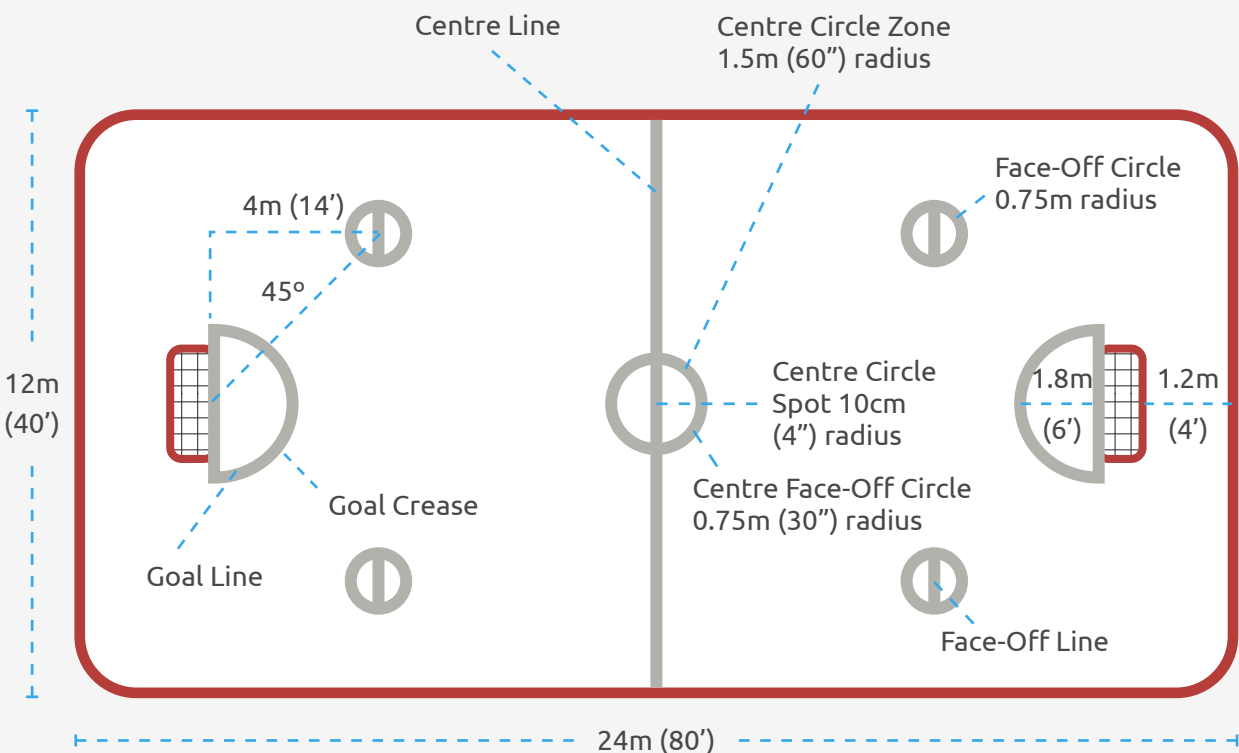
SECTION A - Playing Area

A.1 Playing Area Dimensions (as per rule 1)

The rules within this section pertain to the playing area and the floor markings.

- I. The playing surface shall be a maximum of 17m x 31.6m (56' x 103.7') and a minimum of 12m x 24m (40' x 80') on a level surface and properly marked for Floor Hockey. The standard size shall be 14.6m x 26.8m (48' x 88').

DIAGRAM 1



- II. The playing area may be defined by lines or boundary boards. Boundary boards must be constructed of quality sturdy material and 1.1m – 1.2m (42" – 48") in height. If boundary boards of this dimension are not available no boards less than these requirements shall be used. Appropriate marking tape may be used in place of boundary boards.
- III. The playing area will be free from any unguarded projections which a player could encounter in the normal course of play.

A.2 Division of Playing Surface

- I. A 5 cm (2 in.) wide line shall be marked and extend between the two front goal posts. This line shall be known as the "Goal Line".
- II. A line parallel to the goal lines and midway between them shall be marked on the playing surface. This line shall divide the playing surface; hereafter referred to as "the floor", into two equal areas, and be known as the "Centre Line".

A.3 Goal Nets

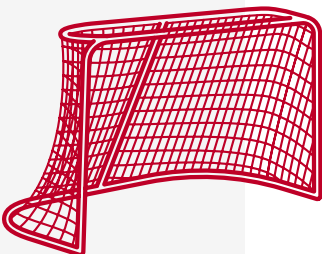
- I. There shall be a set of goal nets placed at either end of the playing surface (see C-7 for dimensions).

A.4 Goal Crease

- I. In front of each goal, a "Goal Crease" area shall be marked.
- II. One foot (1') outside of each goal post a two-inch (2") line shall be marked 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
NOTE: These dimensions will not produce an exact semi-circle.

A.5 Centre Face-off Location

- I. The centre circle spot is a line 10cm (4 in) in length perpendicular to the centre line or a circular spot 10cm (4 in) in radius to be marked in the centre of the centre face-off circle Refer to Diagram 1).
- II. The centre face-off circle is a circle with a radius of 0.75m (30in.) and a line width of 5cm (2in.) to be marked outside the centre circle spot (Refer to Diagram 1).
- III. The centre circle zone is a circle with a radius of 1.5m (5 ft.) and a line 5cm (2 in.) in width to be marked outside the centre court face-off circle (Refer to Diagram 1).



A.6 Other Face-Off Locations

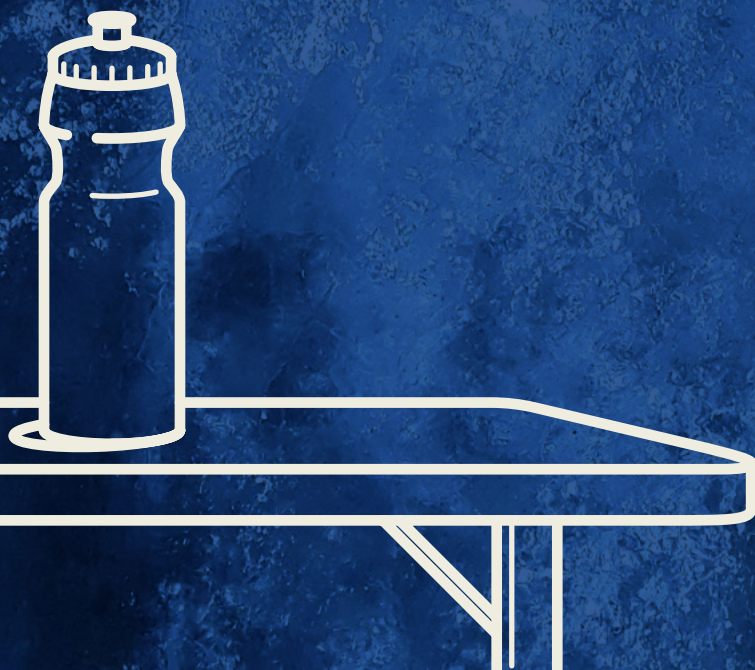
- I. The face-off circles shall be marked with a circular spot of 10cm (4 in.) in radius or a line of 10cm (4in.) in length in the centre of each circle. There are two face-off circles in each half of the playing surface, each circle located at a 45 degree angle from the centre of the goal line. The centre face-off spot of each face-off circle is determined by measuring a point of 4m (13 ft.) from that point toward the centre line. Each circle has a radius of 0.75m (30 in.) and a line drawn through the centre point of the face-off circle that is parallel to the centre line (Refer to Diagram 1).

A.7 Players' Benches

- I. A location will be designated for home and visitors teams to be known as players' benches.
- II. The Home Team shall have the choice of players' benches, and in addition, the Home Team shall have the choice of ends of the floor to start the game. Teams shall alternate ends of the floor to start each period. This may be waived if both teams are in agreement.

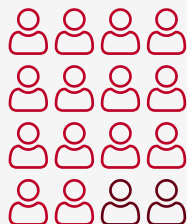
A.8 Officials Area

- I. There will be an area designated as the officials table; this area shall be large enough to locate the time keeper, and a score keeper.
- II. There will be an area designated as the penalty box (es), and it will be comprised of both a home and visitor's area.



Section B - Teams

16 players



6 players on floor



3 officials



B.1 Composition of Team

- I. Each team shall be entitled to a maximum of 16 players in uniform, which must include a minimum of 1 goalkeeper and a maximum of 2, all of whom must be registered with Special Olympics Canada. A minimum of 11 players must be in uniform for the start of the game. Except for medical reasons (illness or injury), as certified by medical staff on site, or behavioral reasons, all players listed on the final team roster must play in every game of the tournament.
- II. A team shall have no more than six players on the floor at any one time, including goalkeeper, while play is in progress.
- III. Only players in uniform and a maximum of three team officials shall be permitted to occupy the players' bench. All these persons shall be registered and entered on the Official Game Report. Head Coaches, Assistant Coaches and Managers shall be considered as team officials.
- IV. If a team dresses only one goalkeeper, they must designate a backup goalie prior to the divisioning round. The backup goalkeeper may only enter the game in the event that the regular goalkeeper is injured, ill or ejected from the game. The injury or illness must be verified by the games medical personnel.

Coaches must declare who are their goalies and if they will dress only one or two goalies before the first divisioning game of the tournament/event. In divisioning, both goalies must play the same number of shifts. There must not be more than one shift difference between the goalie who has played the most and the one who has played the least.

If a team dresses two goalkeepers, each goalkeeper must play in every game or the coaches may choose to alternate goalies from game to game (ex. Goalie A in game 1, Goalie B in Game 2, Goalie A in game 3, etc.)

If the coach choose to play both goalies every game, the minimum number of shifts a goalkeeper must play during the game is equal to the number of shifts that the most used player (defense/forward) played that game.

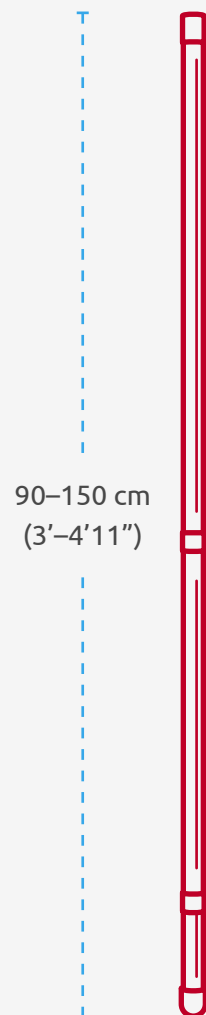
In the absence of a goalkeeper, teams will be allowed to play with 5 players but this must be documented on the scoresheet prior to the start of the game. This rule will be exempt from the last 2 minutes of the game.

Section C - Equipment

C.1 Sticks

- I. All sticks (including goalkeepers' sticks) must be made of wood, fibreglass, and/or graphite.
- II. The stick must be rod or dowel and adhere to the following dimensions:

Minimum Circumference: 7.5 cm (3 in.)
Maximum Circumference: 10 cm (4 in.) only difference
Minimum Length: 90 cm (3 ft.)
Maximum Length: 150 cm (4 ft. 11 in.)
- III. The floor end of the stick must be rounded and the entire length of the shaft must be of uniform thickness. Sport tape may only be used between 4 and 24 inches from the tip of the stick. If a stick has a non-abrasive tip (e.g. Slik-Stik) and the tip comes off, the stick shall be declared illegal and taken out of play. The handle end of the stick may have some tape for better grip and safety.
- IV. The goalkeeper's stick shall be a regulation ice hockey goalkeeper's stick and shall not exceed 1.4 m (55 in.) from the heel to the end of the shaft. The blade of the goalkeeper's stick shall not exceed 8.9 cm (3.5 in.) in width at any point, nor be less than 7.6 cm (3 in.) except at the heel where it must not exceed 11.4 cm (4.5 in.) width. The goalkeeper's stick shall not exceed 39.4 cm (15.5 in.) in length from the heel to the end of the blade.



C.2 Goalkeeper's Equipment

- I. All equipment worn by the goalkeeper must be constructed solely for the purpose of protection of the head or body, and must not include any garment of contrivance which would give the goalkeeper undue assistance in keeping goal.
- II. Goalkeepers shall not wear pads (ice hockey, or some reasonable facsimile, i.e. cricket pads) that exceed 12" in width when strapped to the leg. All goalkeepers' gloves worn shall be regulation ice hockey or some reasonable facsimile (i.e. baseball glove).



7.5-10 cm
(3-4'')

C.3 Protective Equipment

- I. While on the playing surface, all players, including the goalkeeper, shall wear a Canadian Safety Association (C.S.A.) approved hockey helmet, to which a C.S.A. approved full facial protector must be securely attached and not altered in any way. Any alteration to a C.S.A. approved helmet or full facial protector automatically destroys the certification. (A Canadian Safety Association approved cage shall be considered as an appropriate facial protector). Enforced nationally.
- II. While on the playing surface, running shoes, shin pads (must be covered by socks or pants, athletic supporter/protectors, padded protective sports gloves that cover the hand and the wrist (ex. Hockey, lacrosse or broom ball gloves, etc.) must be worn by all players. Elbow pads are strongly recommended.

C.4 Puck

- I. The puck shall be a circular felt disc, with a centre hole, the shape of a doughnut. It may be reinforced with leather and shall adhere to the following dimensions:

Diameter: 20 cm (8 in.)

Centre Hole Diameter: 10 cm (4 in.)

Thickness: 2.5 cm (1 in.)

Weight: 217 g (7.02 oz.)

C.5 Scoresheet and Line Monitoring Sheets

- I. Officials will use approved Special Olympics Canada scoresheets and line monitoring sheets.

C.6 Officials Equipment

- I. Officials will use appropriate timing and signaling devices.

C.7 Goal Nets

- I. The dimensions of “the goal” shall be those of a regulation ice hockey goal. The goal posts shall be set 1.8 m (6 ft.) wide, 1.2m (4’) high, and 0.6m (2’) deep. They shall extend 1.2 m (4 ft.) high from the floor, and a cross bar shall be extended horizontally from the top of both goal posts. The cross bar shall be securely fastened to the posts and a net shall be attached. The area enclosed by the goal posts and the cross bar shall be known as “the goal”.
- II. Goal nets to be moved 1.2 m (4 ft.) out from the end boundary to allow play behind the nets.



Section D - Officials

D.1 Appointment of Officials

- I. There must be two certified referees in appropriate and matching attire; for example, black pants and a black and white striped referee shirt.
- II. There must be two scorekeepers and one timekeeper. The scorekeepers also act as line monitors.

D.2 Referees Roles and Responsibilities

- I. A Referee shall have full authority and the final decision in all matters under dispute. His/her decision shall be final on all questions of fact and not subject to appeal during the game. Appeals may be launched at the completion of the game to the Tournament Coordinator.
- II. The referees shall be in full control of the players on and off the playing surface before, during, and after the game.
- III. The Referees shall see that the teams are called to the floor at the appointed time for the commencement of each game and at the start of each period.
- IV. The Referees shall check the equipment used by any player when requested to do so by the manager coach of either team.
- V. The referees shall assess all penalties as prescribed by the rules for infractions thereof.
- VI. The Referees shall give the final decision in the matter of disputed goals.
- VII. Before starting the game, the Referees shall see that the appointed Game Timekeeper and Official Scorer are in their respective places.
- VIII. The Referees shall announce to the Official Scorer, the duration of the penalties and the rule infractions involved, and also to whom the goals and assists are to be credited.
- IX. After each game, the Referees shall check and sign the Official Game Report and return it to the Official Scorer.
- X. The Referees shall be impartial at all times.
- XI. Referees are required to report on the Official Game Report, all Tournament and Game Misconduct penalties, immediately following the game.
- XII. The Referees must not hold conferences with team managers, coaches or players during the game; unless they believe it is necessary to provide clarity to a decision made during the game.
- XIII. The Referees shall check the goal nets before the start of the game and at the end of each period.

D.3 Official Scorer Roles and Responsibilities

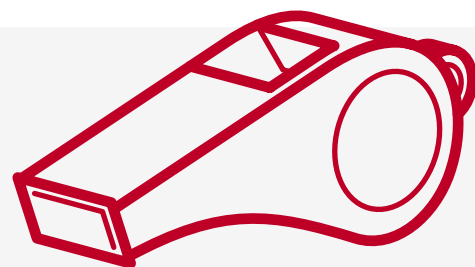
- I. The Official Scorer shall enter on the “Official Game Report” a correct record of the goals scored, by whom they were scored, and to whom assists, if any, are to be credited. They shall also keep a correct record of all penalties assessed, stating the names and numbers of the penalized players, the duration of each penalty, the infraction and the time when the penalties were assessed.
- II. The Official Scorer shall monitor and check all lines of play before each period and shift. They shall also record all legal player substitutions and inform the Referee of any team infractions of this rule.
- III. At the completion of each game, the Official Scorer shall sign the Official Game Report him/herself, and then have the Referees sign it. They shall then forward the Game Report to the Tournament Coordinator or designate.
- IV. Prior to the start of the game, the Official Scorer shall obtain from the Manager or Coach of each team, their complete starting line-up and lines of play, verified and signed by the Team Official in charge.
- V. The Official Scorer shall advise the Referee when the same player has received his/her second Minor Penalty in the same game.

D.4 Official Game Timekeeper Roles and Responsibilities

- I. The game Timekeeper shall record the time of the starting and finishing of each game, and all actual time during the game.
- II. The Game Timekeeper shall signal the Referee for the commencement of the game, and the start of the second and third periods. The Game Timekeeper shall also signal the end of each period and the end to the game.
- III. The Game Timekeeper shall keep time served by each penalized player during the game, and inform the penalized players as to the finish time of his/her penalty.
- IV. The Game Timekeeper shall announce when ONE MINUTE of actual game time remains in the game.
- V. In the event of any dispute regarding time, the matter shall be referred to the Referee in charge, and his/her decision shall be final.

D.5 Tournament Protest Committee

- I. Prior to the commencement of any tournament, a protest committee will be struck. One member of this committee will be the head referee.



Section E - Rules of Play

E.1 Face-Offs

- I. A face-off shall occur:
 - a. To begin the game and each period at the centre floor face-off circle;
 - b. After each stoppage of play during a period, except after a goal and crease violation by an offensive player, at the nearest face-off circle;
 - c. After a crease violation by an offensive player the face-off will occur in the offenders zone;
 - d. After each goal at the centre floor face-off circle;
 - e. After each minor or major penalty at the offending team's defensive end;
 - f. When an unsafe condition exists due to a cracked or broken stick(s) in the vicinity of play or at any other time deemed appropriate by the referee. A face-off must take place at the nearest face-off circle to the position of the puck when play was stopped.
 - g. In the case of a delay penalty call the resulting face-off shall be at the nearest face-off spot in the defensive zone of the team receiving the penalty.
 - h. In a situation where both teams receive penalties, the face-off shall be at the nearest face-off spot to the actual stoppage in play.
- II. The players taking the "face-off" shall stand squarely facing their opponent's end of the floor. All players must be "on-side" with no player within 1.8 m (6ft.) of the players facing-off.
- III. The players facing-off and their sticks must be an equal distance from the puck, 30 cm (1 ft.) from the centre of the face-off spot.
- IV. Play is put in motion when the referee blows his/her whistle.
- V. The puck must be swept out of the face-off circle without placing the stick in the centre of the puck and contact must be made by another player other than the one facing-off before the centring player can regain control of the puck.
- VI. If a player facing-off fails to perform the face-off correctly, i.e. repeated attempts to anticipate (beat) the whistle, the Referee may order him/her replaced for the face-off by any player on the floor. The coach will appoint an alternative player.

E.2 Stoppages of Play

Stoppage of play shall occur when:

- I. Offensive Player Crease Violation** – When an offensive team member enters the crease with their stick or any part of their person.
- II. Defensive Player Crease Violation** – A defensive player brings a puck into the goal crease area or if any part of his/her body touches the goal creases area. (See E-4 (II))
- III. Illegal or Broken Stick** – A player breaks his/her stick or who is found playing with an illegal or broken stick.
- IV. Goalkeeper Puck Violation** – When a goalkeeper holds the puck for more than three seconds or throws the puck forward to a player on his or her team. Note: A goalkeeper may pass the puck forward to a team member with his/her stick, or throw the puck to the side.
- V. Holding the Puck** – When a player deliberately holds the puck against the boards or any part of the goal in any manner.
- VI. Puck out of Bounds** – When the puck goes outside of the playing area.
- VII. Falling on or Gathering the Puck** – When any player except a goalkeeper, who deliberately falls on or gathers the puck into his/her body by any means, while standing or lying on the floor.
- VIII. Unsafe Conditions** – When the referee deems that an unsafe condition exists.

A referee who inadvertently stops the play and realizes their error shall re-start play from the centre face-off spot.



E.3 Delay Call

- I. In the event a penalty is called against a player whose team does not have control of the puck the referee will indicate a delay penalty by raising his/her arm. The referee shall stop play once the offending team touches the puck. If the offensive team scores during this delay situation the penalty is recorded but not served and the goal is counted. The penalty is still part of the 3 penalty called rule.
- II. When a defensive player enters his/her own crease with their stick or any part of their person. Play to continue until the offensive team loses control of the puck. If the defensive player(s) vacate the crease area, play carries on.
- III. In the event of a delay call, the offensive team that has possession of the puck can pull their goalie for an extra attacker.

If the defending team is already serving a minor penalty and a goal is scored during the delay call, the goal will only negate the minor penalty being served.

E.4 Puck Out Of Bounds or Unplayable

- I. When the puck goes outside the playing area, play shall be stopped. A face-off shall take place at the face-off circle closest to the point where the puck was shot, or went out of bounds, to the advantage of the non-offending team. A puck which is partially touching a boundary line shall be considered in play. A player whose foot is partially touching a boundary line shall be considered in bounds. When a player is forced out of bounds by a member of the opposing team, play shall be stopped and a face-off will take place.
- II. The goalkeeper's crease shall be considered out of bounds to any player. An attacking player and his/her stick may not break the plane of the goal crease area which includes the goal crease line.

A defending player may not enter the goal crease area, but they may clear the puck out from the goal crease with his/her stick. (See E-2 (II))

NOTE: If a puck goes out of bounds in a playing area bounded by walls or physical boundaries on all four sides a face-off shall take place.



E.5 Players In Uniform (as per rule 10)

- I. Each player shall wear an individual number on the back of his/her shirt.
- II. Before the start of the game, a coach from each team shall give the Official Scorer, a list of the names and numbers of the players, and goalkeepers, who shall be eligible to play in the game. No additions or changes to the list shall be permitted after the commencement of the game. Each coach must submit the line monitoring sheet which includes the names of players on each line during every shift of each period. Line monitoring will be in effect to allow all players an equal amount of playing time.
- III. Any coach, who gives a false statement on the Official Game Report with regard to ineligible players, shall be dealt with by the Referee-In-Chief.
- IV. Each team shall be allowed one goalkeeper on the floor at one time. The goalkeeper may be removed and another “player” substituted during the final two minutes of the game. Such a player shall not be permitted the privileges of a goalkeeper. The goalkeeper can be substituted back into the game, providing the same player is returned to the bench. The removal of the goalkeeper does not require a stoppage of play. Once the goalkeeper leaves the crease they must go directly to the players’ bench, failure to do so will result in minor penalty (interference or leaving the crease).
- V. No player, other than a goalkeeper or a replacement for a goalkeeper, shall be permitted to wear the equipment of a goalkeeper.
- VI. When the substitute goalkeeper enters the game, they shall take their position without delay, and no warm-up shall be permitted.



E.6 Starting Line-Up

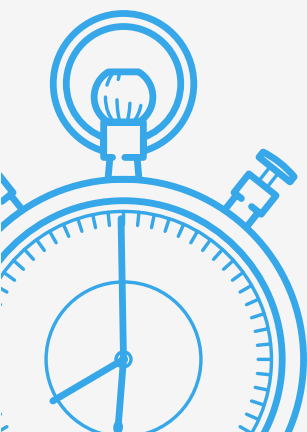
- I. Before the start of the game, the coach in charge of the Visiting Team must be the first to list his/her starting line-up and lines of play on the Official Game Report.
- II. No change in the starting line-ups, as given on the Official Game Report or in the playing lineups on the floor shall be made until the game is actually in progress (only then as a result of injury or player ejection).

E.7 Lines Of Play

- I. Monitoring the lines of play shall take place at all levels of play to ensure the equal participation of all players.
- II. 15 minutes prior to the start of the game the coach shall establish a rotation list for the game and submit it to the scorer. One copy of the scoresheet shall be kept by the scorekeeper, one by the coach of the opposing team, and one will be given back to the coach.
- III. All dressed players shall compete in the game. By the end of the game, the total number of lines played by any one player, excluding the goalkeeper, must not exceed the total number of lines played by any other teammate by more than one line. The goalkeeper may play the entire game or may split playing time. Any non-compliance with this rule may result in the forfeit of a game.
- IV. If a player is injured or ejected from the game, and the team is left with 10 players, the team shall play one line with 5 players plus the goalkeeper and the second line with 4 players plus the goalkeeper.

E.8 Time Of Game

- I. Three 12 minute periods of actual playing time with a 2 minute intermission between each period, will be the time allowed for each game.
- II. Four 3 minute shifts within each period will be the time allowed for each line of play. Signal from the Game Timekeeper will indicate the end of each shift. To resume play at the beginning of each period, the face-off will occur at the centre face-off circle. All other stoppage of play will resume at the face-off circle closest to the stoppage of play.
- III. All game play will be clocked as stop time. The clock will not run during any stoppages in play.
 - a. last 2.5 minutes of the game shall be stopped time
 - b. "time-out" request
 - c. between shifts (line changes)
 - d. player substitutions (in case of injury)
 - e. assessment of penalties
 - f. at the Referee's discretion
- IV. Each team shall be allowed a 1 minute time-out per game. The team official shall signal the Referee during a stoppage of play by making the letter "T" with his/her hands.
- V. Teams must change ends after each period unless both coaches decide before the game not to do so.



E.9 Injured Players

- I. When a player, other than a goalkeeper, is injured or compelled to leave the floor during a game, they may be replaced by another player from the next line on the monitoring sheet. The shift will not be counted for the player replacing the injured player. All players in a line must be used as replacement players before a player can be used for a second time. An injured player may return to his/her original line of play upon recovery. If an injured player is replaced the coach must adjust the line rotation accordingly to apply with rule E-7 (III).
- II. If a goalkeeper is injured, the Referee shall allow sufficient time to enable him/her to recuperate. A team which has two goalkeepers in uniform shall replace the injured goalkeeper immediately.

E.10 Goals and Assists

- I. A goal shall be scored when the entire puck has legally passed between the goal posts below the cross bar and completely across the goal line.
- II. A goal shall be scored if the puck is put into the goal in any manner by a player of the defending team. The player on the attacking team who last played the puck shall be credited with the goal.
- III. Although it is legal to kick the puck during play, it is illegal for an offensive player to kick the puck into the goal. The goal shall NOT be allowed if the puck has been kicked, thrown or otherwise deliberately directed into the goal by any means other than a stick.
- IV. If a goal is not scored as the result of a puck deflected off a defending player while in his/her team's goal crease, the goal shall be allowed if the Referee deems the shot to be "on goal". If a goal is scored as the result of a puck deflected directly into the goal off an official, the goal shall be allowed.
- V. No players, except the goalkeeper, shall stand in the goal crease, on the goal line, nor hold his/her stick in the goal crease. If a goal is scored while such conditions prevail, it shall be disallowed. However, if the defending player violates the goal crease while the goal is about to be scored, the goal will stand. This rule will be a judgment call by the officials on the floor.
- VI. Each goal shall count one point in the scoring records.

E.11 Tied Game

- I. Prior to the commencement of any game or tournament a method for the resolution of tie games will be determined.

Section F - Infractions

The rules within this section are to control action between players and other parties that could result in injury or unfair play.

Infractions are divided into the following classes:

- a. Minor Penalties
- b. Bench Minor Penalty
- c. Game Misconduct Penalty
- d. Tournament Penalties
- e. Penalty Shots

Infractions may be assessed at any time before, during or after a game, when an offence is committed, regardless of whether or not play is in progress.



F.1 Penalty Procedures

- I. Minor Penalty
 - a. For a "Minor Penalty" in any one game, except to a goalkeeper, the penalized player shall be ruled off the floor for one minute of actual playing time, during which time no substitute shall be permitted.
 - b. If, while a team is short-handed because of one or more Minor Penalties, the opposing team scores a goal, the first penalty assessed shall automatically terminate.
 - c. A team shall not be required to play with fewer than four players, including the goalkeeper. When three or more players on the same team are penalized, the penalties shall be served in succession. The third or any additional penalties will not start until the first penalties expire.

Note: When a line change takes place during a penalty, the team with the penalty will place a player in the penalty box from the oncoming line. The original player will return to the players' bench. At the end of the game, the total number of penalty shifts of this type (not personally earned) served by any player must not exceed the penalties of this type served by any other line mate by more than one.

If 3 or more concurrent penalties from the previous shift carry over to a new shift, 3 athletes from the current shift shall remain on the floor, with 2 athletes serving time remaining.

If a team is serving 3 or more concurrent penalties, they may add a player to the floor from the following shift, to comply with rule F.1.c. This additional player is considered similarly to an injury situation in that players can only serve a partial shift once, prior to each member of their line having the same opportunity. Players serving penalties will rejoin the play after the 2nd penalty is complete, in the order they were served. If between the 1st penalty being completed and the 2nd ending, there is a stoppage in play, the initial penalty may return to the floor, with the additional attacker returning to the bench.

- d. No goalkeeper shall be sent to the penalty bench for an infraction which incurs Minor Penalty. Instead, such a Penalty shall be served by any player on his team who was on the floor when the infraction occurred. Such a player shall be designated by the Manager or Coach of the penalized team.

II. Bench Minor Penalty

- a. A “Bench Minor Penalty” requires the team against which the penalty is assessed to play a man short for a period of 1 minutes of actual playing time.
- b. Whenever a Bench Penalty is to be assessed according to the rules, the Manager or Coach of the “penalized team” shall designate any player of his/her team on the floor at the time of the infraction to serve the penalty. Before play is whistled to begin the line monitor must assure that the total number of penalty shifts of this type (not personally earned) served by any player must not exceed the penalties of this type served by any other line mate by more than one at the beginning of the shift.

III. Games Misconduct Penalty

- a. For a “Game Misconduct Penalty” in any one game, the penalized player shall be ruled off the floor for the remainder of the game, during which time the penalized team will also receive a minor penalty. If a player receives a “Games Misconduct Penalty” as a result of receiving a third minor penalty, the “Games Misconduct Penalty” shall be served after the players third minor penalty has expired. The Manager or Coach of the penalized team shall select an individual to serve the Minor Penalty.
- b. If, while a team is short-handed because of a Game Misconduct Penalty the opposing team scores a goal, the player serving the Minor Penalty may not return to the game before the 1 minutes have elapsed.
- c. When a goalkeeper incurs a Game Misconduct or Tournament Penalty, a substitute goalkeeper shall be designated by the Manager or Coach of the penalized team.

F.2 Minor Penalties

A player will receive a minor penalty when:

- I. **Illegal Equipment** – any player, including the goalkeeper, for using a stick which does not conform to the provisions of this rule. The Measurement of any equipment (player’s and goalkeeper’s sticks, goalkeeper’s pads and gloves) shall be carried out by the Referee, once a formal request has been made by a team. Play shall not be stopped for this purpose. The referee will use the next stoppage in play to assess the equipment in question. Should the equipment be found to be within regulation, the team requesting the equipment check shall be assessed a one minute Bench Minor Penalty.
- II. **Goalkeeper Penalty** – When a goalkeeper leaves the goal crease, they shall be assessed a Minor Penalty. A goalkeeper shall be considered leaving their crease when his entire body is outside the line which marks the boundary of the crease.
- III. **Body Checking** – any player who, in the opinion of the Referee, intentionally body checks an opposing player.

IV. Charging – any player who runs or jumps into or charged an opponent. When the attacking player is running towards the defending player, the defending player has the right to maintain his/her position. In this case, the attacking player is running towards the defending player, the defending player has the right to maintain his/her position. In this case, the attacking player must avert body contact.

Note: If more than two steps or strides are taken, it shall be considered a charge

V. Cross-Checking – any player who holds his/her stick horizontally and shoves an opponent.

VI. Delay Of Game – a team which in the opinion to the Referee, is deliberately stalling, freezing the puck, shooting the puck out of the playing surface, or delaying the game in any manner.

VII. Elbowing, Kneeing, and Kicking – any player who fouls an opponent in any manner with his/her elbow, knee, or foot.

VIII. Roughing – any player who, in the Referee's judgment, is guilty of unnecessary rough play.

IX. High Stick – any player whose stick is brought up above his/her standing shoulder height with the potential to make contact with another player or official in close proximity.

X. Holding – any player who holds an opponent with his/her hands, stick, or in any other manner.

XI. Hooking – any player who impedes or seeks to impede the progress of an opponent by "hooking" with his/her stick.

XII. Interference – any player who interferes with or impedes the progress of an opponent who is not in possession of the puck.

XIII. Slashing – any player who swings his/her stick at an opponent, whether in or out of range, without actually striking him/her, or also, on the pretext of playing the puck makes a wild swing at the puck with the object of intimidating his/her opponent. Intentional aggressive contact with an opponent's stick shall also be considered slashing.

XIV. Stick Throwing – any player, including the goalkeeper, who deliberately throws his/her stick at the puck or puck carrier.

XV. Tripping – any player, including the goalkeeper, who deliberately trips an opponent.

XVI. Unsportsmanlike Conduct



F.3 Bench Minor Penalties

A team will receive a bench minor penalty when:

- I. Bench Area Violation** – During a game, coaches, managers, trainers, or other authorized team officials shall be restricted to the use of the area the length of their players' bench.
- II. Use of Profane or Obscene Language** – If the Referee is unable to identify the person responsible for the use of obscene, profane, or abusive language, a Bench Minor Penalty shall be assessed to the offending team.
- III. Failed Equipment Challenge** (see Rule F-2 (I))
- IV. Illegal Substitutions** – The official scorer shall monitor the lines of play. For any infraction of this rule, a Bench Minor Penalty shall be assessed to the offending team. The person serving the penalty shall be the illegal substitute. An appeal can also be made by the opposing team, but must be brought to the attention of the referee during a stoppage of play.

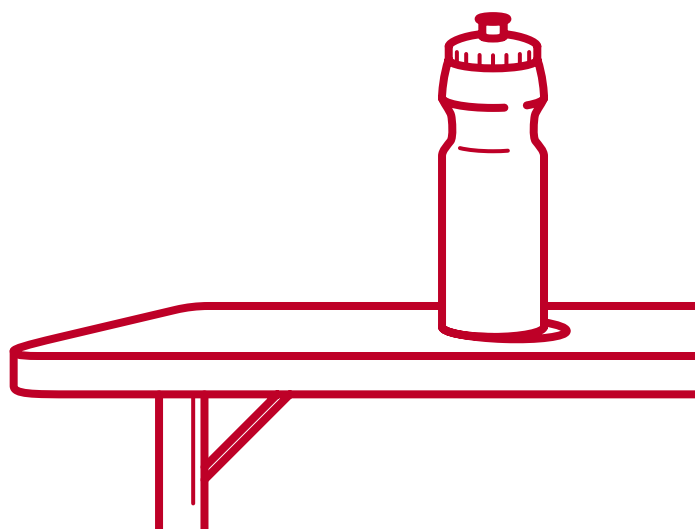
F.4 Game Misconduct Penalties

A player or team official will receive a game misconduct penalty when:

- I. Attempt To Injure or Deliberate Injury** – any player who deliberately attempts to or deliberately injures an opponent, Official, Manager, Coach, Trainer, Stick boy, or spectator, in any manner.
- II. Charging the Goalkeeper** – A Game Misconduct Penalty shall be assessed any player who jumps at or charges a goalkeeper while the goalkeeper is within his/her crease, or who injures an opponent as result of a charge.
- III. Cross Checking Above the Shoulder** – Any player who strikes an opponent above the normal height of his/her shoulders with a cross-check shall incur a Game Misconduct Penalty, whether or not injury results.
- IV. Cross Checking the Goalkeeper** – any player who cross-checks a goalkeeper while they are in the crease.
- V. Receiving Three Minor or Bench Minor Penalties in One Game.**
- VI. Use of Obscene, Profane, or Abusive Language or Gestures to any Person.**
- VII. Persisting in Disputing or Shows Disrespect for the Ruling of an Official**
- VIII. Fighting**

F.5 Tournament Penalties

- IX.** Any player or team official incurring a game misconduct penalty may be assessed a tournament penalty at the discretion of the Protest Committee.



F.6 Penalty Shot

- I. A Penalty Shot shall be awarded in the following situations:
 - a. **Protective Equipment** – deliberate removal of helmet or facial protector during a breakaway
 - b. **Delay of Game** – goaltender deliberately dislodging the goal during a breakaway
 - c. **Throwing Stick** – at puck or puck carrier during a breakaway
 - d. **Tripping** – fouling from behind during a breakaway
 - e. **Leaving the Players' or Penalty Bench** – ineligible player during a breakaway
- II. Any infraction of the rules which calls for a "Penalty Shot" shall result in the following: The referee shall place the puck on the centre face-off spot and the designated player taking the shot will, on the instruction of the Referee, play the puck from there and shall attempt to score on the goalkeeper. The puck must be kept in motion towards the opponent's goal line, and once it is shot, the play shall be considered complete.
- III. The goaltender must remain in their goal crease. The goaltender may attempt to stop the shot in any manner except by throwing his/her stick or any other object, or deliberately dislodging the goal, in which case a Goal shall be awarded.

Note: No player other than a goalkeeper is permitted to tend goal during a Penalty Shot.
- IV. While the Penalty Shot is being taken, players of both sides shall withdraw to the sides of the playing surface and beyond the centre line. The player fielded shall be the designated player who takes the penalty shot, another player who was on the floor at the time of the infraction may be selected by the coach.
- V. If a goal is scored from the Penalty Shot, the puck shall be faced-off at the centre face off in the usual way. If a goal is not scored, the puck shall be faced-off in the usual way. If a goal is not scored, the puck shall be faced-off at either of the face-off spots in the end in which the Penalty Shot was tried.
- VI. When the foul upon which the Penalty Shot is based occurs, play shall be stopped and the Penalty Shot shall be awarded immediately. The time required for taking a Penalty Shot shall not be included in the regular time or any overtime.

