

Official Rules of
ICE HOCKEY

THE OFFICIAL RULES OF ICE HOCKEY



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*USA Hockey is the National Governing Body
for the sport of ice hockey in the United States.*

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PREFACE

Points of Emphasis

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Points of Emphasis 2025 Through 2029 Seasons

The goal of USA Hockey is to promote a safe and positive playing environment for all participants while continuing to focus on skill development and enjoyment of the sport. All officials, coaches, players, parents, spectators and volunteers are encouraged to observe these “Points of Emphasis” when participating in the sport of ice hockey.

Fair Play and Respect

Fair play and respect are the backbone of any successful amateur sports program. In order for a positive environment to be created, it is imperative that all participants and spectators have respect for all players, coaches, officials, administrators, spectators and the sport of hockey. Hockey is a game demanding high levels of concentration and skill. Taunting or unsportsmanlike conduct directed at opponents or officials will not be tolerated.

USA Hockey does not tolerate any abusive behavior, including racial and other derogatory slurs directed at players, coaches and officials. All participants are reminded that any language that is hateful or discriminatory in nature will be penalized with an automatic match penalty.

Abuse of officials is a continuing problem at all levels of play, and as a result the retention of officials in all youth sports has become a significant issue that affects the quality and number of available officials. USA Hockey is committed to taking a leadership role in this area and has in place a Zero Tolerance Policy towards unsportsmanlike behavior. Officials are required to strictly enforce all actions that are deemed to be abusive in nature in an effort to change the culture of what is deemed to be acceptable behavior when it comes to respect for officials.

Player Safety

Intimidation tactics have no place in ice hockey. These tactics include any contact to the head of the opponent, checking from behind and late body checks to an opponent who is no longer in control of the puck. Officials are instructed to enforce these rules to a high standard and assess the appropriate penalty when these actions occur. In addition, officials are expected to strictly enforce any avoidable contact occurring after the whistle – including during scrum situations around the goal.

In Competitive Contact categories, legal competitive contact shall be allowed and players allowed to compete using proper body position skills. However, any deliberate body checks shall be penalized accordingly. If a body check is delivered for the purpose of intimidation, punishment or to a vulnerable or defenseless opponent, a major plus game misconduct penalty should be assessed to the offending player.

In Body Checking categories, the primary focus of the check shall be to gain possession of the puck and officials should strictly penalize any illegal actions such as boarding, charging, cross checking, and a late body check to a player who is no longer in control of the puck.

The responsibility is on the player delivering the check to avoid forceful contact (minimize impact) to a vulnerable or defenseless player who is no longer in control of the puck.

Proper body checking technique starts with stick on puck, therefore the stick blade of the player delivering the check must be below the knees.

Players are encouraged to develop a deep sense of respect for all (opponents and officials) while endeavoring to enjoy the sport and improve their playing ability. Each player is expected to use proper skill and technique when engaging in any type of physical contact.

Coaches are responsible for instructing their players to play the sport in a safe and sportsmanlike manner. To that end, coaches are directed to teach only those skills necessary to allow for proper and legal competitive contact.

Officials should be diligent and confident when officiating the sport. Each official should enforce all playing rules fairly and respectfully with the safety of the players and the best interest of the game in mind. Players must be held accountable for dangerous and illegal actions with the proper enforcement of the rules at all times.

Spectators are encouraged to support their teams while showing respect for all players, coaches, officials and other spectators.

Standard of Play and Rule Emphasis

USA Hockey will continue to observe the Standard of Play and Rule Emphasis for restraining fouls adopted in June 2006. The goal is to reduce restraining infractions in the game, allowing the skill levels of the participants to determine the outcome of a game and to increase participant enjoyment.

USA Hockey will also continue to emphasize the Body Checking Standard of Play and Rule Emphasis adopted in 2011 as part of its effort to create a safe environment for all participants. The goal is to enhance player skill development by eliminating intimidating infractions designed to punish the opponent. Proper enforcement of this standard will improve the proper skill of legal body checking or legal competitive contact at all levels of play.

Conclusion

Hockey should be enjoyed by all participants. To that end, all participants and spectators should observe a level of personal behavior that demonstrates respect for all. USA Hockey will continue to increase awareness among all officials and coaches with regard to these Points of Emphasis and the Standard of Play and Rule Enforcement.

Declaration of Player Safety, Fair Play & Respect

USA Hockey is committed to creating a safe and fair environment for all participants. Respect for the game, opponents, coaches and officials is a critical part of the environment that is created and it covers several different aspects of sportsmanship and fair play. This initiative will encourage a change in culture as to what is considered to be acceptable/unacceptable body checking and competitive contact at all levels of play.

The following is not designed to replace our current rules/definitions, but instead is intended to clarify and update the existing rules/definitions to emphasize the key points to more clearly outline what is deemed acceptable and unacceptable behavior. Video examples can be found online at usahockey.com/declaration. Please review the materials thoroughly so you can play a positive role in making our game safer.

Competitive Contact

Competitive Contact – competitive contact is body contact between two or more skaters who are in the immediate vicinity of the puck and who are in the normal process of playing the puck. These skaters are reasonably allowed to lean into each other provided possession of the puck remains the sole object of the contact. Competitive contact is encouraged in all age classifications of play within USA Hockey and provides the foundation for the skills necessary to advance to Body Checking classifications. Acceptable examples of competitive contact include:

Angling is a legal defensive skill used to direct/control the puck carrier to an area that closes the gap and creates an opening that is too small for the puck carrier.

Physical Engagement is when two players who are in pursuit of the puck are allowed to reasonably lean into each other provided that possession of the puck remains the sole objective of the two players.

Collisions occur when players are allowed to maintain their established position on the ice. A player shall not be penalized if the intention is to play the puck and in so doing causes a collision with an opponent. No player is required to move out of the way of an oncoming player to avoid an impact.

Body Checking

A body check represents intentional physical contact, from the front, diagonally from the front or straight from the side, by a skater to an opponent who is in control of the puck. The opposing player's objective is to gain possession of the puck with a legal body check and NOT to punish or intimidate an opponent.

Legitimate body checking must be done only with the trunk of the body (hips and shoulders) and must be above the opponent's knees and at or below the opponent's shoulders. The use of the **hands, forearm, stick or elbow** in delivering a body check is unacceptable and not within the guidelines of a legal body check.

The primary focus of a body check is to gain possession of the puck and proper body checking technique starts with **stick on puck**, therefore the stick blade of the player delivering the check must be below the knees.

USA Hockey reminds coaches and players that these requirements are the responsibility of the player delivering the body check. Under no circumstance is it acceptable to deliver a body check to a **vulnerable or defenseless** opponent, an opponent who is not in control of the puck or to use the hands, stick, forearm or elbow in delivering a check to an opponent.

Vulnerable or Defenseless – a skater is considered to be in a vulnerable or defenseless position when unaware, unprepared, or unsuspecting of an impending hit.

Infractions that occur as a result of a body check delivered to a vulnerable or defenseless player must be penalized under the boarding, charging, checking from behind, head contact or roughing rules. When done in a dangerous, careless or reckless (unacceptable) manner where the player delivering the check has made no effort to play the puck, the **major plus game misconduct or match penalty** provisions of these rules must be assessed.

When two or more players are **physically engaged** for control of the puck along the boards, they are considered to be **vulnerable or defenseless**. Any body check delivered by a skater to an opponent who is **physically engaged** with another skater is considered dangerous, careless or reckless (unacceptable) and must be penalized accordingly.

Late Avoidable Body Check – any avoidable check delivered to a player who is no longer in control of the puck. An avoidable check is when the player delivering the check has an opportunity to avoid

contact or minimize contact, once it is realized the opponent no longer has control of the puck.

The concept of “finishing the check” is an unacceptable action as it is one that is meant to intimidate or punish the opponent with no intent to gain possession of the puck. The responsibility is on the player delivering the check to avoid forceful contact (minimize impact) to a **vulnerable or defenseless** player who is no longer in control of the puck.

COMPETITIVE CONTACT CATEGORY

Non-check hockey does not mean no contact and the Competitive Contact Category game can be very physical. **USA Hockey strongly encourages legal competitive contact to occur in all age classifications as part of the skill progression that teaches legal body checking.**

When determining whether a body check has occurred, the official must focus on whether the player is attempting to play the puck and whether there is any overt hip, shoulder or forearm action used to initiate contact and separate the opponent from the puck.

Legal **competitive contact** occurs when players are focused on gaining possession of the puck and are simply maintaining legally established body position. This most often occurs when two players are **physically engaged** in front of the goal or along the boards.

Legal **competitive contact** also commonly occurs when a player has established an angle on the opponent and closes the gap to create an opening that is too small for the puck carrier. Additional acceptable forms of **competitive contact** include:

- A skater is entitled to the ice they occupy so long as they maintain their skating speed and body position between an opponent and the loose puck.
- A skater is entitled to stand their ground and is not required to move if an opponent wishes to skate through that area of the ice.
- A skater may block an opponent so long as they are in front of the opponent and moving in the same direction.
- A skater can use their body position while maintaining their skating lane, to force an opponent to take a less direct route to the puck, so long as they do not use a hand or arm to hold or block the opponent.

BODY CHECKING CATEGORY

It is USA Hockey's intent to create a safe environment for players to be able to develop their skills – including body checking in age appropriate classifications – while also being able to physically compete within the rules.

A player delivering a check to a **vulnerable or defenseless** player, who is not in control of the puck, will be assessed a penalty for roughing. Officials are to pay particular attention to these examples when applying this rule. These are intended as a guide and include, but are not limited to, the following:

- A player who is dangerous, careless or reckless (unacceptable) in delivering a check.
- A player who anticipates an opponent gaining possession **or** control of the puck but who makes contact with the opponent before possession **or** control occurs.
- A player who delivers a **late avoidable check** to an opponent who has released a shot or pass and is no longer in control of the puck.
- The use of the hands, forearm, stick or elbow in delivering a body check **OR** making contact with the opponent after the whistle. If contact is made above the shoulders, this action must be penalized as head contact. **This includes any contact that occurs as part of a scrum situation after play has been stopped.**
- Two skaters who use competitive contact for position as they skate to a loose puck are within their rights to do so, unless one uses their stick, arm, or skates to obstruct the opponent's ability to skate to the puck.

Unsportsmanlike Conduct

A bench minor penalty for unsportsmanlike conduct shall be assessed to any team whose players or team officials commit the following actions while on the players' bench:

- Banging the boards with a stick or other object, including skates or arms, after a body check regardless as to whether the check is being penalized. It is deemed to be unsportsmanlike conduct and should be penalized when done as a means of escalating dangerous and/or unnecessary physical play where there is no intent to legally gain possession of the puck.

SUMMARY

All USA Hockey members must demonstrate awareness and support for the application, spirit and the respect of the rules in order for continued improvement in the game of hockey.

Coaches are expected to teach proper skills and hold their players accountable for illegal and dangerous actions, regardless as to whether they are properly penalized, or not.

Parents are expected to support the decisions of the officials and support the coaches in teaching the proper skills in a safe and positive environment.

Officials shall enforce a strict penalty standard according to the guidelines that have been established.

Players are expected to compete within the playing rules.

Administrators are expected to hold players, coaches, officials and parents accountable for their actions in an effort to promote a safe and positive environment for all participants.

All members of USA Hockey share an equal responsibility to ensure the integrity of the game is upheld. The onus to incorporate change is not only on the officials, but also on administrators, coaches, parents and players, as well.

Standard of Play and Rule Emphasis – Body Checking

Through the standard of rules enforcement, our game will continue to allow the opportunity for improved skill development and a more positive hockey environment for all participants. This initiative will result in greater emphasis on skating, puck possession and the proper use of the body to establish position and legally gain a competitive advantage.

The goal of the enforcement standard is to create an environment that enhances player skill development by reducing intimidating infractions designed to punish the opponent. This standard is designed to improve the proper skill of legal body checking or competitive contact at all levels of play and will not remove the physical component from the game. A player using a body check or competitive contact/body position (competitive contact categories) to gain a competitive advantage over the opponent should not be penalized as long as it is performed within the rules. The focus of the body check must be to gain possession of the puck.

The principles of this enforcement standard include the following:

- The purpose of a body check is to gain possession of the puck.
- Proper body checking technique starts with stick on puck, therefore the stick blade of the player delivering the check must be below the knees.
- Only the trunk (hips to shoulders) of the body shall be used to deliver a body check.
- The check must be delivered to the trunk (hips to shoulders) and directly from in front or the side of the opponent.
- Players who use their physical skills and/or anticipation and have a positional advantage shall not lose that advantage provided they physically engage with the opponent within the rules.
- Players will be held accountable for acts of an intimidating or dangerous nature.
- The onus is on the player delivering the check to avoid placing a vulnerable or defenseless opponent in danger of potential injury.

Enforcement Standard – These penalties are to be called with very strict enforcement.

BODY CHECKING (Competitive Contact Categories)

A player cannot deliver a body check to any player while participating in a competitive contact category. Examples include:

- Making intentional physical contact with an opponent with no effort to legally play the puck.
- Using overt hip, shoulder or forearm contact with the opponent to physically force them off the puck.
- Physically impeding the progress of the opponent with hips, shoulders or torso without establishing competitive contact and making no attempt to gain possession of the puck.

BOARDING

A player cannot commit any infraction, including body checking, for the purpose of intimidation or punishment that causes their opponent to go dangerously or excessively into the boards. Examples include:

- Accelerating through the check to a player who is in a vulnerable or defenseless position off of the boards resulting in the opponent going dangerously into the boards.
- Driving an opponent excessively into the boards with no intent to gain possession of the puck.
- Any other infraction (tripping, cross-checking, charging etc.) that causes the opponent to go dangerously and excessively into the boards.

CHARGING

A player cannot take more than two strides or travel an excessive distance to accelerate through a body check for the purpose of punishing the opponent. Examples include:

- Running or jumping into the opponent to deliver a check.
- Accelerating through a check for the purpose of punishing the opponent.
- Skating a great distance for the purpose of delivering a check with excessive force.

CHECKING FROM BEHIND

A player cannot deliver a body check to an opponent directly from behind, or diagonally from behind. The onus is on the player delivering the check to not hit from behind. Examples include:

- Body checking or pushing an opponent from behind directly into the boards or goal frame or in open ice.

CROSS-CHECKING

A player cannot use the shaft of the stick between the two hands to forcefully check an opponent with no portion of the stick blade on the ice. Examples include:

- When a player in front of the goal uses the shaft of the stick and extension of the arms to contact an opponent in a dangerous manner to create space.
- When a player uses the shaft of the stick and extension of the arms to contact an opponent in a dangerous manner who is protecting the puck along the boards.

HEAD CONTACT

A player cannot contact an opponent in the head, face or neck, including with the stick or any part of the players body or equipment. The onus is on the player delivering the check, regardless as to size differential, to not make contact in the head/neck area of the opponent. Examples include:

- When a body check is delivered with any part of the body that makes direct contact with the head or neck area.
- Use of the forearm or hands to deliver a check to the head or neck area of the opponent.

KNEEING

A player cannot lead with or extend their knee outwards for the purpose of making contact, or attempting to do so, with the opponent. Examples include:

- Extending the leg or knee to make direct leg-on-leg contact with the opponent.
- Extending the leg or knee while executing an oncoming body check where the primary point of contact is the opponent's knee or leg.

ROUGHING

A player cannot use the hands, stick or extension of the arms to body check an opponent or deliver a late body check to a player who is not in control of the puck. Examples include:

- Intentionally physically engaging with an opponent who does not have possession or control of the puck or when there is no effort to gain possession of the puck.
- Delivering a late check to a player who has already relinquished control of the puck by a pass or shot. This is oftentimes referred to as “finishing” the check.
- Any avoidable contact after the whistle shall be penalized strictly, including scrum situations around the goal or along the boards. Officials are instructed to assess an additional

penalty to those players acting as the aggressor or who instigates any contact after the whistle.

SUMMARY

All USA Hockey members must demonstrate awareness and support for the application, spirit and the respect of the rules in order for continued improvement in the game of hockey. At the same time, it is important to remember that:

- A player is entitled to use proper body position and competitive contact in all age classifications in order to gain a competitive advantage.
- Players are allowed to physically engage with an opponent using their strength and balance as long as their primary focus is to gain possession of the puck.
- In classification where body checking is allowed, the focus of the body check must be to gain possession of the puck.
- Proper body checking technique starts with stick on puck, therefore the stick blade of the player delivering the check must be below the knees.

Standard of Play and Rule Emphasis – Restraining Fouls

Through the standard of rules enforcement, our game will continue to allow the opportunity for improved skill development and a more positive hockey environment for all participants. The mission of USA Hockey is clear, through this initiative a greater emphasis will be placed on skating, puck possession and proper use of the body to establish position and a competitive advantage.

The goal of the enforcement standard is to reduce restraining infractions in the game and not to remove legal body checking or competitive contact. A body check or using competitive contact/body position (competitive contact categories) to gain a competitive advantage over the opponent should not be penalized as long as it is performed within the rules.

The principles of the continued enforcement standard include the following:

- The use of the stick will be limited to only playing the puck, and therefore, the stick blade should be below the knees when involved in any physical engagement.
- The stick will not be allowed to in any way impede a player's progress.
- The use of a free hand/arm will not be allowed to grab or impede a player's progress.

- Players who use their physical skills and/or anticipation and have a positional advantage shall not lose that advantage as a result of illegal acts by the opponent.
- Players will be held accountable for acts of an intimidating or dangerous nature.

Enforcement Standard – These penalties are to be called with very strict enforcement.

HOOKING

A player cannot use their stick against an opponent's body (puck carrier or non-puck carrier) to gain a positional advantage. Examples include:

- Using the stick to tug or pull on the body, arms or hands of the opponent which causes the space between the players to diminish.
- Placing the stick in front of the opponent's body and locking on – impeding the opponent's progress or causing a loss of balance.
- Placing the stick on the hand/arm that takes away the ability for the opponent to pass or shoot the puck with a normal amount of force.

TRIPPING

A player cannot use their stick on the legs or feet of an opponent in a manner that would cause a loss of balance or for them to trip or fall. Examples include:

- Placing the stick in front of the opponent's legs for the purpose of impeding progress, even if on the ice, with no effort to legally play the puck.
- Placing the stick between the legs of the opponent (can opener/corkscrew) that causes a loss of balance or impedes the progress of the opponent.

HOLDING

A player cannot wrap their arms around an opponent or use a free hand to clutch, grab or hold the stick, jersey or body on the opponent in a manner that impedes their progress. Examples include:

- Wrapping one or both arms around the opponent along the boards in a manner that pins them against the boards and prevents them from playing the puck or skating.
- Grabbing the opponent's body, stick or sweater with one or both hands.
- Using a free arm/hand to restrain or impede the opponent's progress.

INTERFERENCE

A player cannot use their body (“pick” or “block”) to impede the progress of an opponent with no effort to play the puck, maintain normal foot speed or established skating lane. Examples include:

- Intentionally physically engaging with an opponent who does not have possession or control of the puck.
- Using the body to establish a “pick” or “block” that prevents an opponent from being able to chase a puck carrier.
- Reducing foot speed or changing an established skating lane for the purpose of impeding an opponent who is in pursuit of the puck.

SLASHING

The use of the stick will be limited to only playing the puck. Any stick contact, as a result of a slashing motion, to the hands/ arms or body of the opponent will be strictly penalized. In addition, hard slashes to the upper portion of the stick (just below the hands) of an opponent, with no attempt to legally play the puck, shall also be penalized.

SUMMARY

All USA Hockey members must demonstrate awareness and support for the application, spirit and the respect of the rules in order for continued improvement in the game of hockey. At the same time, it is important to remember that:

- Players are entitled to the ice they occupy as long as they are able to maintain their own foot speed and body position between opponent and puck.
- Players are allowed to physically engage with an opponent using their strength and balance as long as their primary focus is to gain possession of the puck.

For Casebook situations and interpretations that are specific to USA Hockey’s Standard of Play and Rule Emphasis initiative, please refer to Appendix VI of the Official Playing Rules Book.

Philosophy of Youth/Girls' Hockey

The USA Hockey mission statement for its Youth and Girls' Programs is as follows: To provide an innovative grassroots foundation for the growth and development of USA Hockey, designing programs aimed at increased participation, improved skills and a responsible environment for the conduct of youth hockey.

The American Development Model (ADM), which includes programs at all levels, is the basis for youth hockey in the United States. It provides:

- A safe and healthy environment for all.
- An opportunity for all new players who wish to play hockey.
- Fair and equal opportunity for all to participate in our sport.
- An opportunity to learn the basic skills without an over-emphasis on winning.
- A philosophy which attempts to reduce the number who become disenchanted.
- An opportunity for those who wish to advance in a more competitive environment to do so.
- Qualified adult leadership.

USA Hockey recommends:

- Scoring records should be de-emphasized at the age of 11 & under.
- Awards should be inexpensive and based on significant achievement. The most gratifying award any player can receive is the joy that comes from skill development that contributes to team success.
- The recruitment of players on a widespread geographic basis for the establishment of youth division "travel teams" **(beginning at 13-Only and 14U)** may be pursued under the guidelines established by USA Hockey.
- It is recommended that adult volunteers place a primary emphasis on the formal education of players and a de-emphasis on excessive competition and a win-at-all-costs attitude in the youth age classifications.
- Sportsmanship at all times should be emphasized.

Codes of Conduct

Administrator's Code of Conduct

- Follow the rules and regulations of USA Hockey and your association to ensure that the association's philosophy and objectives are enhanced.
- Support programs that train and educate players, coaches, parents, officials and volunteers.
- Promote and publicize your programs; seek out financial support when possible.
- Communicate with parents by holding parent/player orientation meetings as well as by being available to answer questions and address problems throughout the season.
- Work to provide programs that encompass fairness to the participants and promote fair play and sportsmanship.
- Recruit volunteers, including coaches, who demonstrate qualities conducive to being role models to the youth in our sport.
- Encourage coaches and officials to attend USA Hockey clinics and advise your board members of the necessity for their training sessions.
- Make every possible attempt to provide everyone, at all skill levels, with a place to play.
- Read and be familiar with the contents of the *USA Hockey Annual Guide* and USA Hockey's official playing rules.
- Develop other administrators to advance to positions in your association, perhaps even your own.

Coach's Code of Conduct

- Winning is a consideration, but not the only one, nor the most important one. Care more about the child than winning the game. Remember, players are involved in hockey for fun and enjoyment.
- Be a positive role model to your players. Display emotional maturity and be alert to the physical safety of players.
- Be generous with your praise when it is deserved; be consistent and honest; be fair and just; do not criticize players publicly; learn to be a more effective communicator and coach; don't yell at players.
- Adjust to personal needs and problems of players; be a good listener; never verbally or physically abuse a player or official; give all players the opportunity to improve their skills, gain confidence and develop self-esteem; teach players the basics.

- Organize practices that are fun and challenging for your players. Familiarize yourself with the rules, techniques and strategies of hockey; encourage all your players to be team players.
- Maintain an open line of communication with your players' parents. Explain the goals and objectives of your association.
- Be concerned with the overall development of your players. Stress good health habits and clean living.
- To play the game is great, to love the game is greater.

Game Official's Code of Conduct

- Act in a professional and businesslike manner at all times and take your role seriously.
- Strive to provide a safe and sportsmanlike environment in which players can properly display their hockey skills.
- Know all playing rules, their interpretations and their proper application.
- Remember that officials are teachers. Set a good example.
- Make your calls with quiet confidence; never with arrogance.
- Manage and help to control games in cooperation with the coaches to provide a positive and safe experience for all participants.
- Violence must never be tolerated.
- Be fair and impartial at all times.
- Answer all reasonable questions and requests.
- Adopt a "zero tolerance" attitude toward verbal or physical abuse.
- Never use foul or vulgar language when speaking with a player, coach or parent.
- Use honesty and integrity when answering questions.
- Admit your mistakes when you make them.
- Never openly criticize a coach, player or fellow official.
- Keep your emotions under control.
- Use only USA Hockey-approved officiating techniques and policies.
- Maintain your health through a physical conditioning program.
- Dedicate yourself to personal improvement and maintenance of officiating skills.
- Respect your supervisor and their critique of your performance.

Parent's Code of Conduct

- Do not force your children to participate in sports, but support their desires to play their chosen sports. Children are involved in organized sports for their enjoyment. Make it fun.
- Encourage your child to play by the rules. Remember, children learn best by example, so applaud the good plays of both teams.
- Do not embarrass your child by yelling at players, coaches or officials. By showing a positive attitude toward the game and all of its participants, your child will benefit.
- Emphasize skill development and practices and how they benefit your young athlete. De-emphasize games and competition in the lower age groups.
- Know and study the rules of the game and support the officials on and off the ice. This approach will help in the development and support of the game. Any criticism of the officials only hurts the game.
- Applaud a good effort in both victory and defeat, and enforce the positive points of the game. Never yell or physically abuse your child after a game or practice – it is destructive. Work toward removing the physical and verbal abuse in youth sports.
- Recognize the importance of volunteer coaches. They are important to the development of your child and the sport. Communicate with them and support them.
- If you enjoy the game, learn all you can about hockey – and volunteer.

Player's Code of Conduct

- Play for fun.
- Work hard to improve your skills.
- Be a team player – get along with your teammates.
- Learn teamwork, sportsmanship and discipline.
- Be on time.
- Learn the rules and play by them. Always be a good sport.
- Respect your coach, your teammates, your parents, opponents and officials.
- Never argue with an official's decision.

Spectator's Code of Conduct

- Display good sportsmanship. Always respect players, coaches and officials.
- Act appropriately; do not taunt or disturb other fans; enjoy the game together.
- Cheer good plays of all participants; avoid booing opponents.
- Cheer in a positive manner and encourage fair play; profanity and objectionable cheers or gestures are offensive.
- Help provide a safe and fun environment; throwing any items on the ice surface can cause injury to players and officials.
- Do not lean over or pound on the glass; the glass surrounding the ice surface is part of the playing area.
- Support the referees and coaches by trusting their judgment and integrity.
- Be responsible for your own safety – be alert to prevent accidents from flying pucks and other avoidable situations.
- Respect locker rooms as private areas for players, coaches and officials.
- Be supportive after the game – win or lose. Recognize good effort, teamwork and sportsmanship.

Zero Tolerance Policy

USA Hockey is committed to creating a safe and fair environment for all participants. Respect for the game, the opponents, coaches and officials is a critical part of the environment that is created. This Zero Tolerance Policy summarizes required actions to be taken when violations occur.

All players, coaches, officials, team officials and administrators and parents/spectators are required to maintain a sportsmanlike and educational atmosphere before, during and after all USA Hockey-sanctioned games. Thus, the following points of emphasis must be implemented by all USA Hockey participants and spectators.

Players

A minor penalty for unsportsmanlike conduct (zero tolerance) shall be assessed whenever a player:

- 1) Openly disputes or argues any decision by an official.
- 2) Taunts or incites an opponent.
- 3) Visually creates a disturbance during the game.

Any time that a player persists in any of these actions, they shall be assessed a misconduct penalty. A game misconduct shall result if the player continues such action.

Coaches

A minor penalty for unsportsmanlike conduct (zero tolerance) shall be assessed whenever a coach:

- 1) Openly disputes or argues any decision by an official.
- 2) Uses obscene, profane or abusive language to anyone at any time.
- 3) Visually displays any sign of dissatisfaction with an official's decision including standing on the boards or standing in the bench doorway with the intent of inciting the officials, players or spectators.

Any time that a coach persists in any of these actions, they shall be assessed a game misconduct penalty.

In addition, any player/coach who uses language that is hateful or discriminatory in nature anywhere in the rink before, during or after the game shall be penalized under Rule 601(e.3) resulting in a match penalty. Such behavior is reprehensible and has absolutely no place in our game. The offender shall be immediately suspended until a hearing is conducted by the governing USA Hockey Affiliate or Junior League.

Officials

Officials are required to conduct themselves in a businesslike, sportsmanlike, impartial and constructive manner at all times. The actions of an official must be above reproach. Actions such as “baiting” or inciting players or coaches are strictly prohibited.

Officials are strongly encouraged to introduce themselves to the coaches prior to the game to establish a basis of mutual respect and to facilitate/define in-game communication.

Officials are ambassadors of the game and must always conduct themselves with this responsibility in mind.

Parents/Spectators

Parents are expected to be a positive role model by treating all players, coaches, officials and fellow spectators with respect and support.

The game will be stopped by game officials when parents/spectators displaying inappropriate and disruptive behavior interfere with other spectators or the game. The game officials will identify violators to the coaches for the purpose of removing parents/spectators from the spectator’s viewing and game area. Once removed, play will resume. Lost time will not be replaced and violators may be subject to further disciplinary action by the local governing body. This inappropriate and disruptive behavior shall include:

- 1) Use of obscene, profane or abusive language to anyone at any time.
- 2) Taunting of players, coaches, officials or other spectators by means of baiting, ridiculing, threat of physical violence or physical violence.
- 3) Throwing of any object in the spectators viewing area, players bench, penalty box or on ice surface, directed in any manner as to create a safety hazard.

USA Hockey strongly recommends that each local youth hockey registered team designate a volunteer to serve as a parent/spectator monitor during all team games. This monitor will, ideally, address inappropriate spectator behavior prior to the situation escalating to the point it has an impact on the game. This designated monitor shall have the full support of the youth hockey association and the arena management to remove any spectator in violation of the Zero Tolerance Policy.

Administrators

Administrators are the key to building a positive, growing and safe USA Hockey community. Create a culture that is:

- 1) Welcoming
- 2) Protected
- 3) Respected
- 4) Connected
- 5) Valued

Administrators are responsible for enforcing the rules and policies established and approved by USA Hockey, their Affiliate, and their Association or Club. This includes taking disciplinary action, as deemed appropriate, towards any parent/spectator removed from a game as a result of a violation of the Zero Tolerance Policy.

Standardized Discipline Policy – Match Penalties

USA Hockey has established suspension range recommendations for match penalties. These suspension ranges shall serve as a means to create consistency in the application of suspensions involving players or team officials assessed match penalties. The following procedure shall be followed by the proper authorities as determined by the Affiliate in each instance when a match penalty is assessed.

(Note) Any match penalty assessed under Rule 601(e.1) (Physical Assault of Official) is excluded from this policy. Original jurisdiction in any hearing resulting from a match penalty assessed under Rule 601(e.1) (Physical Assault of Official) shall reside with the Affiliate and is governed by USA Hockey's "Resolutions of Disputes, Arbitration and Suspensions" section of the current USA Hockey Annual Guide.

When a match penalty has been assessed, the official(s) will submit the required incident report to the proper authorities as determined by the Affiliate. The proper authorities as determined by the Affiliate will designate an individual who shall review the report and make a preliminary determination of one of the following:

- 1) The incident report is accurate, and the proper application of the rule(s) has been implemented. The action warrants the suspension as outlined in the policy. The offending party is then notified of this finding and offered the opportunity to accept the suspension or reject the decision and request a hearing. If a hearing is requested, the hearing shall be offered in accordance with Playing Rule 405(c) and with Bylaw 10D (Suspension Hearings/ Domestic Competition Playing Rules).

(Note) If the offending party requests a hearing under this section, the hearing body may, as a result of that hearing, reduce the suspension, maintain the suspension or increase the suspension imposed.

– or –

- 2) The incident report was determined to be inaccurate (mis-application of the rule(s) or wrong player identified), in which case the matter shall be turned over to the proper authorities as determined by the Affiliate for further review.

– or –

- 3) The incident report is accurate, and the proper application of the rule(s) has been implemented. However, the action and/or history warrants further disciplinary review. The proper authorities as determined by the Affiliate shall notify the offending party that a hearing shall be conducted in accordance with Playing Rule 405(c) and Bylaw 10D (Suspension Hearings/Domestic Competition Playing Rules).

In all instances where a player or team official has been suspended for a period of time as a result of a match penalty, the player or team official shall be prohibited from participating in all USA Hockey activities for the length of the suspension. The required game(s) suspensions shall include the next regularly scheduled games that appear on the schedule of their team at the time of the incident. A player or team official who is rostered on multiple USA Hockey registered teams must serve the suspension in full before they are permitted to participate on any other USA Hockey registered team, unless otherwise specified by the proper authorities as determined by the Affiliate.

For the purpose of this policy, there shall be three levels of standardized suspension. They are:

Level 1 – Match penalties assessed under the below rules have a recommended range of a 6-10 game suspension.

Rule 305(b)	Dangerous Equipment
Rule 601(e.2)	Abuse of Officials and Other Misconduct
Rule 602(a)	Attempt to Injure or Recklessly Endanger an Opponent

Level 2 – Match penalties assessed under the below rules have a recommended range of a 4-8 game suspension.

Rule 603(c)	Boarding
Rule 606(b)	Butt-Ending
Rule 607(e)	Charging
Rule 608(c)	Checking from Behind
Rule 619(b)	Head Butting
Rule 620(c)	Head Contact
Rule 634(d)	Slashing (Swinging Stick During Altercation)
Rule 635(b)	Spearing

Level 3 – Match penalties assessed under the below rules have a recommended range of a 3-5 game suspension.

Rule 601(e.3)	Abuse of Officials and Other Misconduct – Hateful/Discriminatory Language <i>(Note: The proper authorities have the latitude to increase the suspension imposed under this policy, or require a hearing for any infraction of this rule)</i>
Rule 604(e)	Body Checking- Competitive Contact Category
Rule 609(c)	Cross-Checking
Rule 611(c)	Elbowing
Rule 615(c)	Fighting (Helmet Removal)
Rule 621(c)	High Sticks
Rule 622(c)	Holding an Opponent
Rule 623(c)	Hooking
Rule 627(b)	Kicking Opponent or Puck
Rule 628(c)	Kneeing
Rule 633(a or b)	Refusing to Start Play
Rule 634(c)	Slashing
Rule 639(c)	Tripping/Clipping/Leg Checking/Slew Footing
Rule 640(e)	Unnecessary Roughness (Roughing)

SECTION ONE
THE RINK



Rule 101 Rink

(Note) This section of the rulebook refers to guidelines for an ice hockey rink as recommended by USA Hockey. For more precise dimensions and facility requirements, see Appendix IV – Official Rink Diagrams or contact the United States Ice Rink Association.

- (a) The game of “Ice Hockey” shall be played on an ice surface, recommended to be white in color, known as the “RINK.”

Rule 102 Dimensions of Rink

- (a) The recommended dimensions of the “RINK” shall be one hundred eighty-five (185’) to two hundred feet (200’) long, and eighty-five (85’) to one hundred feet (100’) wide. The corners shall be uniformly rounded in the arc of a circle.

For regional playoffs and national championships the ice surface dimensions shall be no less than one hundred eighty-five feet (185’) long by eighty-five feet (85’) wide.

- (b) The rink shall be enclosed by a framed wall, known as the “BOARDS.” The boards shall be constructed in such a manner that the surface facing the ice shall be white in color, smooth and free of any obstruction. All doors giving access to the rink must swing away from the rink. The bottom portion of the boards that contact the rink shall be known as the “KICKPLATE,” and shall be a contrasting color to the rink.
- (c) It is recommended that the entire rink, excluding the front of the players bench areas, be enclosed by a clear, colorless and shatter resistant glass or plastic material, known as “SHIELDING.” The shielding shall extend from the top of the boards to separate the rink from spectators and off-ice officials.
- (d) It is also strongly recommended that the rink, including players and penalty benches, be enclosed by tear resistant protective netting, known as “SPECTATOR NETTING.” The spectator netting shall extend from the top of the shielding toward the ceiling.

Rule 103 **Division of Ice Surface**

- (a) A “GOAL LINE,” shall be placed eleven feet (11’) from the inside facing of the end boards. The goal lines shall be parallel to the end boards and extend across the width of the ice and extend vertically up the entire height of the side boards. The goal lines shall be red in color, and two inches (2”) wide.

Optional cross-ice goal lines may be placed in each of the three zones for cross-ice hockey play. These goal lines shall be placed at the center point of each zone, parallel to the side boards, and shall not interfere with other ice hockey markings.

- (b) A “GOAL CREASE” area shall be marked out at the center point of each goal line. The goal crease areas shall be outlined by a two inch (2”) wide, red in color, semi-circle line. The radius of the semi-circle shall be six feet (6’), and measured from the back of the goal line.

Additionally, two (2) lines, two inches (2”) wide and red in color shall be marked four feet (4’) on both sides of the center of the goal line, extending from the goal line to the edge of the semi-circle line. These lines shall be perpendicular to the goal line and the area inside these lines shall be marked light blue in color. The area outside of these lines and the space enclosed by the goal line and the base of the goal frame, shall be white in color.

Optional cross-ice goal crease areas may be marked in front of each cross-ice goal line for cross-ice hockey. These creases shall not interfere with other ice hockey markings.

- (c) The ice surface between the two (2) goal lines shall be divided into three (3) areas by lines, known as the “BLUE LINES.” The blue lines shall be twelve inches (12”) wide and dark blue in color. The neutral zone side of the blue lines shall be sixty-four feet (64’) from the back of the goal lines. The blue lines shall extend across the width of the rink, parallel with the goal lines and extend vertically up the entire height of the side boards.

These three areas shall be identified as the “DEFENDING ZONE” (the area in which the goal each team defends is placed), the “NEUTRAL ZONE” (the center area between the blue lines) and the “ATTACKING ZONE” (the area farthest from the defending goal). The blue line shall be considered part of the zone that the puck is in.

- (d) The ice surface shall be divided exactly in half by a line, known as the “CENTER LINE.” The center line shall be twelve inches (12”) wide and red in color. The center line shall extend across the width of the rink, parallel with the blue lines and goal lines, and extend vertically up the entire height of the side boards. The center line shall not be interrupted by the face-off circle, or in-ice logos.

Rule 104 Face-Off Spots and Face-Off Circles

- (a) A circular “FACE-OFF SPOT,” twelve inches (12”) in diameter, and dark blue in color shall be marked over the center line, exactly at the center of the rink.
- (b) A “FACE-OFF CIRCLE,” thirty feet (30’) in diameter, using the center of the face-off spot as the center point, two inches (2”) wide and dark blue in color shall be marked. This face-off circle shall not interrupt the center line.
- (c) Four (4) circular “FACE-OFF SPOTS,” twenty-four inches (24”) in diameter, and red in color, shall be marked in the Neutral Zone. One pair of these face-off spots shall be marked on each side of an imaginary line extending from the center of one goal line to the center of the other goal line. The face-off spots shall be placed twenty-two feet (22’) from the imaginary line, and five feet (5’) from the neutral zone side of the blue lines.
- (d) Two (2) circular “FACE-OFF SPOTS,” twenty-four inches (24”) in diameter, and red in color, shall be marked in the attacking zone and defending zone. These four (4) face-off spots shall be placed twenty-two feet (22’) from the imaginary line, and twenty feet (20’) from the back of the goal lines.
- (e) Additionally, two (2) “FACE-OFF CIRCLES,” thirty feet (30’) in diameter, using the center of the face-off spot as the center point, two inches (2”) wide and red in color shall be marked in both the attacking zone and defending zone.

The outside of these face-off circles shall contain two (2) pairs of "HASH MARKS." The hash marks shall be two feet (2') long, two inches (2") wide, four feet (4') apart, red in color and marked on either side of the face-off circles parallel to the goal line.

The inside of these four (4) face-off circles shall also contain four (4) "L" shaped markings surrounding the face-off spot, known as "PLAYER RESTRAINT LINES." The player restraint lines shall be two inches (2") wide, red in color, and four feet (4') by three feet (3') long.

- (f) A semi-circle line located in front of the scorekeeper box shall be known as the "REFEREE'S CREASE." The referee's crease area shall be outlined by a two inch (2") wide, semi-circle line red in color. The radius of the semi-circle shall be ten feet (10'), measured from the center of the scorekeeper box at the kickplate.

Rule 105 Goals

- (a) The goal frame should be of approved design and material and shall extend four feet (4') high from the ice surface and six feet (6') wide when measured from the inside of the goal frame. The frame shall be painted red in color, and all other frame support structure shall be painted white.

A net of approved design and material, shall be white in color, and attached to each goal frame and support structure in a manner in which to prevent the puck from going completely through the frame.

- (b) A goal shall be placed at the center of the goal line. The goal shall be set in a manner to remain stationary during the progress of the game. If applicable, the goal shall be anchored in a manner that would permit the goal posts to become dislodged when hit by a reasonable degree of force created by a player colliding with it.

Rule 106 Players' Bench

- (a) Each rink shall have a home team and a visiting team players' bench area. Players' benches shall be separated by a divider. Players' benches should include seating and doors that are uniform for both teams. All doors giving access to the rink must swing away from the rink. It is recommended that shielding

extend from the top of the boards on the back and sides of the players bench area to separate the rink from the spectators.

Rule 107 **Penalty Bench**

- (a) Each rink shall have a home team and a visiting team penalty bench area. Penalty benches shall be separated by a divider. Penalty benches will include seating and doors that are uniform for both teams. All doors giving access to the rink must swing away from the rink. It is recommended that shielding extend from the top of the boards on the front, back and sides of the penalty bench area to separate the rink from the spectators and off-ice officials.

Rule 108 **Timekeepers Bench**

- (a) Each rink shall have a timekeepers bench area. Controls for timing devices shall be located in this area. It is recommended that shielding extend from the top of the boards on the front, back and sides of the timekeepers bench area to separate the rink from the timekeepers and spectators. It is also recommended that a hole smaller than the diameter of a puck shall be located in the shielding in front of the timekeepers bench area so that on-ice officials can communicate with the timekeeper.

Rule 109 **Signal and Timing Devices**

- (a) Each rink shall have a timing device for use by Timekeepers to accurately document and inform all parties as to game time, penalty time, and goals scored.
- (b) Each rink shall have a siren or other suitable sound device for use by Timekeepers to signal the end of a period.
- (c) For games where goal judges are used, a signaling device known as a "GOAL LIGHT" shall be placed behind each goal, outside of the boards. Goal lights shall include a red light that can be turned on/off by the goal judge to signal a goal has been scored.

SECTION TWO
TEAMS



Rule 201 Composition of Teams

- (a) A team must start a game with a minimum of six players. Any time that a team has been reduced to less than four players, the game shall be declared a forfeit.

A maximum of 20 players, in which not more than 18 are skaters, shall be permitted to play in the game.

(Note) Teams playing in the Youth Tier I 15-Only, 16U and 18U, and Girls Tier I 19U age categories may dress a maximum of 22 players, in which not more than 20 may be skaters.

- (b) Each team shall designate on the scoresheet a Head Coach prior to the start of the game. The Head Coach shall be in control of and responsible for the actions of all team personnel, including players.

A team may have up to four Team Officials on the players' bench. Only players in uniform and properly rostered Team Officials may occupy the players' bench.

A player on the team roster who is unable to play (other than through suspension), may be on the team bench without being considered a Team Official if they are wearing the team jersey and all required head and face protective equipment. However, this player must not be included on the game sheet as an eligible player.

If at any time during the game, through penalties, illness, or any other reasons, there are no Team Officials on the players' bench to be in control of and responsible for the team, the game shall continue provided there is adult supervision on the bench. If no adult supervision is available, the referee shall suspend the game and submit a report to the proper authorities.

- (c) Any Team Official assessed a game misconduct penalty or a match penalty or serving a suspension may not be near the bench of their team, nor in any way communicate or attempt to direct the play of their team.

Rule 202 Captain of Team

- (a) Prior to the start of the game, each team shall designate one Captain and not more than two Alternates on the scoresheet. Only one of these designated players shall have the privilege of discussing with the Referee any questions relating to interpretation of rules that may arise during the progress of a game. No goalkeepers shall be entitled to exercise the privileges of Captain.

Each designated player should wear the letter “C” or “A,” approximately three inches in height and in contrasting color, on the front of the sweater.

- (b) Any Captain who comes off the bench and protests or interferes with the Officials for any purpose shall be assessed a minor penalty for unsportsmanlike conduct.

Rule 203 Players in Uniform

- (a) Prior to the start of each game the Manager or Coach of each team shall designate on the scoresheet the players and goalkeepers who shall be eligible to play in the game.

Once the game has started, an eligible player or goalkeeper may be added to the scoresheet during a stoppage of play provided no players are deleted from the game roster and maximum roster size has not been exceeded. For each player added however, a bench minor penalty for illegal substitution shall be assessed.

- (b) Each player and goalkeeper on the game roster shall wear a visible individually identifying number (only whole numbers 0-99 inclusive) that is proportionate to the size of the participants.

All players of each team shall be dressed uniformly.

- (c) It is recommended that each team shall have a substitute goalkeeper who shall be fully dressed and equipped to play. Each team shall be allowed one goalkeeper on the ice at any time during the game.

- (d) Except when all goalkeepers are incapacitated, no player on the game roster shall be permitted to wear the equipment of the goalkeeper. If a team has no designated goalkeeper who is able to continue, the team must immediately appoint a temporary goalkeeper (see Glossary) or place an additional skater on the ice who shall not have goalkeeper’s privileges.

Rule 204 Playing Lineup and Substitution of Players

- (a) Upon the Referee's signal prior to the start of a period or immediately following any stoppage of play, the visiting team shall have five seconds to complete any player substitutions. After the visiting player substitutions, the home team shall have 5 seconds to complete any player substitutions (See Glossary – Line Change Procedure). Once all player substitutions have been made, all players must take their positions for the ensuing face-off.

If there is any undue delay by either team in placing their lineup on the ice or changing players, the Referee shall warn the offending team. Any subsequent delay by the same team will result in a minor penalty for delay of game. (Also see Rule 633, Refusing to Start Play.) Both teams must place the full number of players on the ice to which they are entitled to prior to the face-off.

Once the line change procedure has been completed, no additional player substitutions shall be permitted until the face-off has been completed legally and play has resumed, except when a penalty or penalties are imposed that affect the on-ice strength of either or both teams. This may include penalties imposed following the completion of the line change and prior to the face-off, or due to a penalty assessed for a face-off violation.

- (b) Players may be changed at any time during play from the players' bench, provided that the player or players leaving the ice shall always be at the players' bench and out of the play before any change is made. If either the player entering or leaving the game deliberately plays the puck in any manner or makes physical contact with an opposing player while the retiring player is actually on the ice, or causes their team to gain a competitive advantage, then a bench minor penalty for "too many players on the ice" shall be assessed.

If, in the course of a substitution, either the player entering the play or the player retiring is struck by the puck accidentally, the play will not be stopped and no penalty shall be called.

- (c) A player serving a penalty on the penalty bench, whose penalty has expired, must proceed by way of the ice and be at their players' bench before any substitution can be made (except when a major or match penalty is imposed in Adult Classifications under Rule 403(d) or 405(a)).

- (d) If there are less than two minutes remaining in regulation time or any time during overtime and a minor or bench minor penalty is imposed for deliberate illegal substitution, such as too many players on the ice or leaving the penalty bench too soon, a penalty shot/optional minor penalty shall be assessed against the offending team.

(Note) The intent of this rule is to award a penalty shot/optional minor only when the extra player(s) are “deliberately” put on the ice. When a substitution error is made and there are too many players on the ice, the normal bench minor penalty shall be assessed regardless of the time remaining in the game.

Rule 205 Substitution of Goalkeepers

- (a) A goalkeeper may be changed for another goalkeeper or skater (who shall not have goalkeeper privileges) at any time during play provided the goalkeeper is at the bench and out of play prior to the substitute entering the ice. If the substitution is made prematurely, there shall be no time penalty assessed. However, the resulting face-off will take place at the center face-off spot unless play was stopped with the play in the offending team’s defending half of the ice, in which case the face-off will take place where play was stopped, unless otherwise specified in the rules.

When a goalkeeper leaves the goal area and proceeds to the players’ bench for the purpose of substitution during play, the rear Linesperson shall be responsible to see that the substitution made is legal. If the substitution is made prematurely, the Linesperson shall stop the play immediately unless the non-offending team has possession of the puck, in which event the stoppage will be delayed until a change in possession take place.

- (b) A goalkeeper may be substituted for by another goalkeeper or skater (who shall not have goalkeeper privileges) during a stoppage provided the change occurs within the line change procedure outlined in Rule 204(a). If the substitution is made for another skater, the original goalkeeper may return, by way of a legal line change, once play has resumed.

When the substitute goalkeeper enters the game during a stoppage they will take their position without delay and no warm-up shall be permitted, except when either team uses its time-out under Rule 636(f). The original goalkeeper may not

return to play until the next stoppage of play. For a violation, the offending team shall be assessed a bench minor penalty for illegal substitution.

- (c) During a stoppage of play a goalkeeper may not go to the players' bench without the permission of the Referee (except during time-outs) unless they are substituted for by another skater or goalkeeper. For a violation of this rule a bench minor penalty for illegal substitution shall be assessed.

When a substitution for the goalkeeper has been made under paragraph (c) of this rule, the goalkeeper shall not resume their position until the next stoppage of play, except that they shall be permitted immediate re-entry into the game when any penalty is imposed.

Rule 206 Injured Players

- (a) When a player is injured or compelled to leave the ice during a game, they may retire from the game and be replaced by a substitute under the player substitution rules.

When a player is injured and is unable to continue play or go to their bench, play shall be stopped immediately unless the opposing team is in possession of the puck, in which case play shall not be stopped until a change of possession has occurred.

In the case where it is obvious that a player has sustained a serious injury, the Referee and/or Linesperson may stop the play immediately.

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

- (b) If a goalkeeper sustains an injury or becomes ill they must be ready to resume play immediately or be replaced by a substitute goalkeeper. No additional time shall be allowed by the Referee for the purpose of enabling the injured or ill goalkeeper to resume their position. (See also Rule 205(a).)

The substitute goalkeeper shall be subject to the rules governing goalkeepers and shall be entitled to the same privileges.

- (c) A player or goalkeeper who is obviously bleeding shall cause an immediate stoppage of play. The bleeding player shall be ruled off the ice and shall not be allowed to return to play

until the bleeding has been stopped and the cut or abrasion covered. It is required that any affected equipment/uniform be properly decontaminated or exchanged.

- (d) If a penalized player has been injured they may proceed to the dressing room without the necessity of taking a seat on the penalty bench.

The penalized team shall place a substitute on the penalty bench immediately and no replacement for the penalized player shall be permitted to enter the game except from the penalty bench, unless otherwise specified under Rule 403(d) or 405(a).

The penalized player who has been injured and been replaced on the penalty bench shall not be eligible to play in the game until the penalty has expired. Should the penalized player return to the game before the penalty has expired, they shall replace the substitute player on the penalty bench during a stoppage of play.

For a violation of this rule a bench minor penalty for illegal substitution shall be imposed.

(Note) No substitution on the penalty bench is required under this rule for any player(s) who have been immediately substituted on the ice under Rule 402(f)-coincidental minor penalties and/or Rule 403(c)-coincidental major penalties.

SECTION THREE
EQUIPMENT



Rule 301 Sticks

- (a) The sticks shall be made of wood or other material approved by the Rules Committee, and must not have any projections. All edges of the blade shall be beveled. The end of a hollow shaft must be fully covered. Adhesive tape of any color may be wrapped around the stick at any place for the purpose of reinforcement or to improve control of the puck.
- (b) No stick shall exceed 65 inches in length from the heel to the end of the shaft. The widened portion of the goalkeeper's stick extending up the shaft from the blade shall not extend more than 26 inches from the heel and shall not exceed 3 ½ inches in width.

The blade of the player's stick shall not exceed 12 ½ inches in length and 3 inches in width. The width of the blade shall be a minimum of 2 inches at any point measured along the blade.

The blade of the goalkeeper's stick shall not exceed 15 ½ inches in width from the heel to the end. The blade of the goalkeeper's stick shall be between 2 inches and 3 ½ inches wide except at the heel where the maximum width shall be 4 ½ inches.

The curvature of the blade, measured in such a way that a straight line drawn from the heel to the base of the toe shall not exceed ¾ inch at the point of maximum curvature.

- (c) A minor penalty for an equipment violation shall be assessed to any player or goalkeeper who uses a stick not conforming to the provisions of this rule.

(Note) When a request for measurement is made by the Captain of a team against the dimensions of any stick, the Referee shall make the necessary measurement immediately.

If the complaint is not sustained, a bench minor penalty for delay of game shall be assessed to the team requesting the measurement.

If a goal is scored with an illegal stick, the proper penalty shall be assessed and the goal shall be allowed.

- (d) A minor penalty for unsportsmanlike conduct plus a misconduct penalty shall be assessed to any player who refuses to surrender their stick for measurement when requested to do so by the Referee.

- (e) A minor penalty for an equipment violation shall be assessed to a player or goalkeeper who participates in the play while they are in possession of more than one stick, except that no penalty shall be assessed to a player who is accidentally struck by the puck while they are carrying a replacement stick to a teammate.

Rule 302 Skates

- (a) All participants must wear hockey skates of a design approved by the Rules Committee. The use of speed skates, figure skates or any skate so designed that it may cause injury is prohibited.

When the Referee becomes aware that any player is wearing skates that are not designed for hockey and are deemed to be unsafe, they shall order that player off the ice immediately and such player shall not be permitted to participate further in the game until the skates are replaced.
- (b) No additional equipment or contrivance shall be attached to the skates of any player or goalkeeper.

Rule 303 Goalkeeper's Equipment

- (a) With the exception of skates and stick, all the equipment worn by the goalkeeper must be constructed solely for the purpose of protecting the head or body, and they must not wear any garment or use any contrivance that would give them undue assistance in keeping goal.
- (b) It is compulsory for all goalkeepers to wear helmets and full facemasks. HECC-certified neck laceration protectors are required in all age classifications except for Adults.

(Note) In addition to HECC-certified neck laceration protectors, BNQ-certified neck laceration protectors will fulfill this rule through the 2026-27 USA Hockey season.

Goaltenders in Adult age classifications are strongly recommended to wear neck laceration protectors designed for that purpose. Hanging throat protectors are recommended. No form fitted facemasks shall be permitted.

- (c) **Gloves** – the dimensions of the goalkeeper's blocker glove shall not exceed 8 inches in width or 15 inches in length.

The cuff of the catching glove shall not exceed 8 inches in width. The circumference of the glove shall not exceed 45

inches. The catching portion of the glove (measured from the heel – the point where the cuff meets the glove – to the top of the “T” trap and following the contour of the glove) must not exceed 18 inches.

(Note) Any bar or attachment (cheater bar) between the cuff and the thumb shall only extend from the cuff to the thumb in a straight line. Any additional lacing, webbing or other material attached to the glove shall deem the equipment illegal.

- (d) **Leg Pads** – The leg guards worn by goalkeepers shall not exceed 11 inches in extreme width and 38 inches in length. The boot channel of the goalkeeper pad must be flat or concave in appearance with no additional attachments such as a puck foil. The boot is the bottom of the pad that sits over the top of the skate. Calf protectors must follow the contour of the calf and ankle and can have a thickness of no greater than 1 ½ inches.

The knee strap pad is not to exceed 1 ½ inches in thickness and must be fastened to the inner risers and follow the contour of the inner knee.

All thigh pads must follow the contour of the leg, or be placed under the pant, and the maximum width of the thigh pad across the front of the leg is 10 inches.

- (e) **Pants** – No internal, external or cheater padding is permitted on the pant leg or waist beyond what is required to provide protection (no outside or inside ridges). Abdominal aprons extending down the front of the thighs on the outside of the pants are prohibited.
- (f) **Chest/Shoulder Protection** – 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.

Layering at the elbow is permitted to add protection but not to add stopping area. This layering, both across the front and down the sides to protect the point of the elbow shall not exceed 7 inches.

Shoulder cap protectors must follow the contour of the shoulder cap without becoming a projection/extension beyond or above the shoulder or shoulder cap. This contoured padding must not be more than 1 inch in thickness beyond the top ridge of the shoulder and shoulder cap.

On each side, the shoulder clavicle protectors are not to exceed 7 inches in width and their maximum thickness is to

be 1 inch. This protection is not to extend or project above or beyond the shoulder or shoulder cap nor extend beyond the armpit. No insert is allowed between the shoulder clavicle protector and the chest pad that would elevate the shoulder clavicle protector.

If when the goalkeeper assumes the normal crouch position, the shoulder and/or shoulder cap protection is pushed above the contour of the shoulder, the chest pad will be considered illegal.

- (g) A minor penalty for an equipment violation shall be assessed to any goalkeeper using illegal equipment in a game.

(Note) When a request for measurement is made by the Captain of a team against any dimensions of goalkeeper equipment, the Referee shall make the necessary measurement immediately.

If the challenge is not sustained, a bench minor penalty for delay of game shall be assessed to the team requesting the measurement.

Rule 304 Protective Equipment

(Note) Not all protective equipment is mandatory in all age classifications. However, if not mandated by rule, USA Hockey strongly recommends that all skaters and goalkeepers in all age classifications properly wear an internal mouthpiece, a HECC-certified helmet and a HECC-certified full facemask for all games and practices.

- (a) Each player is personally responsible to wear protective equipment for all games. Such equipment should include gloves, shin pads, shoulder pads, elbow pads, hip pads or padded hockey pants, protective cup, tendon pads plus all head protective equipment as required by USA Hockey rules. It is recommended that all protective equipment be designed specifically for ice hockey.

All protective equipment, except gloves, padded hockey pants, helmet/facemask and goalkeeper's leg guards, must be worn under the uniform.

(Note) Players, including goalkeepers, violating this rule shall not be permitted to participate in the game until such equipment has been corrected or removed.

- (b) All players who wear required or recommended protective equipment must wear it in the manner for which it is designed without any alterations.

For violation of paragraph (c), (d), (f) or (g) of this rule, following a team warning and removal of the player from the ice, a misconduct penalty for an equipment violation shall be imposed.

- (c) All players, including goalkeepers, in all age classifications except Adults, are required to properly wear a HECC-certified helmet as designed by the manufacturer and with no alterations and chin strap properly fastened.

(Note) HECC certification includes an expiration date on the sticker and a helmet that has an expiration date that has expired is no longer considered certified. The player may not wear a helmet that does not have a valid and current certification sticker.

Players in the Adult classification must wear a hockey helmet (including non-HECC-certified) with chin strap properly fastened.

All players on the team benches and the penalty benches must wear the protective helmet/facemask while in the bench area. For a violation of this rule, after a warning by the Referee, a misconduct penalty for an equipment violation shall be assessed to the offending player.

- (d) All players, including goalkeepers, in all age classifications below Adults, are required to wear a facemask certified by HECC, plus any chin protection that accompanies the facemask.

(Note) Any helmet or facemask that is altered except as permitted in Rule 304(c) shall be deemed to be illegal equipment and shall not be allowed to be used in a game. The player, or such equipment, shall be removed from the game until corrected. (This shall include helmets from which a part has been cut or removed, facemasks from which the chin-cup has been removed or any other such alterations from the original manufacturing specifications.)

- (e) In all classifications, including Adults, if a skater's helmet/facemask comes off during play, the officials shall stop play immediately. The skater shall be ruled off the ice and may not participate in the game until completion of the ensuing face-off.

In all classifications, if the goalkeeper's helmet/facemask comes off during play, the officials shall stop play immediately. However, the goalkeeper shall not be ruled off the ice prior to the face-off.

A minor penalty for delay of game shall be assessed to a goalkeeper or skater who causes a stoppage of play by deliberately removing their helmet/facemask during play.

- (f) All players, including goalkeepers, in the 12 & under (Youth and Girls') through Youth 18 & under (including High School) and Girls' 19 & under age classifications are required to wear a colored (non-clear) internal mouthpiece that covers all the remaining teeth of one jaw, customarily the upper. It is strongly recommended, in all classifications, that all players wear a mouthpiece form fitted by a dentist.
- (g) All players, including goalkeepers, in all age classifications except Adults, are required to wear a HECC-certified neck laceration protector, that covers as much of the neck area as possible, and are recommended to wear cut-resistant socks, sleeves or undergarments.

USA Hockey strongly recommends that Adult players wear a HECC-certified neck laceration protector designed for that purpose that covers as much of the neck area as possible and are also recommended to wear cut-resistant socks, sleeves or undergarments.

For all Disabled Hockey disciplines, all players, including goalkeepers, under the age of 18 are required to wear HECC-certified neck laceration protection, and are also recommended to wear cut-resistant socks, sleeves or undergarments.

USA Hockey strongly recommends that players, including goalkeepers, who are 18 years of age and older wear a neck laceration protector designed for that purpose that covers as much of the neck area as possible.

(Note) In addition to HECC-certified neck laceration protectors, BNQ-certified neck laceration protectors will fulfill this rule through the 2026-27 USA Hockey season.

Rule 305 Dangerous Equipment

- (a) The use of pads or protectors made of metal, or of any other material likely to cause injury to a player, is prohibited. The wearing of casts or splints made of hard or unyielding materials is prohibited, even if padded, unless directed in writing by a licensed medical physician. Such casts or splints must be covered on all exterior surfaces with no less than ½ inch thick, high-density, closed-cell polyurethane or an alternate material of the same minimum thickness and similar physical properties to protect an injury.
- (b) A glove from which all or part of the palm has been removed or cut to permit the use of the bare hand shall be considered illegal equipment. A misconduct penalty shall be assessed to any player wearing such a glove in play.
Any player wearing tape or any other material on their hands who cuts or injures an opponent during an altercation shall receive a match penalty under Rule 602.
- (c) Except for Adults, no player or goalkeeper shall be permitted on the ice while wearing jewelry unless it is completely covered by equipment or taped to the body.

Rule 306 Puck

- (a) The puck shall be made of vulcanized rubber or other approved material, one inch thick and three inches in diameter and shall weigh between 5 ½ ounces and 6 ounces and be black in color.
- (b) For the 8 & under (Youth) and for the 8 & under (Girls') and below age classifications, it is required that the puck weigh between 4 ounces and 4 ½ ounces and be blue in color.
It is strongly recommended that the lightweight blue puck be used in all 10 & under (Youth and Girls') age classifications.

Rule 307 Equipment Measurement

- (a) A request for measurement of any equipment covered by this section shall be limited to one request by each team during the course of any stoppage of play.
- (b) The Referee may, at their own discretion, measure any equipment, other than a stick, used for the first time in the game.

- (c) The Referee shall assess a bench minor penalty for delay of game against a team that requests any measurement if the measurement verifies that the equipment is legal.

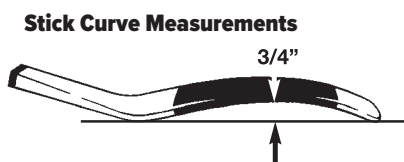
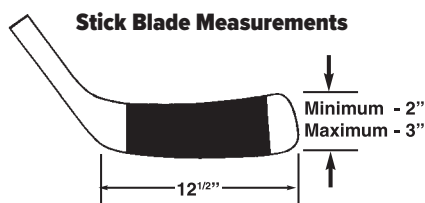
Rule 308 Electronic Devices

- (a) The use of one or two-way radios, cameras, microphones, lights or other electronic devices by a player during play, shall be prohibited, unless worn specifically for medical purposes. A misconduct penalty shall be assessed to any player wearing equipment not complying with this rule.
- (b) No electronic device shall be used to question, challenge or dispute a game official's decision or judgment while the game is in progress.
- (c) For violation, the team will be assessed a bench minor penalty for an equipment violation.

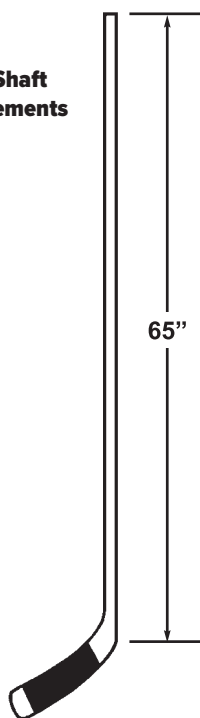
Rule 309 Adjustment to Clothing and Equipment

- (a) It shall be the player's responsibility to maintain clothing and equipment in proper condition. Play shall not be stopped, nor the game delayed, for the purpose of any player or goalkeeper making equipment or clothing adjustments. If adjustments are required, the player shall retire from the ice and be replaced by a substitute.
- (b) If it is necessary to adjust or repair any piece of goalkeeper equipment, the goalkeeper is required to retire from the ice and be replaced by a substitute or temporary goalkeeper (see Glossary) immediately.
- (c) A minor penalty for delay of game shall be assessed to a player or goalkeeper who delays the game for the purpose of adjusting clothing or equipment.

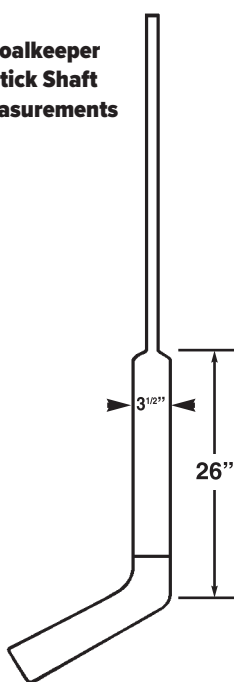
EQUIPMENT DIAGRAMS



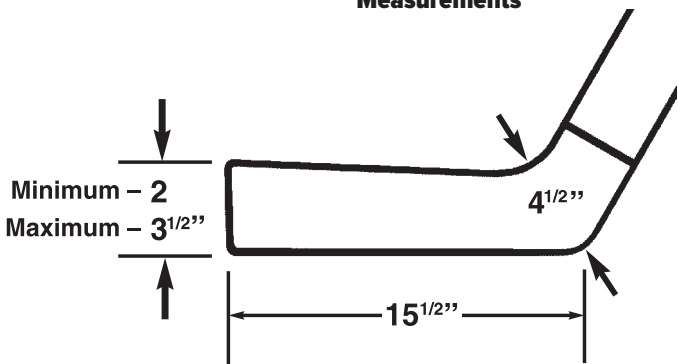
**Stick Shaft
Measurements**



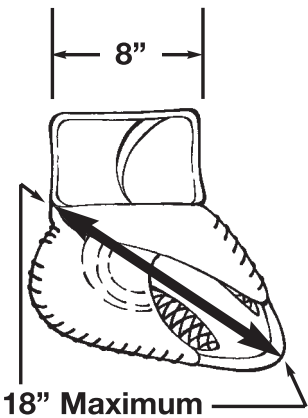
**Goalkeeper
Stick Shaft
Measurements**



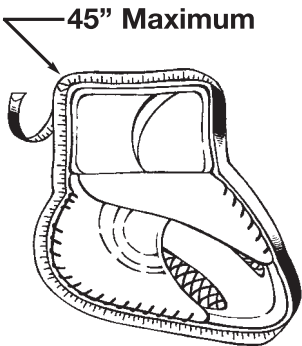
Goalkeeper Stick Blade Measurements



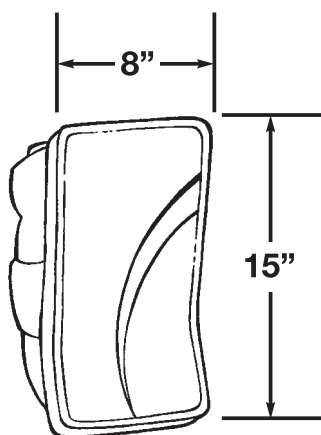
Goalkeeper Cuff and T-Trap Measurements



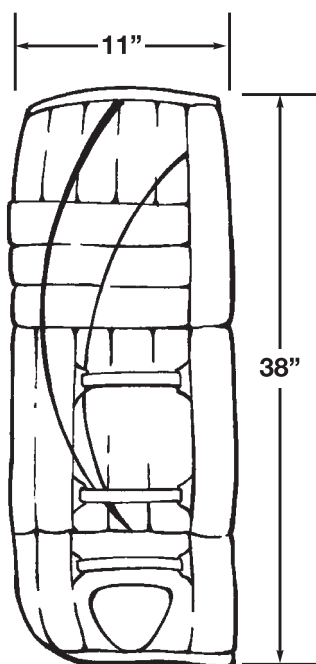
Goalkeeper Catching Glove Circumference



Goalkeeper Blocker Measurements

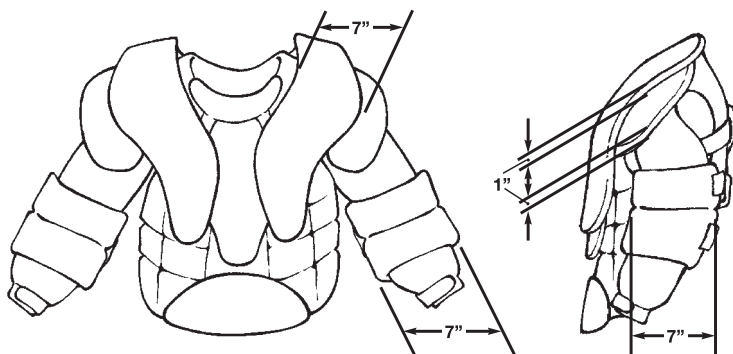


Goalkeeper Leg Pad Measurements

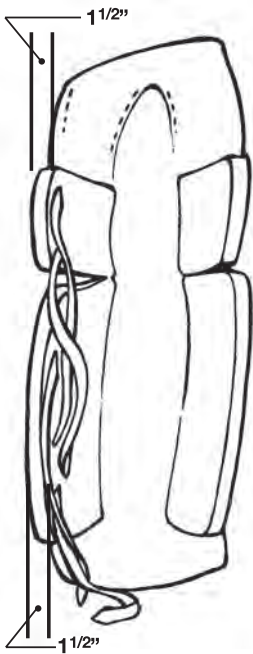


Equipment

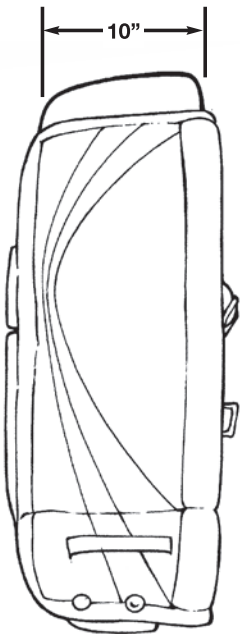
**Chest/Shoulder Protection
Width/Thickness
Front and Side Views**



**Goalkeeper Knee/Calf
Protection Thickness**



**Goalkeeper Thigh
Plate Width**



SECTION FOUR

PENALTIES



Rule 401 Penalties

- (a) Penalties shall be actual playing time and shall be divided into the following classes:

- (1) Minor/Bench Minor Penalties
- (2) Major Penalties
- (3) Misconduct Penalties
- (4) Match Penalties
- (5) Penalty Shot

(Note 1) When play is not actually in progress and an offense is committed by any player or Team Official, the same penalty shall apply as though play were actually in progress.

(Note 2) Should a player commit multiple infractions on the same play, either before or after the Referee has stopped play, the offending player shall serve the penalties consecutively.

- (b) Any player, except in Adult age classifications, who receives four penalties in the same game shall be assessed a game misconduct penalty. Any Adult player who receives five penalties in the same game shall be immediately ejected for the remainder of the game with no further suspension.

Any Head Coach whose team, except in Adult age classifications, receives twelve (12) or more penalties during one game shall be suspended for the next scheduled game of that team.

- (c) For any Team Official or Player serving a suspension for a prior game misconduct violation or disciplinary suspension, the suspension will commence 45 minutes prior to the start of each game and conclude 30 minutes following the conclusion of each game.

The Team Official or Player serving the suspension shall be prohibited from:

- (1) Having any interaction, involvement or communication “in person,” electronically or otherwise with the team
- (2) Being present in the locker room
- (3) Being on or near the bench of their team

Any violation of this Rule may result in supplementary discipline and may subject such Team Official or Player to further disciplinary proceedings.

Rule 402 Minor Penalties

(Note) Affiliates are authorized to grant exceptions to the pro-rated schedule for minor penalties for the 14 & under age classification and older.

The length of minor penalties shall be pro-rated for the following period lengths:

- *12 minutes or less – 1:00 minor penalty*
- *More than 12 but less than 17 minutes – 1:30 minor penalty*
- *17-20 minutes – 2:00 minor penalty*

All minor and bench minor penalties in the Adult classifications shall be 2:00 in length.

- (a) For a “MINOR PENALTY,” any player, other than a goalkeeper, shall be ruled off the ice for the designated minor penalty time during which time no substitute shall be permitted.
- (b) For a “BENCH MINOR” penalty one player shall be ruled off the ice for the designated minor penalty time, during which time no substitute shall be permitted. Any non-penalized player of the team who was on the ice at the time of the infraction, except the goalkeeper, may be designated to serve the penalty by the Coach through the captain, and such player shall promptly take their place on the penalty bench.
- (c) If the opposing team scores a goal while a team is short-handed (below the on ice numerical strength of its opponent at the time of the goal) by one or more minor penalties, one of such penalties shall automatically terminate. The penalty that terminates automatically is the first minor or bench minor penalty (non-coincidental) then being served by the “short-handed” team. This rule shall not apply when a goal is scored on a penalty shot or an awarded goal.
- (d) When the minor penalties of two players of the same team terminate at the same time, the captain of that team shall designate which player will return to the ice first.
- (e) When a player receives a major or match penalty and a minor penalty at the same time, the major or match penalty shall be served first. However, if the major or match penalty is assessed under the coincidental major or match penalty rules, the minor penalty will be recorded and served first.

- (f) When an equal number of minor penalties (coincidental) are assessed to players from both teams, the penalized players shall take their place on the penalty bench and immediate substitution will take place for an equal number of minor penalties. The penalized players shall not leave the penalty bench until the first stoppage of play following the expiration of their penalties. Additional minor penalties assessed at the same stoppage that are not considered coincidental minor penalties shall be served in the normal manner.

Coincidental minor penalties shall not be taken into account for the purpose of a delayed penalty under Rule 408 (Delayed Penalties).

Rule 403 Major Penalties

(Note) (Except for Adults) Affiliates or governing bodies are authorized to reduce the length of major penalties for games under their jurisdiction according to the following period lengths:

- ***12 minutes or less – 3:00 major penalty***
 - ***More than 12 but less than 17 minutes – 4:00 major penalty***
 - ***17-20 minutes – 5:00 major penalty***
- (a) For a “MAJOR PENALTY,” any player, except the goalkeeper, shall be ruled off the ice for five minutes, or the designated major penalty time, during which time no on-ice substitute shall be permitted.
- (b) For the second major penalty in the same game to the same player or goalkeeper, the game misconduct penalty assessed shall cause the player or goalkeeper to be suspended for their team’s next two games. This two-game suspension is in addition to any other required suspensions incurred during the same incident.
- (c) When an equal number of major penalties (coincidental), are assessed to players from both teams, the penalized players shall take their place on the penalty bench and immediate substitution will take place for an equal number of major penalties. The penalized players shall not leave the penalty bench until the first stoppage of play following the expiration of their penalties. Additional minor or major penalties assessed at the same stoppage that are not considered coincidental penalties shall be served in the normal manner.

The coincidental penalty rule shall also apply in all situations where penalties of equal duration (minor or major penalties) are assessed to both teams.

Coincidental major penalties shall not be taken into account for the purpose of a delayed penalty under Rule 408 (Delayed Penalties).

(d) ***(For all Youth, High School and Girls' Age Classifications)***

When a player is assessed a major plus game misconduct penalty, unless immediate substitution is permitted under the coincidental major penalty Rule 403(c), the penalized team shall immediately place an additional or substitute player on the penalty bench and such player may not be changed.

(For Adult Classifications) When a player is assessed a major plus game misconduct penalty, unless immediate substitution is permitted under the coincidental major penalty Rule 403(c), the penalized team shall not be required to place an additional or substitute player on the penalty bench for the purpose of serving short-handed penalty time. When the major penalty expires, the penalized team may regain even-strength by adding a player from the team bench.

Rule 404 Misconduct Penalties

(Note) (Except for Adults) Affiliates or governing bodies are authorized to reduce the length of misconduct penalties for games under their jurisdiction according to the following period lengths:

- ***12 minutes or less – 6:00 misconduct penalty***
- ***More than 12 but less than 17 minutes – 8:00 misconduct penalty***
- ***17-20 minutes – 10:00 misconduct penalty***

- (a) A “MISCONDUCT” penalty involves the removal of a player, other than a goalkeeper, from the game for a period of 10 minutes, or the designated misconduct penalty time, with immediate substitution taking place on ice. A player whose misconduct penalty has expired shall remain on the penalty bench until the next stoppage of play.

Unless immediate substitution is permitted under the coincidental minor penalty rule 402(f), when a player receives a minor penalty plus a misconduct or game misconduct penalty at the same time, the penalized team shall immediately place

an additional non-penalized player, other than a goalkeeper, on the penalty bench and such player may not be changed.

No other replacement for the penalized player shall be permitted to enter the game except from the penalty bench upon expiration of the penalty.

For violation of this rule a bench minor penalty for illegal substitution shall be imposed.

For the second misconduct penalty assessed to the same player during the same game, a game misconduct penalty shall be assessed to that player in lieu of the second misconduct penalty.

- (b) A “GAME MISCONDUCT” penalty involves the suspension of a player or Team Official for the balance of the game with immediate substitution taking place on ice.

A player or Team Official incurring a game misconduct penalty shall also be suspended for the team’s next game (the game already appearing on the schedule of that team at the time of the infraction), except that when such penalty is imposed under Rule 403(b) (Second Major in Game) there shall be a minimum two-game suspension.

(Note) In all cases where a game misconduct penalty is assessed, the incident shall be reported to the proper authorities who shall have full power to impose further suspensions.

(Note 2) For all game misconduct penalties regardless of when imposed, a total of 10 minutes shall be charged in the records against an offending player.

- (c) Any Team Official or player who is assessed a game misconduct penalty may not remain near the bench of their team, nor in any way attempt to direct the play of their team, for the balance of the game in which the game misconduct penalty has been issued.

Rule 405 Match Penalties

(Note) (Except for Adults) Affiliates or governing bodies are authorized to reduce the length of match penalties for games under their jurisdiction according to the following period lengths:

- ***12 minutes or less – 3:00 match penalty***
- ***More than 12 but less than 17 minutes – 4:00 match penalty***
- ***17-20 minutes – 5:00 match penalty***

- (a) A “MATCH” penalty involves the immediate removal of a player or Team Official for the balance of the game and a five-minute time penalty, or the designated match penalty time, shall be assessed.

(Note) For all “MATCH” penalties, regardless of when imposed, or prescribed additional penalties, a total of 10 minutes shall be charged in the records against the offending player or Team Official.

(For all Youth, High School and Girls’ Age Classifications)

Unless immediate substitution is permitted under the coincidental major penalty Rule 403(c), the penalized team shall immediately place a substitute player on the penalty bench and such player shall not be changed.

(For Adult Classifications) Unless immediate substitution is permitted under the coincidental major penalty Rule 403(c), the penalized team shall not be required to place an additional or substitute player on the penalty bench for the purposes of serving short-handed penalty time. When the match penalty expires, the penalized team may regain even-strength by adding a player from the team bench.

- (b) When coincidental match penalties have been imposed or when any combination of coincidental major and match penalties have been assessed to a player or players of both teams, Rule 403(c) covering coincidental major penalties will be applicable with respect to player substitutions.
- (c) A player or Team Official incurring a match penalty shall be suspended from participating in all USA Hockey games and practices until their case has been dealt with by the proper authorities. Appropriate discipline will be determined using the USA Hockey Standardized Discipline Policy (see Preface).

If a hearing is requested by either party (the offending player/team official or the proper authorities), it shall be offered to be held within 30 days of the incident (“30-day period”) together with a decision in accordance with Bylaw 10D (Suspension Hearings/Domestic Competition Playing Rules). If extenuating circumstances prevent the proper authorities from conducting the hearing within the 30-day period, the player or Team Official shall be automatically reinstated after the 30-day period. The failure to offer the hearing shall not prohibit the hearing body from conducting the hearing after the 30-day period and imposing further disciplinary action.

If the proper authorities decide to suspend the offending player or coach as a result of a match penalty, the minimum suspension must be one complete game. All additional suspensions, after a hearing, must include the next game appearing on the offending team’s game schedule.

(Note) The Referee is required to file an incident report for all match penalties and the surrounding circumstances no later than 24 hours following the game in which they occur.

- (d) Any Team Official or player who is assessed a match penalty may not remain near the bench of their team, nor in any way attempt to direct the play of their team for the balance of the game in which the match penalty has been issued.
- (e) Original jurisdiction in any hearing resulting from a match penalty assessed under Rule 601(e.1) (Physical Assault of Officials) shall reside with the Affiliate.

Rule 406 **Penalty Shot**

- (a) If the offense for which the penalty shot was awarded was such as would normally incur a minor or bench minor penalty, the non-offending team may, prior to the penalty shot, elect that the minor or bench minor penalty be assessed to the offending player or team in lieu of the penalty shot. If the penalty shot is selected, the offending team shall not be reduced in on-ice strength as a result of the infraction.

If the offense for which the penalty shot was awarded was such as would normally incur a major or match penalty, such penalty shall be imposed in addition to the penalty shot regardless as to whether a goal was scored or not. In addition, misconduct penalties will also be served in the normal manner.

- (b) In cases where a penalty shot that has been awarded where a specific player has been fouled [Rules 610(e and f), 616(b), 629(c) and 637(a and b)], the Referee shall designate the fouled player to take the penalty shot.

In cases where a penalty shot that has been awarded where a specific player has not been fouled [Rules 204(d), 610(e and f), 614(b), 618(a) and 637(a)], the player selected to take the penalty shot shall be designated by the Captain of the non-offending team from the players who were on the ice at the time the infraction occurred.

If by reason of injury the player designated by the Referee to take the penalty shot is unable to do so within a reasonable time, the shot may be taken by a player selected by the Captain of the non-offending team from the players on the ice at the time the infraction occurred.

Once the player has been designated to take the shot, either by the Referee or Captain, such player may not be changed unless that player had incurred a game misconduct or match penalty prior to taking the penalty shot. In this instance, the Captain of the non-offending team shall designate a player who was on the ice at the time of the infraction to take the penalty shot.

If the player designated to take the penalty shot is assessed a minor or misconduct penalty in connection with the play prior to taking the penalty shot, they shall first be permitted to complete the penalty shot prior to taking their place on the penalty bench.

Only a player designated as a goalkeeper, substitute goalkeeper or temporary goalkeeper (see Glossary) may defend against a penalty shot.

- (c) A "Penalty Shot" shall be taken as follows: The puck shall be placed on the center ice face-off spot and on the instruction of the Referee, the player taking the shot will play the puck from there and attempt to score on the goalkeeper. Once the player taking the shot has touched the puck, it must be kept in motion towards the opponent's goal line and once it is shot the play shall be considered complete. No goal can be scored on a rebound of any kind and any time the puck crosses the goal line the shot shall be considered complete.

The goalkeeper must remain in the crease until the player taking the penalty shot has touched the puck. The goalkeeper may attempt to stop the shot in any manner except by throwing

their stick or any object, in which case a minor penalty shall be assessed to the goalkeeper.

While the penalty shot is being taken, players from both teams must be on their players' benches.

When an infraction occurs calling for a penalty shot during actual playing time, the shot will be taken immediately upon completion of the play (delayed whistle by the Referee). The time required to complete the penalty shot shall not be included in the regular playing time.

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

- (d) For any violation committed by a goalkeeper during the penalty shot, the Referee shall allow the shot to be completed and if the shot fails, another penalty shot shall be awarded. Any penalties assessed will be served in the normal manner whether or not a goal is scored on the penalty shot.

If, while the penalty shot is being taken, any player of the opposing team shall have by some action interfered with or distracted the player taking the shot, and as a result the shot was failed, a second attempt shall be permitted and the Referee shall impose a misconduct penalty on the player who committed the infraction.

Rule 407 Goalkeeper Penalties

- (a) A goalkeeper shall not be sent to the penalty bench for an offense that incurs a minor or misconduct penalty. These penalties shall be served by another member of the team who was on the ice when the offense was committed. The player shall be designated by the Coach of the offending team through the captain and such substitute may not be changed.
- (b) Should a goalkeeper incur a game misconduct or a match penalty, their place will be taken by a substitute goalkeeper or a temporary goalkeeper (see Glossary) or an additional skater.

Any **time** penalties assessed to a goalkeeper, including minor, major, misconduct or match penalties, shall be served by another member of the team on the ice at the time the offense was committed. The player shall be designated by the Coach of the offending team through the Captain and such substitute may not be changed.

(Note) All penalties assessed to a goalkeeper, regardless of who serves the penalty, or any substitution, shall be charged in the records against the goalkeeper.

- (c) If a goalkeeper deliberately participates in the play in any manner when they are beyond the center red line, a minor penalty shall be assessed.

Rule 408 **Delayed Penalties**

- (a) If a third player shall be penalized while two players of the same team are serving non-coincidental penalties, they shall proceed to the penalty bench immediately and may be replaced by a substitute on the ice. However, the penalty time of the third player shall not begin until the first such penalty has expired.
- (b) When either team has three players serving penalties at the same time under this rule and a substitute is on the ice to replace the third penalized player, no players may return to the ice upon expiration of their penalty except at a stoppage of play.

However, if the penalized team is entitled to have more players on the ice as a result of expired penalties, the Penalty Timekeeper shall permit the player(s) to return in the order in which their penalty has expired.

When the penalties of two players of the same team expire at the same time, the captain shall designate which player will return to the ice first.

- (c) When a major and a minor penalty are imposed at the same time on players of the same team, the Penalty Timekeeper shall record the minor as being the first of such penalties.
- (d) Where it is required to determine which of the penalized players shall be designated to serve the delayed penalty, the penalized team shall have the right to make such designation provided such designation is not in conflict with Rule 402 (Minor Penalties).

(Note) This applies to the case where the penalties are assessed to DIFFERENT players of the same team. See also Rule 402(e)(Minor Penalties).

Rule 409 Calling of Penalties

- (a) Should an infraction of the rules be committed by a player of the team in possession of the puck, the Referee shall immediately stop play and assess the penalty(s) to the offending player(s).

Should an infraction of the rules be committed by a player of a team NOT in possession of the puck the Referee shall signal a delayed penalty. Play will be stopped immediately when the offending team gains possession of the puck and the penalty(s) assessed to the offending player(s).

(Note 1) Play is stopped when the offending team gains "possession" of the puck as defined in the Glossary. A rebound off of the goalkeeper or accidental contact with any opposing player is not considered to establish "possession of the puck."

(Note 2) There shall be no delayed penalty signal given by the Referee for a misconduct or game misconduct penalty under this section.

The resulting face-off will take place at the nearest face-off location where play was stopped unless a penalty is assessed that appears on the game clock and causes a team to be short-handed. In that case, the ensuing face-off shall take place at a defending zone face-off spot of the offending team, unless otherwise specified under Rule 612(b).

- (b) If the penalty or penalties to be imposed are minor penalties and a goal is scored on the play by the non-offending team, the first minor penalty shall be imposed and recorded but shall be deemed expired. All other penalties shall be imposed in the normal manner regardless of whether or not a goal is scored.
- If the Referee signals an additional minor penalty(s) against a team that is already short-handed (below the numerical strength of its opponent on the ice at the time of the goal) because of one or more minor or bench minor penalties, and a goal is scored by the non-offending team, the goal shall be allowed. The delayed penalty(s) shall be assessed and the first non-coincidental minor penalty already being served shall terminate automatically under Rule 402(c) (Minor Penalties).
- (c) If the Referee has signaled a delayed penalty and the puck shall enter the goal of the non-offending team as the direct result of the action of a player of that team, the goal shall be allowed

and the penalty signaled shall be imposed in the normal manner.

- (d) All minor and bench minor penalties occurring after a goal has been scored or during the stoppage of play when a penalty shot is being attempted, shall be served in the normal manner under this rule.

Rule 410 **Supplementary Discipline**

- (a) In addition to the suspensions imposed under these rules, the proper disciplinary authority, at its discretion and after the game has been completed, may investigate any incident that occurs in connection with any game. Any incident that occurs prior to, during, or after the game is subject to review regardless of whether the action was penalized by the Referee.
- (b) Suspensions imposed during a USA Hockey governed playoff event (State, District or National Championships) must be served during that same event where the suspension occurred. If the length of suspension carries beyond that event for an advancing team, the Discipline Committee of the following Championship shall be the sole authority in determining the eligibility of the individual(s).
- (c) In the case of a match penalty, the proper disciplinary authority (as defined in the Glossary) shall be required to conduct any disciplinary actions in accordance with the provisions of USA Hockey's Standardized Discipline Policy (see Preface). If a hearing is requested by either party (the offending player/team official or the proper authorities), it shall follow USA Hockey's "Resolutions of Disputes, Arbitration and Suspensions" section of the current *USA Hockey Annual Guide*.

Rule 411 **Progressive Suspensions**

(Note) USA Hockey is committed to providing a safe and fair environment for all participants. While the vast majority of players participate within the rules and respect the game and their opponents, USA Hockey recognizes the need to hold those players and coaches deemed to be repeat offenders accountable for their actions.

- (a) Any player who receives their third major penalty during the same season for any combination of aggressive infractions listed below shall receive an additional three-game suspension.

For any player who receives their fourth major penalty in this category, the player shall receive an additional five-game suspension. Any player who receives their fifth major penalty in this category during the same season shall be suspended until a hearing is conducted by the proper authorities (USA Hockey Affiliate). These designated game suspensions shall be in addition to any other suspensions imposed through the official playing rules. The aggressive infractions that fit into this category are:

- Rule 603 Boarding
- Rule 604 Body Checking (Competitive Contact categories)
- Rule 606 Butt-Ending
- Rule 607 Charging
- Rule 608 Checking From Behind
- Rule 609 Cross-Checking
- Rule 611 Elbowing
- Rule 619 Head-Butting
- Rule 620 Head Contact
- Rule 621 High Stick
- Rule 622 Holding an Opponent (Grabbing Facemask)
- Rule 627 Kicking
- Rule 628 Kneeing
- Rule 634 Slashing
- Rule 635 Spearing
- Rule 639 Tripping/Clipping/Leg Checking/Slew Footing
- Rule 640 Unnecessary Roughness (Roughing)

(Note) A separate progressive suspension rule for Fighting is covered under Rule 615(f) Fighting.

- (b) Any team that receives three major penalties in the same game shall have its Head Coach suspended for the next game of that team. For any subsequent game where that team receives three or more major penalties in the same game, the Head Coach shall serve a three-game suspension. For a third game with three or more major penalties by the same team during the same season, the Head Coach shall be suspended indefinitely until a hearing has been conducted by the proper authorities (USA Hockey Affiliate).

(Note) The role of the Official is to enforce all playing rules at all times and they are expected to strictly enforce playing rules that fall under the aggressive infraction category. Players and coaches must be held accountable for dangerous actions and

the onus is on them to teach and play the game within the rules. Officials are required to submit a game report no later than 24 hours following the game for any major penalty falling in the aggressive infraction category, game misconduct or match penalty that is assessed.

- (c) Any coach who receives their second game misconduct penalty in the same season for a violation of Rule 601 shall automatically receive an additional three-game suspension.

Any coach who receives their third game misconduct penalty in the same season for a violation of Rule 601 shall automatically be suspended from USA Hockey activities until a hearing is conducted by the Proper Authority.

SECTION FIVE
OFFICIALS



Rule 501 Appointment of Officials

- (a) **Referee Systems** – The three-official system (one Referee/ two Linespersons) and the two-official system (two Referees) are the only approved systems for USA Hockey sanctioned games. When the two official system is used, the duties of the Linespersons will be carried out by both Referees.

However, Districts or Affiliates are authorized to use the four-official system (two Referee/two Linespersons) for games involving teams in the Youth and Girls' 14 & under age classifications and older (including High School and Adults).

- (b) For Regional and National Championships, the District Referee-in-Chief or their duly appointed representative shall appoint all on-ice officials. Required off-ice officials shall be assigned by the respective Tournament Officials.
- (c) All On-Ice Officials shall wear black trousers and an official sweater with the current USA Hockey officiating crest on the left chest of the sweater during all games. Any other crest that is worn must be located on either arm of the sweater. The wearing of nameplates and/or numbers shall be regulated by each League.

Each official is required to wear a black hockey helmet, with chin strap properly fastened, and a non-altered half-shield visor properly attached to their helmets. All officials under the age of 18-years are required to wear a neck laceration protector designed for that purpose. All officials who are 18 years of age or older are strongly recommended to wear a neck laceration protector designed for that purpose.

- (d) If for any reason, the on-ice officials appointed are prevented from appearing, the Managers or Coaches of the two teams shall agree on a Referee and Linespersons (three-official system) or two Referees (two-official system). If unable to agree, they shall appoint a player from each team to serve in this capacity. If the regularly appointed officials appear during the progress of the game, they shall immediately replace the temporary officials.

If one of the officials (three-official system) is unable to participate or finish the game, the Referee has the authority to appoint another official, if they deem necessary. Otherwise, the game shall continue with one Referee and one Linesperson or two Referees as mandated by the local governing body. If one of the officials (four-official system) is unable to participate

or finish the game, the Referee has the authority to appoint another official, if they deem necessary. Otherwise, the game shall continue with one Referee and two Linespersons.

- (e) Should an Official accidentally leave the ice or receive an injury that incapacitates them from discharging their duties while play is in progress, the play shall be immediately stopped by an On-Ice Official.

(Note) If an On-Ice Official is bleeding, the Official shall seek treatment at the next stoppage of play to stop the bleeding and cover the cut or abrasion before continuing. It is required that any affected equipment/uniform be properly decontaminated or exchanged.

Rule 502 Referee

- (a) The “REFEREE” shall have general supervision of the game and their decision shall be final in all matters occurring before, during or after the game. The role of the official is to “enforce” the rules of the game and in doing so shall have full authority over all participants.

The Referee may not change their decision, or that of any other official, after the resumption of play following the rendering of the original decision.

- (b) The Referee shall order the teams on the ice at the appointed time for the beginning of a game and for the start of each period. On-Ice Officials should enter the ice surface prior to warm-ups and remain on the ice at the conclusion of each period until all players have exited to their dressing rooms. Penalties may also be assessed during the warm-up period.

Prior to the start of the game, the Referee shall confirm that the required off-ice officials are in their proper position and that the timing and signaling equipment is working properly.

- (c) It shall be the Referee’s duty to impose such infractions as outlined in the rules and give the final decision in matters pertaining to disputed goals after consultation with the Linespersons and/or Goal Judges. They shall be responsible for ensuring each player is wearing the required protective equipment in its intended manner.

The Referee shall announce to the appropriate off-ice official all goals and assists legally scored as well as penalties imposed. They shall request, at the first stoppage of play, to

have announced the reason for disallowing a goal in every instance when the goal light is turned on in error during play.

- (d) The Referee shall see to it that players of opposing teams are separated on the penalty bench to prevent contact.
- (e) At the conclusion of the game, the Referee shall check the official scoresheet, including team rosters and players in uniform, for accuracy prior to signing,

Rule 503 Linesperson

- (a) The duties of the “LINESPERSON” are to determine any infractions of the rules concerning offside play at the blue lines or any violation of the “Icing the Puck” rule. They shall, when requested to do so by the Referee, give their version of any incident that may have taken place during the playing of the game.
- (b) They shall conduct face-offs at all times, except at the start of the game, at the beginning of each period and after a goal has been scored.
- (c) The Linesperson shall stop play for the following situations:
 - (1) The puck goes outside the playing area (Rule 631(a)).
 - (2) The puck is interfered with by any ineligible person.
 - (3) The puck is played with a stick above the height of the shoulder (Rule 621(d)).
 - (4) The puck has been illegally passed with the hand (Rule 618(b)).
 - (5) The goalpost has been displaced from its normal position.
 - (6) When in the vicinity of the goal, the puck has entered the goal and is unobserved by the Referee.
 - (7) Offside occurring at the face-off circles (Rule 613(b)).
 - (8) Premature substitution of the goalkeeper (Rule 205(a)).
 - (9) Injured players (Rule 206(a)).
 - (10) Interference by or with spectators (Rule 626(a)).
 - (11) A player or goalkeeper’s helmet/facemask is removed during play (Rule 304(e)).
- (d) The Linesperson shall stop play and report to the Referee any infraction of the following rules:
 - (1) Too many players on the ice (Rule 204(b)).
 - (2) Articles thrown on the ice from the vicinity of the players’ or penalty bench (Rule 601(b.4)).

- (3) Delaying the game by deliberately displacing the goal post (Rule 610(c)).
- (e) The Linesperson shall report to the Referee at the next stoppage of play their version of any infraction of the rules that they believe constitutes a bench minor, major, match, misconduct, game misconduct or penalty shot under these rules. In addition, the Linesperson shall give their version of any Injury Potential Penalty (see Glossary) that occurs behind the play and is not observed by the Referee. The Referee, at their discretion, may assess a penalty for such infractions.

Rule 504 Goal Judge

- (a) When mandated by the local governing body, there shall be one “GOAL JUDGE” stationed out of play and behind each goal during the game. The area reserved for the Goal Judges shall be protected from spectators so there can be no interference with the performance of their duties.
- (b) The duty of the Goal Judge is to determine whether the puck has completely crossed the goal line between the goal posts and under the crossbar. Their decision is simply “goal” or “no goal” and they shall report their version when requested to do so by the Referee.

Rule 505 Official Scorer

- (a) Before the start of the game, the “OFFICIAL SCORER” shall obtain from the Manager or Coach of both teams a list of all eligible players of each team. The Official Scorer shall secure the names of the Captain and Designated Alternate(s) from the Manager or Coach of each team and will indicate each by placing the letter “C” or “A” opposite their names on the scoresheet.
(For all Youth and Girls’ Classifications) Prior to the start of the game, the Official Scorer shall obtain on the scoresheet the signatures of all coaches of each team, one of whom shall be designated as Head Coach, along with the CEP card number, CEP level and the year the CEP level was attained for each coach.
- (b) The Official Scorer shall keep a record of each goal scored by indicating those player(s) who are credited with scoring the goal

and any assists and have announced over the public address system. No request for changes to the officials scoring shall be considered unless they are made at or before the conclusion of the game.

They shall indicate on the scoresheet those players from each team who actually participated in the game.

They shall note on the scoresheet the time any substitute or temporary goalkeeper has entered the game and designate any goal scored when the goalkeeper has been removed from the ice.

- (c) Upon the immediate conclusion of the game, the Official Scorer shall also prepare the Official Scoresheet for signature by the Referee and forward it to the proper authorities.

Rule 506 Game Timekeeper

- (a) The “GAME TIMEKEEPER” shall signal the Referee and the competing teams for the start of the game and each succeeding period. To assist in assuring the prompt return to the ice of the teams and On-Ice Officials, the Game Timekeeper shall give a preliminary warning three minutes prior to the resumption of play in each period.

If the rink is not equipped with an automatic horn, or if such device fails to function, the Game Timekeeper shall signal the end of each period by blowing a whistle.

They shall have announced on the public address system, at the appropriate time in each period, that there is one minute remaining to be played in the period.

- (b) The Game Timekeeper shall note the time and then notify the Referee of a malfunction of the clock, or any other equipment, during the next normal stoppage of play. In the event of any dispute regarding time, the matter shall be referred to the Referee for adjustment and their decision shall be final.

Rule 507 **Penalty Timekeeper**

- (a) The duties of the “PENALTY TIMEKEEPER” include maintaining a record, on the official forms provided, of all penalties imposed including the names/numbers of the players penalized, the infraction assessed, the duration of each penalty and the time at which the penalty was assessed.

They shall report to the Referee any violation of Rule 401(b) and 403(b).

- (b) The Penalty Timekeeper shall check and ensure that the time served by all penalized players is correct. They shall be responsible for the correct posting of all penalties on the scoreboard and shall promptly call to the attention of the Referee any discrepancy between the time recorded on the clock and the official correct penalty time. They shall, upon request, give a penalized player correct information as to the unexpired time of their penalty.

(Note 1) The infraction of the rules for which each penalty has been imposed will be announced twice over the public address system as reported by the Referee. Where players of both teams are penalized on the same play, the penalty to the visiting player will be announced first.

(Note 2) Misconduct penalties and coincidental minor or major penalties should not be recorded on the timing device, but such penalized players should be alerted and released at the first stoppage of play following the expiration of their penalties.

- (c) Only penalized players and off-ice official(s), are permitted to occupy the penalty bench. Play shall not continue until any unauthorized persons have been removed.

Rule 508 **Proper Authorities**

- (a) The term “proper authorities” or “proper disciplinary authority” as applied under these rules is defined as the governing body of the team or teams involved, as determined by the Affiliate.

SECTION SIX
PLAYING RULES



Rule 601 Abuse of Officials and Other Misconduct

(Note) For the enforcement of this rule, the following guidelines shall apply.

A bench minor penalty shall be assessed for actions that occur on or in the immediate vicinity of the player's bench (off the ice).

A minor penalty or misconduct penalty should be assessed for actions that occur on the playing surface or in the penalty bench area.

- (a) A minor penalty for unsportsmanlike conduct shall be assessed to any player who commits the following actions:
- (1) Challenges or disputes the rulings of any official.
 - (2) Taunts or incites an opponent.
 - (3) Creates a disturbance during the game.
 - (4) Shoots the puck after the whistle, if in the opinion of the Official such shot was avoidable.

A misconduct penalty shall be assessed to any player who persists in such conduct and any further dispute by the same player shall result in a game misconduct penalty being assessed.

(Note) If occurring after the game, the above actions shall be initially penalized as a misconduct penalty.

- (b) A bench minor penalty shall be assessed to any team whose players or team officials commit the following actions while on the player's bench:
- (1) Unsportsmanlike conduct or disputing the rulings of any official by an unidentified player or Team Official.
 - (2) Using obscene, profane or abusive language to any person.
 - (3) Using the name of any official in a loud or abusive manner.
 - (4) Throwing any object onto the playing area during the progress of the game or during a stoppage of play.
 - (5) Banging the boards with a stick or other object, including skates or arms, after a body check regardless as to whether the check is being penalized. It is deemed to be unsportsmanlike conduct and should be penalized when done as a means of escalating dangerous and/or unnecessary physical play where there is no intent to legally gain possession of the puck.
 - (6) Using threatening or abusive language or gestures directed at an opponent.

- (7) Interfering in any non-physical manner with any game official, including off-ice officials, in the performance of their duties.

(Note) If any of the above actions are committed by a player who is on the players' bench and is readily identifiable, they shall be assessed a misconduct penalty under sub-section (c) of this rule.

- (c) A misconduct penalty shall be assessed to any player who commits the following actions:
 - (1) Persists in any conduct where they were previously assessed a minor penalty for unsportsmanlike conduct.
 - (2) Using obscene, profane or abusive language to any person anywhere in the rink before or during the game.
 - (3) Intentionally knocking or shooting the puck out of the reach of an official who is retrieving it during a stoppage of play.
 - (4) Not proceeding directly and immediately to the penalty bench or to the dressing room, after being penalized and ordered to do so by the officials (equipment shall be delivered to them by a teammate, if necessary).
 - (5) Entering or remaining in the Referee's Crease, unless invited to do so.
 - (6) Interfering in any non-physical manner with any on-ice or off-ice official in the performance of their duties.
 - (7) Touches or holds any official with their hand or stick.
 - (8) Attempts to continue an altercation after being ordered to stop.
 - (9) Intentionally bangs the boards or protective glass or goal frame with their stick or any other object at any time in an unsportsmanlike manner (when not done in protest of an official's decision).
 - (10) Shoots or bats the puck outside of the playing area during a stoppage of play (when not done in protest of an official's decision or in the direction of a spectator).
- (d) A game misconduct penalty shall be assessed to any player or team official who is guilty of the following actions:
 - (1) Persists in any course of conduct for which they have previously been assessed a misconduct penalty (player) or a continuation of abuse of officials after being assessed a bench minor penalty (Team Official). If clearly done as a means of continued abuse, the game misconduct penalty

- may be assessed in lieu of a 2nd bench minor when done after the initial bench minor has expired.
- (2) Uses an obscene gesture anywhere in the rink before, during or after the game.
 - (3) Bangs the boards, goal frame or protective glass in protest of an official's decision.
 - (4) Interferes in any physical manner with any on-ice or off-ice official, in performing their duties including resisting the linesperson during an altercation.
 - (5) A player who receives their second misconduct penalty (for any rule infraction) during the same game shall be assessed a game misconduct penalty in lieu of the second misconduct penalty.
 - (6) Physically interferes with a spectator.
 - (7) Shoots or bats the puck outside of the playing area during a stoppage of play when done in protest of an official's decision.
 - (8) Attempts to intimidate or physically contacts an on-ice or off-ice official or by throwing a stick, water bottle, puck or any other object in the general direction of a game official.
 - (9) Shoots the puck in the general direction of an on-ice official, or in the direction of a spectator during a stoppage of play.
 - (10) Using obscene, profane or abusive language to any person anywhere in the rink after the game.

(Note) A match penalty shall be assessed to any player who shoots the puck directly at an official or spectator in a manner that recklessly endangers the official or spectator under Rule 601(e.2).

- (e) A match penalty shall be assessed to any player or team official who commits the following actions:
 - (1) Applies deliberate physical force or attempts to inflict physical harm to any game official, including off-ice officials.

(Note) Any match penalty assessed under 601(e.1) of this rule must be reported via written game report by the officials no later than 24 hours following the game.

- (2) Behaving in any manner that is critically detrimental to the conducting of the game, including but not limited to spitting at an opponent, spectator, game or team official, or verbally threatening or intimidating a Game Official,

opposing Team Official or opposing player with physical contact or harm.

- (3) Uses language that is hateful or discriminatory in nature anywhere in the rink before, during or after the game.

(Note) The officials are required to file a game report within 24 hours following the game and the offending player/team official is suspended until their case has been dealt with by the proper authorities. Appropriate discipline will be determined using the USA Hockey Standardized Discipline Policy (see Preface).

If the incident was reported to, but not heard by the official(s), the officials are required to notify the coach of both teams and submit an incident report to the Proper Authorities within 24 hours following the game outlining what was reported to them.

- (f) The use of tobacco products, vaping products or alcoholic beverages by any player or team official is prohibited in the rink area, including the bench areas and off-ice official area. A warning shall be issued by the Referee for the first offense by any participant and any subsequent violations by the same team shall result in a game misconduct penalty being assessed.

Rule 602 Attempt to Injure or Recklessly Endanger An Opponent

- (a) A match penalty shall be assessed to any player or team official who recklessly endangers or attempts to injure any opposing player or team official.

In all cases when a match penalty is assessed, a game report shall be filed with the proper authorities for further disciplinary action.

(Note) All incidents of attempt to inflict physical harm to game officials should be penalized under Rule 601(e.1).

Rule 603 Boarding

(Note) Boarding is the action where a player pushes, trips or body checks an opponent causing them to go dangerously into the boards. This includes: Accelerating through the check to a player who is in a vulnerable or defenseless position and driving an opponent excessively into the boards with no focus on or intent to play the puck, or any check delivered for the purpose of punishment or intimidation that causes the opponent to go unnecessarily and excessively into the boards.

The onus is on the player delivering the check to avoid placing a vulnerable or defenseless opponent in danger.

- (a) A minor plus a misconduct or major plus game misconduct penalty shall be assessed for boarding an opponent.
“Rolling” an opponent along the boards where they are attempting to go through too small an opening is not considered boarding.
- (b) A major plus game misconduct penalty shall be assessed to any player who recklessly endangers an opponent as a result of boarding.
- (c) A match penalty for reckless endangerment may also be assessed for boarding.

Rule 604 Body Checking (Competitive Contact Categories)

(Note 1) For the purpose of this rule, an illegal body check is defined as when a player makes intentional physical contact with the opponent using overt hip, shoulder, forearm or torso action. This includes physically forcing the opponent off the puck and with no effort to legally play the puck.

(Note 2) USA Hockey has identified two different categories of play. They are Competitive Contact (where Body Checking is prohibited) and Body Checking (where a legal body check is permissible). Please refer to the Glossary for specific definitions of Competitive Contact and a Body Check.

- (a) Body checking is prohibited in the 12 & under youth age classifications and below, all Girls’/Women’s age classifications and all non-check Adult classifications. These levels would be considered the Competitive Contact Category of play.

A local governing body may prohibit body checking in any classification and is encouraged to provide Competitive Contact options at all levels of recreational play.

(Note) USA Hockey strongly encourages competitive contact to occur in all age classifications as part of the skill progression that teaches body checking.

- (b) Any time a team from a Competitive Contact category (see subsection (a) above) plays a team from a Body Checking category, body checking shall be prohibited under this rule.
- (c) A minor penalty shall be assessed to a player who body checks an opponent in a Competitive Contact category.

(Note) Competitive Contact hockey does not mean “no contact.” Legal competitive contact (see Glossary) occurs when players are focused on gaining possession of the puck and are simply maintaining established body position. This most often occurs when two players are physically engaged (see Glossary) in front of the goal or along the boards. Competitive contact also occurs when a player has established an angle (Angling - see Glossary) on the opponent and closes the gap to create an opening that is too small for the puck carrier to advance.

Legal competitive contact shall not be penalized under this rule. However, deliberate physical contact with an opponent, with no effort to legally play the puck, shall be penalized.

- (d) A major plus a game misconduct penalty shall be assessed to any player who recklessly endangers an opponent with a body check in a Competitive Contact category.
- (e) A match penalty for reckless endangerment may also be assessed for body checking in a Competitive Contact category or non-check Adult classification.

Rule 605 Broken Stick

(Note) A broken stick is one that, in the opinion of the Referee, is unfit for normal play.

- (a) Any player whose stick is broken must drop their stick prior to participating in the play. A player or goalkeeper shall be allowed reasonable time to be aware that the stick is broken. A minor penalty for an equipment violation shall be assessed for participating in play with a broken stick.
- (b) A replacement stick for any player who is no longer in possession of a stick may only be obtained from the player's bench or from a teammate on the ice. A minor penalty for an equipment violation shall be assessed to a player who receives a replacement stick illegally, unless the team is assessed a bench minor penalty under Rule 601(b.4) Throwing Articles into the Playing Area. In this instance, the player receiving the thrown stick shall not be penalized.
- (c) A goalkeeper whose stick is broken may not go to the players' bench for a replacement during a stoppage of play, but must receive their stick from a teammate. For an infraction of this rule a minor penalty for delay of game shall be assessed to the goalkeeper.

Rule 606 Butt-Ending

(Note) Butt-Ending is the action whereby a player uses the shaft of the stick, above the upper hand, to check an opposing player in any manner or jabs or attempts to jab an opposing player with this part of the stick.

- (a) A major plus a game misconduct penalty shall be assessed to any player who "butt-ends" or attempts to "butt-end" an opponent.
An attempt to "butt-end" shall include all cases where a "butt-end" gesture is made regardless of whether body contact is made or not.
- (b) A match penalty for reckless endangerment may also be assessed for butt-ending.

Rule 607 **Charging**

(Note) Charging is the action where a player takes more than two strides or travels an excessive distance to accelerate through a body check for the purpose of punishing the opponent. This includes skating or leaving one's feet (jumping) into the opponent to deliver a check, accelerating through a check for the purpose of punishing the opponent, or skating a great distance for the purpose of delivering a check with excessive force. The onus is on the player delivering the check to avoid placing a vulnerable or defenseless opponent in danger of potential injury.

- (a) A minor plus a misconduct or a major plus a game misconduct penalty shall be assessed for charging an opponent.
- (b) A major penalty plus game misconduct penalty shall be assessed to any player who recklessly endangers an opponent as a result of charging.
- (c) A minor plus a misconduct or a major plus a game misconduct penalty shall be assessed to a player who body checks or charges a goalkeeper while the goalkeeper is within the goal crease or privileged area.
- (d) A goalkeeper is NOT "fair game" because they are outside the privileged area. A penalty for interference or charging should be called in every case where an opposing player makes unnecessary contact with a goalkeeper. Likewise, Referees should be alert to penalize goalkeepers for any infractions they commit in the vicinity of the goal.

(Note 1) For the purpose of this rule, any accidental or unavoidable contact that occurs with the goalkeeper shall be penalized under the Interference rule. Any deliberate body contact or check that is delivered to the goalkeeper shall be penalized as charging.

(Note 2) The goalkeeper's "Privileged Area" is an area outlined by connecting the end zone face-off spots with an imaginary line and imaginary lines from each face-off spot running perpendicular to the end boards.

- (e) A match penalty for reckless endangerment may also be assessed for charging.

Rule 608 Checking from Behind

(Note) Checking from Behind occurs when a check is delivered to a player directly from behind, or diagonally from behind. The onus is on the player delivering the check to not hit from behind. This includes body checking or pushing an opponent from behind in open ice or directly into the boards or goal frame. The onus is on the player delivering the check to avoid placing a vulnerable or defenseless opponent in danger of potential injury.

- (a) A minor plus a misconduct penalty, or a major plus a game misconduct penalty, shall be assessed for checking from behind.
- (b) A major penalty plus game misconduct penalty shall be assessed to any player who recklessly endangers an opponent, or causes them to go head first into the boards or goal frame, as a result of checking from behind.
- (c) A match penalty shall be assessed for checking from behind in all instances when a player recklessly endangers an opponent from behind with excessive force while the opponent is in a vulnerable or defenseless position.

Rule 609 Cross-Checking

(Note) Cross-Checking is the action of using the shaft of the stick between the two hands to forcefully check an opponent with no portion of the stick on the ice.

- (a) A minor penalty shall be assessed for cross-checking an opponent.
- (b) A major plus a game misconduct penalty shall be assessed to any player who recklessly endangers an opponent as a result of cross-checking.
- (c) A match penalty for reckless endangerment may also be assessed for cross-checking.

Rule 610 **Delaying the Game**

- (a) A minor penalty shall be assessed to any player or goalkeeper who deliberately freezes the puck along the boards or goal frame for the purpose of delaying the game.
- (b) A minor penalty shall be assessed to a goalkeeper who has an opportunity to play the puck prior to being pressured by an attacking player, but instead intentionally causes a stoppage of play.

(Note) A goalkeeper may only cover the puck while in the act of playing goal (see Glossary), and any action that makes the puck unplayable without an immediate scoring opportunity must be penalized.

- (c) A minor penalty shall be assessed to any player or goalkeeper who delays the game by deliberately shooting or batting the puck outside the playing area, including after a stoppage of play.
- (d) Play shall be stopped immediately when the goal frame has been displaced from its normal position. A minor penalty shall be assessed to any player (including a goalkeeper) who deliberately displaces the goal frame.

If the defending team deliberately displaces the goal frame during a breakaway (see Glossary) or deprives the attacking team of an immediate scoring opportunity, a penalty shot/ optional minor penalty shall be awarded to the player in possession of the puck.

If the goal frame is deliberately displaced in the last two minutes of the game or any time in overtime, a penalty shot/ optional minor penalty shall be assessed.

If a player on the defending team deliberately displaces the goalpost when the goalkeeper has been removed, if in the opinion of the Referee, the puck would have entered the goal – thereby preventing an obvious and imminent goal – a goal shall be awarded in lieu of the penalty shot.

- (e) If a goalkeeper (all classifications) or player (excluding Adults) deliberately removes their helmet/facemask during a breakaway (see Glossary), a penalty shot/optional minor penalty shall be awarded.

If a goalkeeper (all classifications) or player (excluding Adults) deliberately removes their helmet/facemask during the last two

minutes of the game or any time during overtime, a penalty shot/optional minor penalty shall be assessed.

- (f) A minor penalty for delay of game shall be assessed to a goalkeeper who drops the puck into their pads or onto the goal net or deliberately piles up snow or obstacles near the goal that, in the opinion of the Referee, could prevent the scoring of a goal.
- (g) A bench minor penalty shall be assessed to any team, after warning by the Referee, that fails to place the correct number of players on the ice and commences play or that causes any delay by making additional substitutions or attempts to delay the game in any manner.

Rule 611 Elbowing

(Note) Elbowing is the use of an extended elbow as the point of contact with an opponent while delivering a check, or as a means to create separation with an opponent, and may include an attempted elbow.

- (a) A minor penalty shall be assessed for elbowing or an attempt to elbow an opponent.
- (b) A major plus a game misconduct penalty shall be assessed to any player who recklessly endangers an opponent as the result of a foul committed by elbowing.
- (c) A match penalty for reckless endangerment may also be assessed for elbowing.

Rule 612 Face-Off Locations

- (a) The puck shall be dropped at the center ice face-off spot at the start of each period, after a goal is scored and in situations where a premature substitution of the goalkeeper has occurred when play has been stopped on the attacking side of the center red line.
- (b) All face-offs will be conducted at one of the nine face-off spots.
A last play face-off will take place in any instance where a stoppage of play occurs as a result of the actions of both teams or if play is stopped for any reason other than what is specified in the rules.

A last play face-off is defined as the nearest face-off spot in the zone where the puck was last played.

When a penalty(s) is assessed that results in a penalty(s) being added to the penalty clock of one team, the ensuing face-off shall take place at a defending zone face-off spot of the offending team unless:

- (1) A penalty is assessed after a goal is scored; the face-off will take place at the center ice face-off spot.
- (2) A penalty is assessed at the start of a period or at the end of the previous period; the face-off will take place at the center ice face-off spot.
- (3) The defending team is penalized and the attacking players enter into the attacking zone beyond the outer edge of the end zone face-off circle; the face-off shall take place at one of the neutral zone face-off spots nearest the attacking blue line (see Rule 612(d)).
- (4) Play is stopped as a result of a violation by the non-offending team such as icing the puck, premature substitution of the goalkeeper, offside, high sticking the puck or hand pass or any other violation of the rules. In these instances, the ensuing face-off shall take place at the appropriate neutral zone face-off location as covered by the rules.

When a stoppage of play occurs between the end zone face-off spots and the nearest end boards calling for a last play face-off, the face-off will take place at the nearest end zone face-off spot.

- (c) When a stoppage of play occurs as the result of any action by the attacking team in the attacking zone, the ensuing face-off will take place at the nearest neutral zone face-off spot, unless otherwise covered in these playing rules.
- (d) When a stoppage of play takes place in an end zone followed by a gathering of players, a face-off at the nearest neutral zone face-off spot shall occur if any attacking player enters the end zone further than the outer edge of the face-off circles nearest the blue line.
- (e) When a goal is disallowed as a result of the actions of the attacking team, the ensuing face-off will take place at the nearest neutral zone face-off spot, unless otherwise specified in these rules.

- (f) If the puck shall illegally enter the goal as a result of deflecting directly off an official anywhere on the ice, the resulting face-off shall take place at the nearest end zone face-off spot of the goal the puck entered.
- (g) A team causing a stoppage of play shall not gain a territorial advantage with the ensuing face-off. In this instance, the ensuing face-off shall be at the nearest face-off spot closer to their own goal.

Rule 613 Face-Off Procedures

- (a) Play shall start when one of the officials drops the puck between the sticks of two opposing players.
For face-offs occurring at a designated end zone face-off spot, the players facing-off will stand squarely facing their opponents' end of the rink and clear of the ice markings. The stick blades of both players shall be in contact with the nearest white area of the face-off spot and clear of the center red area.
For face-offs occurring at the center ice or neutral zone face-off spots, the players facing-off shall squarely face their opponent's end of the ice and stand approximately one stick length apart.
The attacking player shall be the first to place their stick on the ice, except for a center ice face-off where the visiting team player shall be first to place their stick on the ice.
- (b) No other player shall be allowed to enter the face-off circle or come within 15 feet of the players facing-off the puck.
All other players must position themselves behind the hash marks on the outer edge of the face-off circle or stand approximately one stick length apart from the opponent.
- (c) At the conclusion of the line change procedure [see *Rule 204(a) and Glossary*], the Official conducting the face-off shall blow their whistle. This will signal each team that they have no more than five seconds to line up for the ensuing face-off. Prior to the conclusion of five seconds, the Official shall conduct a proper face-off.
- (d) If a player facing-off fails to take their proper position immediately when directed by the Official, the Official may order them replaced for that face-off by any teammate then on the ice.

If a player, other than the player facing off, fails to maintain their proper position, the center of their team shall be ejected from the face-off.

A second violation of any of the provisions of this subsection by the same team during the same face-off shall result in a minor penalty for delay of game being assessed to the player committing the second violation.

- (e) A minor penalty for interference shall be assessed to any player facing-off who makes any physical contact with their opponent's body by means of their own body or by their stick except in the course of playing the puck after the face-off has been completed.

Rule 614 **Falling on Puck**

- (a) A minor penalty for delay of game shall be assessed to a player other than the goalkeeper who deliberately falls on or gathers the puck into their body, deeming the puck unplayable and causing a stoppage of play.

(Note) Any player who drops to their knees to block a shot should not be penalized if the puck is shot under them or becomes lodged in their clothing or equipment, but the use of hands to make the puck unplayable should be penalized promptly.

- (b) A penalty shot/optional minor penalty shall be assessed to the non-offending team when any player, except the goalkeeper, falls on the puck, gathers the puck into their body or uses the hands to hold the puck while in the goal crease. For application of this rule, the decision as to whether the puck is in the crease is made at the moment the infraction occurs.

A goal shall be awarded to the non-offending team if the goalkeeper has been removed from the ice at the time of the infraction and the action under this rule has prevented an obvious and imminent goal.

- (c) A minor penalty for delay of game shall be assessed to a goalkeeper who falls on or gathers the puck into their body and causes a stoppage of play when:
 - (1) The puck is behind the goal line and their body is entirely outside of the goal crease.

- (2) They fail to play the puck with their stick when provided the opportunity to do so prior to being pressured by an attacking player.
- (3) The puck is outside the boundaries of the "goalkeeper's privileged" area.
- (4) They hold or place the puck against any part of the goal frame or boards or intentionally drops the puck on the back of the netting.

(Note) The goalkeeper's "Privileged Area" is an area outlined by connecting the end zone face-off spots with an imaginary line and imaginary lines from each face-off spot running perpendicular to the end boards.

Rule 615 Fighting

(Note) A punch, or an attempted punch, thrown by any player in the direction of an opponent, regardless as to whether contact is made, is considered fighting.

- (a) A major plus a game misconduct penalty shall be assessed to any player who engages in fighting. An additional minor penalty shall be assessed to any player who starts or instigates fighting.

A minor penalty shall be assessed to any player who drops their stick and/or removes their glove(s) during an altercation and is not a participant in the original altercation. A game misconduct penalty shall be added if, in the judgment of the Referee, such player is deemed to be the instigator of a subsequent altercation.

A minor, double minor or major plus game misconduct penalty, at the discretion of the Referee, shall be assessed to any player who, having been struck, continues the altercation by retaliating. A player who does not retaliate after being struck shall not be assessed a penalty for fighting under this rule.

(Note) The Referee is provided very wide latitude in the penalties that they may impose under the rules, including Rule 601 "Abuse of Officials and Other Misconduct" in an effort to discourage fighting. This is done intentionally to enable the Referee to differentiate between the obvious degrees of responsibility of the participants either for starting the fighting or persisting in continuing the fighting.

- (b) A major plus game misconduct penalty shall be assessed to any player involved in fighting off the playing surface, before, during or after the game.
- (c) A match penalty (**for all age classifications**) shall be assessed to any player who deliberately removes their helmet/facemask prior to an altercation.

A match penalty (**for all age classifications**) shall be assessed to any player who deliberately removes their opponent's helmet/facemask prior to or during an altercation.

A game misconduct penalty (**for all age classifications**) shall be assessed to any player whose actions during an altercation causes the removal of an opponent's helmet and facemask. The player or goalkeeper shall be suspended for the team's next two scheduled games. This two-game suspension is in addition to any other required suspensions incurred during the same incident.

A game misconduct penalty (**for all age classifications**) shall be assessed to any player who doesn't wear their helmet/facemask as designed and the helmet/facemask is removed during an altercation.
- (d) A game misconduct penalty shall be assessed to any player or goalkeeper who is the first to intervene in an altercation then in progress. This penalty is in addition to any other penalty incurred in the same incident.
- (e) A minor penalty shall be assessed to any player who fails to move immediately and directly to their players' bench (or goal crease for a goalkeeper) when instructed to do so by the Referee during an altercation.
- (f) Any player who receives a second major penalty for fighting with the same team during the same season shall receive a three-game suspension. For a third fighting major with the same team in the same season, the player shall be suspended until a hearing is conducted by the proper authorities under Rule 410 Supplementary Discipline.

Rule 616 Fouled from Behind

(Note 1) For the purpose of this rule, fouled from behind is defined as any infraction committed to an opponent either directly or diagonally from behind (beyond the fouled player's peripheral vision), that would normally be deemed a penalty,

including cross-checking, high sticking, holding, hooking, slashing and tripping.

(Note 2) For the purpose of this rule a “breakaway” is defined as a player who is in control of and is propelling the puck in a desired direction, and is beyond their defending blue line with no opponent between them and the goalkeeper.

- (a) A penalty shot/optional minor penalty shall be awarded to the non-offending team any time a player is fouled from behind, or diagonally from behind by an opponent, and is denied a reasonable scoring opportunity during a breakaway.

(Note) The intent of this rule is to restore a reasonable scoring opportunity that has been lost by reason of a foul committed from behind during a breakaway situation. This penalty shall be assessed in the normal manner allowing for a “delayed penalty” and a change of possession prior to stopping play.

- (b) If the opposing goalkeeper has been removed from the ice and an obvious and imminent goal has been prevented by the fouled from behind provisions, then the Referee shall stop play and award a goal to the non-offending team.

Rule 617 Goals and Assists

(Note) It is the responsibility of the Referee to award goals and assists strictly in accordance with the provisions of this rule and their decision shall be final. In case of an obvious error in awarding a goal or an assist, corrections should be made promptly and no changes can be made to the official scoresheet once it has been signed by the Referee.

- (a) A goal shall be scored when the puck has completely crossed the goal line between the posts and under the cross bar. The player who has legally propelled the puck into the opponent's goal (or last attacking player to play the puck in cases where the puck entered the goal as a result of the actions of the defending team) shall be credited with the scoring of the goal.

Up to a maximum of two assists shall be awarded to those player(s) who had possession of the puck immediately prior to the goal being scored.

Only one point can be credited to any single player for a goal scored and each goal or assist shall count as one point in the respective player's record.

- (b) A goal shall be legally scored if:
 - (1) The puck has been propelled into the goal by the stick of an attacking player provided it was done in accordance with rule 621 High Sticks.
 - (2) The puck enters the goal as a result of any action by the defending team.
 - (3) The puck shall have been deflected into the goal by striking any part of an attacking player.
 - (4) The puck was legally propelled into the goal crease and not covered by the goalkeeper – making the puck available to another attacking player to propel into the goal.
- (c) A goal shall not be allowed if the following occurs:
 - (1) An attacking player kicks the puck directly into the goal or the kicked puck deflects off any player, including goalkeeper, prior to entering the goal.
 - (2) The puck has been thrown or deliberately directed into the goal by the attacking team by any means other than a stick, even if subsequently deflecting off any player, including goalkeeper, prior to entering the goal.
 - (3) The puck was deflected into the goal directly off an official.
 - (4) The puck entered the goal while an attacking player was positioned in the crease (unless physically interfered with by a defending player causing them to be in the goal crease) or interfering with the goalkeeper (see Rule 625(b) Interference).
 - (5) The puck has not completely crossed the goal line prior to the expiration of the period.
 - (6) The team scoring committed an infraction (prior to the goal scored) that is reported to the Referee by a Linesperson.
 - (7) No goal can be scored by a team who has a properly rostered player on the ice that has illegally entered the game, regardless as to how the goal is scored.
 - (8) The puck enters the attacking zone illegally.
 - (9) As otherwise specified in the Official Playing Rules.
- (d) It is the responsibility of the on-ice officials to determine if a goal has been scored at the end of a period regardless of the use of signaling devices.

Rule 618 Handling Puck with Hands

- (a) Play shall be stopped and a last play face-off shall occur any time a player (except the goalkeeper) closes their hand on the puck and does not immediately drop the puck to the ice.

A minor penalty for delay of game shall be assessed to any player, other than the goalkeeper, who picks the puck up from the ice with their hand(s) while play is in progress.

A penalty shot/optional minor penalty shall be awarded to the non-offending team any time a defending player, other than the goalkeeper, picks the puck up off the ice with their hand or holds the puck while play is in progress and the puck is in the goal crease. If this infraction occurs while the goalkeeper has been removed from the ice and prevents an obvious and imminent goal, a goal shall be awarded to the non-offending team.

(Note) For the purpose of this rule, the goal crease shall extend from the ice to the top of the crossbar of the goal frame.

- (b) A player or goalkeeper shall not be allowed to “bat” the puck in the air, or push it along the ice with their hand, directly to a teammate unless the “hand pass” has been initiated and completed in their defending zone, in which case play shall be allowed to continue. If the “hand pass” occurs in the neutral or attacking zone, a stoppage of play will occur and a face-off will take place according to last play face-off rules provided no territorial advantage has been gained.

No goal can be scored as a result of the puck being propelled by the hand of an attacking player regardless if the puck enters the goal directly from the hand or deflects off of any player prior to entering the goal.

- (c) Play shall be stopped and an end zone face-off taken when a goalkeeper holds the puck for more than three seconds while being pressured. If not pressured, after a warning by the Referee, a goalkeeper shall be assessed a minor penalty for delay of game.

If a goalkeeper catches the puck and throws it forward towards their opponent’s goal and it is first played by a teammate, play shall be stopped and the ensuing face-off shall be held at the nearest end face-off spot of the offending team.

Rule 619 Head-Butting

(Note) Head-Butting shall be defined as the physical use of one's head in the course of delivering a body check (head first) in the chest, head, neck or back area or the physical use of the head to strike an opponent.

- (a) A major plus a game misconduct penalty shall be assessed for head-butting an opponent.
- (b) A match penalty for reckless endangerment may also be assessed for head-butting.

Rule 620 Head Contact

(Note) Head Contact is the action of a player contacting an opponent in the head, face or neck with any part of the player's body, equipment or stick. The onus is on the player delivering the check to avoid placing a vulnerable or defenseless opponent in danger of potential injury.

- (a) A minor plus a misconduct or major plus a game misconduct penalty shall be assessed for head contact to an opponent.
- (b) A major plus a game misconduct penalty shall be assessed to any player who recklessly endangers an opponent as a result of head contact or who intentionally or carelessly contacts an opponent in the head, face or neck.
- (c) A match penalty for reckless endangerment may also be assessed for head contact.

Rule 621 High Sticks

(Note) High Sticking is the action where a player carries the stick above the normal height of the opponent's shoulders and makes contact with the opponent. A player must be accountable for being in control of their stick at all times.

- (a) A minor penalty shall be assessed for high sticking an opponent.
- (b) A major plus a game misconduct penalty shall be assessed to any player who recklessly endangers an opponent as a result of high sticking.

- (c) A match penalty for reckless endangerment may also be assessed for high sticking.
- (d) Batting the puck above the normal height of the shoulder with the stick is prohibited and no goal can be scored as a result of an attacking player playing the puck above the shoulder with the stick and directly entering the goal.

When the puck is played above the height of the shoulders with the stick, play shall be immediately stopped and a face-off conducted at one of the end zone face-off spots in the defending zone of the offending team unless:

- (1) The puck is batted to an opponent who gains possession of the puck, in which case play shall continue, or
- (2) A player of the defending team bats the puck into their own goal, in which case the goal is allowed.

Rule 622 Holding an Opponent

(Note) Holding is the action of a player wrapping their arms around an opponent or using a free hand to clutch, grab or hold the stick, jersey or body on the opponent. This includes wrapping one or both arms around the opponent along the boards in a manner that pins them against the boards and prevents them from playing the puck or skating, grabbing the opponent's body, stick or jersey with one or both hands, or using a free arm/hand to restrain or impede the opponent's progress.

- (a) A minor penalty shall be assessed for holding an opponent.
- (b) A major plus a game misconduct penalty shall be assessed to a player who uses their hand to rub, grab or hold the facemask of an opponent.
- (c) A match penalty for reckless endangerment may also be assessed for grabbing or holding the facemask.

Rule 623 Hooking

(Note) Hooking is the action of impeding the progress of an opponent with a pulling or tugging motion by applying the blade of the stick to any part of an opponent's body or stick. A player cannot use their stick against an opponent's body (puck carrier or non-puck carrier) to gain a positional advantage.

Actions considered hooking include tugs or pulls on the body, arms or hands of the opponent that reduces space between the opponents; placing the stick in front of the opponent's body and locking on that impedes the opponent's progress or causes a loss of balance; a stick placed on the hand/arm that takes away the ability for the opponent to pass or shoot the puck with a normal amount of force.

- (a) A minor penalty shall be assessed for hooking an opponent.
- (b) A major plus game misconduct penalty shall be assessed to any player who recklessly endangers an opponent as a result of hooking.
- (c) A match penalty for reckless endangerment may also be assessed for hooking.

Rule 624 Icing the Puck

(Note) For the purpose of this rule, the center line shall divide the rink in half and the point of last contact with the puck shall be used to determine whether a potential icing exists. Icing the puck shall have been completed the instant the puck has completely crossed the goal line.

- (a) When a player of a team shoots, bats with the hand or stick or deflects the puck from their own half of the ice completely beyond the goal line of the opposing team, play shall be stopped and a face-off shall take place at an end zone face-off spot in the defending zone of the offending team.

(Note) If a team ices the puck during a delayed whistle as a result of a foul committed by the opposing team, the ensuing face-off shall take place at a neutral zone face-off spot nearest the defending zone of the team icing the puck.

However, if the puck has entered the goal as a result of a legal action by the team shooting the puck, the goal shall be allowed.

- (b) Icing shall be nullified if any of the following conditions have been met:

- (1) **(For all Youth 15-Only and above, Girls 16U and above, High School and Adult classifications only)**

The offending team is short-handed (below the on-ice numerical strength of their opponent) when the puck is shot. The determination is made at the time the penalty expires and if the puck was shot prior to the penalty time

- expiration, regardless as to the position of the penalized player, no icing shall be called.
- (2) The puck is shot by an attacking player and rebounds off of the body or the stick of a defending player on their defensive half of the center red line.
 - (3) The puck travels the length of the ice as a result of either player participating in a face-off.
 - (4) The puck touches any part, including stick, skates or body, of an opposing player prior to crossing the goal line.
 - (5) If, in the opinion of the Linesperson, an opposing player – except the goalkeeper – has an opportunity to play the puck, and has not done so, prior to the puck crossing the goal line.
- (c) If the Officials shall have erred in calling an “icing the puck” infraction (regardless of whether either team is short-handed) a face-off shall occur at the center ice face-off spot.
- (d) Any unnecessary contact with an opponent who is attempting to play the puck in an obvious icing situation shall be penalized.

Rule 625 Interference

(Note) Interference is defined as when a player uses their body (“pick” or “block”) to impede the progress of an opponent (non-puck carrier) with no effort to play the puck, maintain normal foot speed or maintain an established skating lane.

- (a) A minor penalty shall be assessed for interference. This includes the following actions which shall be penalized under this rule:
- (1) Providing a protective screen and limiting the opportunity for an opposing player to apply pressure to a teammate in possession or control of the puck.
 - (2) Making no attempt to play the puck while facing-off and instead plays the body of the opponent.
 - (3) An attacking player who no longer has possession or control of the puck initiates contact with the defending player in an effort to obstruct their ability to play the puck or an opponent.
 - (4) A defending player who changes their skating lane or foot speed in an effort to play the body of an opponent who is no longer in control of the puck.
 - (5) Deliberately knocking the stick out of an opponent’s hand.

- (6) Preventing an opponent who has dropped their stick or any other piece of equipment from retrieving it.
 - (7) Shooting, throwing or directing any object (equipment, broken stick, etc.) that may be on the ice in the direction of an opponent in an attempt to distract them.
 - (8) Any player who makes physical contact, using their stick or body, in a manner that interferes with the movement of the goalkeeper, unless otherwise specified in the rules.
 - (9) Any player on the players' or penalty bench who interferes, in any manner, with the movement of the puck or any opponent on the ice while play is in progress.
- (b) A face-off shall be conducted at the nearest neutral zone face-off spot any time an attacking player stands, holds their stick, or skates through the goal crease provided the puck is in the attacking zone, the attacking team has possession of the puck and the goalkeeper is in contact with the crease.

No goal may be scored with an attacking player in the goal crease unless the puck has preceded the player(s) into the goal crease or the goalkeeper is out of the goal crease area.

However, if the attacking player has been physically interfered with by the actions of a defending player that causes them to be in the goal crease, play shall not be stopped and any legal goal scored shall be allowed.

(Note) The goal crease area shall include all the space outlined by the semi-circular crease lines (including crease lines) and extending vertically to the level of the top of the goal frame.

- (c) A minor penalty shall be assessed to a goalkeeper who intentionally leaves their stick, or any portion of their stick, in front of the goal.

A goal shall be awarded to the non-offending team if the puck shall hit the stick and prevent an obvious and imminent goal, regardless as to whether the goalkeeper is on the ice, in the act of leaving the ice or off the ice.

Rule 626 Interference by or with Spectators

- (a) Play shall be stopped and a last play face-off will occur if any objects are thrown onto the ice that interferes with the progress of the game.
- (b) Play shall be stopped and a last play face-off will occur any time a player is being physically interfered with by a spectator,

unless their team is in possession of the puck in which case play shall be stopped upon completion of the play.

(Note) The Referee shall report all incidents pertaining to this rule to the Proper Authorities who shall have full power to take further disciplinary action as deemed appropriate.

Rule 627 Kicking Opponent or Puck

(Note 1) Kicking is the action of a player deliberately using their skate(s) with a kicking motion to propel the puck or to contact an opponent.

(Note 2) A “push-off” with the skate is defined as the action where a player uses their skate(s) in a non-kicking motion to make contact with the opponent.

- (a) A major plus a game misconduct penalty shall be assessed to any player or goalkeeper who uses their skate to “push off” an opponent.
- (b) A match penalty shall be assessed to any player or goalkeeper who kicks, attempts to kick or recklessly endangers an opponent by kicking.
- (c) Kicking the puck shall be permitted provided the puck is not kicked by an attacking player and entered the goal either directly or after deflecting off any player including the goalkeeper.

However, the puck may not be played by the so called “kick shot,” which combines the use of the leg and foot driving the shaft and blade of the stick and producing a very dangerous shot.

For a violation of this rule, the referee shall blow their whistle signaling an immediate stoppage of play, and a face-off shall be conducted at the nearest face-off location. If the action occurs in the attacking zone, the face-off shall take place at one of the neutral zone face-off spots nearest the attacking blue line.

Rule 628 **Kneeing**

(Note) Kneeing is the act of a player leading with or extending their knee outwards for the purpose of making contact, or attempting to do so, with the opponent.

- (a) A minor **plus misconduct** penalty shall be assessed for kneeling an opponent.
- (b) A major plus a game misconduct penalty shall be assessed to any player who recklessly endangers an opponent as the result of kneeling.
- (c) A match penalty for reckless endangerment may also be assessed for kneeling.

Rule 629 **Leaving the Players' Bench or Penalty Bench**

- (a) A major plus a game misconduct penalty shall be assessed to any player who leaves the players' bench or the penalty bench during an altercation or for the purpose of starting an altercation. These penalties are in addition to any other penalties that may be assessed during the incident.

Substitutions made prior to the altercation shall not be penalized under this rule provided the players so substituting do not enter the altercation.

For purpose of this rule, an altercation is considered to be concluded when the referee enters the referee's crease or, in the absence of penalties, signals a face-off location.
- (b) No penalized player may leave the penalty bench except on the expiration of their penalty or at the end of a period.

A minor penalty shall be assessed to any player who leaves the penalty bench before the penalty has expired, unless it resulted from an error by the Penalty Timekeeper. In all situations, the player shall serve the remaining penalty time. If a Penalty Timekeeper error occurred, no additional minor penalty assessed.

(Note) In all cases where a penalized player has left the penalty bench prematurely, whether the result of Penalty Timekeeper error or not, the Penalty Timekeeper shall note the time and verbally alert the Officials who shall stop play when the offending team gains possession of the puck.

- (c) If a player illegally enters the game either from the players' bench or penalty bench (Timekeeper error or not), any goal that is scored by the offending team while they are illegally on the ice shall be disallowed. However, all penalties assessed to either team shall be served in the normal manner.

A penalty shot/optional minor penalty shall be awarded to the non-offending team any time a player who is on a breakaway (see Glossary) is interfered with, in any manner, by an opposing player who has illegally entered the game.

- (d) A bench minor penalty to the team, or a game misconduct penalty to the team official, or both, shall be assessed when any Team Official enters the ice surface after the start of the period and prior to its end without the permission of the Referee.

(Note) Any incident involving a Team Official entering the ice surface without permission during the course of a game shall be reported to the Proper Authorities for further disciplinary action.

- (e) Play shall be stopped and the face-off conducted at the last play face-off location any time a team starts play with fewer players than entitled to and the additional entering player is the first to play any puck coming from their defending zone, unless they have first made skate contact with their defending zone.

Rule 630 Offside

- (a) Offside occurs when players of an attacking team precede the puck into the attacking zone. The position of the player's skates and the position of the puck relative to the blue line are determining factors for an "offside" violation.

The position of the player's stick shall not be considered in all instances deciding offside. A player is considered "offside" when the player does not have skate contact with any part of the Neutral Zone or the blue line when the puck crosses the determining edge of the blue line.

(Note) The blue line is always considered to be part of the zone in which the puck is in. Therefore, when the puck is entering the attacking zone, the "determining edge" of the blue line shall be the edge closest to the attacking goal. Therefore, the determination as to whether an "offside" has occurred will only take place at the moment the puck has completely crossed the determining edge into the attacking zone. A player only needs

to have skate contact with one skate with the blue line to be considered “onside.”

- (b) A player who is actually in control of the puck prior to entering the attacking zone and precedes the puck into the zone is not considered “offside.”

Offside shall be waived if a player legally carries or passes the puck back into their own Defending Zone while a player of the opposing team is in the Defending Zone.

- (c) Any time the puck is carried into the attacking zone creating an offside play, play shall be stopped and a face-off conducted at the nearest neutral zone face-off spot.

Any time the puck was passed or shot into the attacking zone and creates an offside play, play will be stopped and the face-off will take place at the nearest last play face-off location where the pass or shot originated.

Any time, in the opinion of the official, a player has created an intentional offside play, play shall be stopped and a face-off conducted at the nearest end zone face-off spot in the defending zone of the offending team.

(Note) An intentional offside is one which is made for the purpose of deliberately securing an immediate stoppage of play or when an offside play is made under conditions where there is no effort made or possibility of completing a legal play.

- (d) **(For all Youth 15-Only levels and above, all Girls 16U levels and above, High School and Adult classifications only)** The

Official shall signal a delayed offside if an attacking player proceeds the puck into the Attacking Zone and the delayed offside will be nullified if:

- (1) The puck were to exit the attacking zone.
- (2) All attacking players are simultaneously clear of the attacking zone by making skate contact with the blue line, at the same instant.

If any of the following conditions are met, play shall be stopped and a face-off conducted according to sub-section (c) of this rule:

- (1) An attacking player touches the puck.
- (2) An attacking player attempts to gain possession of the puck or continues to apply pressure to the defending puck carrier.

- (e) If the official shall have erred in stopping play for an offside infraction, the face-off shall take place at the nearest neutral zone face-off spot to where play was stopped.

Rule 631 Puck Out of Bounds or Unplayable

- (a) Any time the puck goes outside the playing area, strikes any obstacles above the playing surface other than boards, or shielding, or becomes unplayable due to a defect in the playing rink, play shall be stopped and a last play face-off conducted.
- (b) Play shall be stopped immediately if the puck comes to rest in the netting on top of the goal frame.
 Play shall be stopped and deemed unplayable if the puck becomes lodged in the netting outside of either goal and neither team is able to dislodge the puck within three seconds.
- (c) Play shall not be stopped if the puck comes to rest on top of the boards surrounding the playing area and is legally played by a hand or stick or if the puck strikes an official anywhere on the rink.
- (d) If the puck is accidentally shot or deflected out of play, or onto the goal netting, a last play face-off will occur in the zone where the puck was shot or the deflection occurred.

Rule 632 Puck in Motion or Out of Sight

- (a) The puck must be kept in motion at all times and play shall not be stopped for a frozen puck (other than goalkeeper) unless a scramble takes place where a player falls on or is knocked down on the puck.

(Note) The Referee should be aware of all circumstances and may stop play along the boards to avoid any unnecessary contact surrounding the puck.

When a stoppage of play occurs, the face-off shall take place at the point where play was stopped according to the last play face-off rules.

- (b) A minor penalty for delay of game shall be assessed to any player who intentionally falls on the puck causing a stoppage of play.
 A minor penalty for delay of game shall be assessed to any player(s), including a goalkeeper, who holds or freezes the

puck along the boards or goal frame in any manner causing a stoppage of play.

- (c) Play shall be stopped immediately if a puck, other than the one officially in play, shall appear on the playing surface and interferes with the progress of the game.

Rule 633 Refusing to Start Play

- (a) With both teams on the ice, after the game has started, a team for any reason refuses to play after being ordered to do so by the Referee, the Referee shall warn the Captain and allow the team 15 seconds to resume play.

A bench minor penalty for delay of game shall be assessed to the offending team who still refuses to start play and if the same team refuses to continue play after a second warning, the Referee shall suspend the game and assess a match penalty to the responsible Team Official(s).

- (b) A bench minor penalty for delay of game shall be assessed to the offending team if prior to the start of the game or start of a period, one team fails to go onto the ice promptly when ordered to do so by the Referee.

A match penalty shall be assessed to the responsible Team Official(s), and the game suspended, if the same team fails to go onto the ice and start play within five minutes.

(Note) In any instance when this rule is applied, the Referee is required to report the incident to the Proper Authorities for further disciplinary action.

Rule 634 Slashing

(Note) Slashing is the act of a player swinging their stick at an opponent, whether contact is made, or not. Any forceful chop with the stick on an opponent's body or opponent's stick, on or near the opponent's hands, shall be considered slashing.

- (a) A minor penalty shall be assessed for slashing an opponent.
- (b) A major plus a game misconduct penalty shall be assessed to any player who recklessly endangers an opponent as a result of slashing.

(Note) Referees are instructed to penalize any player who swings their stick at any opposing player (whether or not

contact is made) or makes a wild swing at the puck with the intention of intimidating the opponent.

- (c) A match penalty for reckless endangerment may also be assessed for slashing.
- (d) Any player who swings their stick at another player in the course of an altercation shall be assessed a minor or major plus game misconduct or a match penalty. This is in addition to any other penalties that may be warranted under the fighting rule (Rule 615).
- (e) A minor penalty shall be assessed to any player who makes stick contact with an opposing goalkeeper while they are in their goal crease and who has covered or caught the puck, regardless of whether or not the Referee has stopped play.

Rule 635 Spearing

(Note) Spearing is the act of poking, stabbing, or attempting to poke or stab an opponent with the tip of the blade of the stick while holding the stick with one or both hands.

- (a) A major plus a game misconduct penalty shall be assessed for spearing an opponent.
- (b) A match penalty for reckless endangerment may also be assessed for spearing.

Rule 636 Start of Game and Time of Game/Time-Outs

- (a) The game shall start at the scheduled time with a face-off conducted at the center ice face-off spot. The maximum length of a game shall be three 20-minute periods with a 15-minute intermission, allowing for an ice resurface, between each period. Each period shall start promptly at the end of the intermission with a face-off conducted at the center ice face-off spot.
- (b) Three minutes prior to the start of the game and each period, each team shall be notified so they can return to the ice in time to start the game promptly at the conclusion of the intermission. It is recommended that the intermission time be placed on the game clock in an effort to keep teams and spectators informed.
Any team that has not returned to the ice, without proper justification, and is prepared to play at the conclusion of the

intermission shall, after a warning by the Official, be assessed a bench minor penalty for delay of game.

- (c) Prior to the start of the game, each team is provided an opportunity to warm-up (maximum of 20 minutes) on their half of the rink. The length of the warm-up time and decision to resurface the ice (15-minute intermission) or begin the game immediately shall be agreed upon by both teams or determined by the Proper Authorities prior to the game.

- (d) Each team shall defend the goal closest to its bench for the start of the game unless the benches are on the opposite side of the ice. Then the home team shall choose which end to defend. The teams shall switch ends for the start of each subsequent period.

The home team shall enter the ice surface first and if both teams are to leave the ice through a common exit, it is recommended that the team whose bench is closest to the exit shall leave the ice first.

- (e) If in the opinion of the Officials, conditions are more favorable at one end of the rink, the officials may have the teams change ends at the midway point of the third period and during each overtime period so each team has an equal opportunity to play with the advantage. This changing of ends should occur at the exact midpoint of the period.

If any unusual delay occurs in the first or second periods, the Officials may order the next regular intermission to be taken immediately. The remainder of the period will be completed upon the conclusion of the intermission with the teams defending the same goals. At the conclusion of that period, the teams will change ends and resume play for the next period without any delay.

If in the opinion of the officials, the playing conditions (such as ice conditions, broken boards/glass or weather) become unsatisfactory during the course of the game, the game may be suspended and the conditions reported to the Proper Authorities.

- (f) Each team is permitted one time-out of 60 seconds duration during the game whether in regulation play or overtime. For time curfew games, no time-outs shall be permitted.

Time-outs must be requested during a stoppage of play prior to the conclusion of the line change procedure. If a team were

to request to use their time-out during the same stoppage of play as their opponent, this request must be made prior to the conclusion of the first time-out.

Either team may use a time-out for the purpose of warming up their goalkeeper. However, no more than four pucks per team shall be allowed for this purpose.

Non-penalized skaters and goalkeepers may proceed to their respective players' bench during any time-out.

Rule 637 Throwing Stick/Object

- (a) A minor penalty shall be assessed to any player on the ice who shoots or throws any portion of their stick or any other object in the direction of the puck or to a teammate.

(Note) When a player discards the broken portion of a stick by tossing it to the side of the rink (and not over the boards) in such a way as will not interfere with play or an opposing player, no penalty shall be assessed.

However, a penalty shot/optional minor penalty shall be awarded to the non-offending team if a stick or any other object is shot or thrown at the puck in the offending team's defending zone. The Referee shall allow play to be completed and provided no goal is scored, the penalty shot/optional minor is awarded to the player who was in possession or last in possession of the puck. If the player fouled is not readily identified, the Captain of the non-offending team shall select the player to take the penalty shot from those players who were on the ice at the time the infraction occurred.

- (b) A penalty shot/optional minor penalty shall be awarded to the non-offending team any time any portion of a stick or other object is shot or thrown from the playing surface or team bench at an opponent during a breakaway. The Referee shall allow the immediate play to be completed and provided no goal is scored, the penalty shot/optional minor is awarded to the player who was in possession of the puck.

For the purpose of this rule a "breakaway" is defined as follows: A player who is in control of the puck (see Glossary), is beyond their defending blue line with no opponent between them and the goalkeeper.

A goal shall be awarded to the non-offending team if the goalkeeper has been removed from the ice and the stick or

other object is thrown or shot in the direction of the puck and prevents an obvious and imminent goal.

- (c) A misconduct penalty shall be assessed to any player who throws any portion of their stick or any other object outside of the playing area. A game misconduct penalty shall be assessed if done in protest of an official's decision or if thrown at or in the direction of a spectator.

Rule 638 Tied Games

- (a) If the score is tied at the end of three periods and the game must be played until there is a winner, the following is recommended:
 - (1) A 5-minute rest period will occur.
 - (2) A 10-minute period shall be played.
 - (3) Teams may play overtime with on-ice strength that cannot be reduced to fewer than three (3) skaters plus a goalkeeper. When penalties are being served that effects on-ice strength, player advantages will be played 5-4, 4-3 or 5-3 and players shall return to the ice at the normal expiration of their penalty. The proper on-ice strength will then be corrected at the first appropriate stoppage of play.
 - (4) The game will be completed once either team scores a goal (sudden victory) and that team shall be declared the winner. If no goal is scored, the same procedure shall be repeated.
- (b) Any overtime period shall be considered part of the game and all unexpired penalties shall remain in force.
- (c) A shoot-out may be used in addition to (or in lieu of) overtime to determine a winner of a game. All shoot-outs shall follow the procedures outlined in Rule 406(c) and (d). A player (or substitute player) who is serving a minor or misconduct penalty at the time of the shoot-out may not participate in the shoot-out.
- (d) If either team declines to participate in the necessary overtime period(s) or shoot-out, the game shall be declared a loss for that team.

(Note) Affiliates and Local Governing Bodies may make their own "determining a winner" rules including length and number of overtime periods, intermissions, and process of shoot-out rounds (multiple-round vs. single-round).

Rule 639 Tripping/Clipping/Leg Checking/Slew Footing

(Note 1) Tripping is the act of placing a stick, knee, foot, arm, hand or elbow in such a manner that causes their opponent to lose balance or fall.

(Note 2) Clipping is the act of deliberately leaving the feet or lowering the body for the purpose of making contact with the opponent at or below the knees.

(Note 3) Leg checking is the act of extending the leg from the front or from behind for the purpose of tripping the opponent.

(Note 4) Slew Footing is the act of a player using their leg or foot to knock or kick an opponent's feet from under them. This is done by pushing an opponent's upper body backward with an arm or elbow and at the same time using a forward motion of their leg causing the opponent to fall to the ice.

- (a) A minor penalty shall be assessed under this rule for any of the actions described above, except slew footing.

(Note) However, no penalty shall be assessed under this rule if, in the opinion of the Referee, the player was clearly hook-checking or poke-checking the puck for the purpose of gaining possession.

- (b) A major penalty plus a game misconduct penalty shall be assessed to any player who recklessly endangers an opponent as a result of tripping, clipping or leg checking.

The minimum penalty to be assessed for slew footing is a major plus game misconduct penalty.

- (c) A match penalty for reckless endangerment may also be assessed under this rule.

Rule 640 Unnecessary Roughness (Roughing)

(Note 1) Roughing shall be considered any act where a player uses unnecessary force to push or shove an opponent, or makes avoidable physical contact (non-body check) with an opponent, after the whistle.

(Note 2) Under this rule, a penalty for roughing should also be assessed to a player who uses their hands, arms or stick in a careless or reckless manner while delivering a check, or

delivers an avoidable body check to an opponent after the whistle or who is no longer in control of the puck. The onus is on the player delivering the check to avoid placing a vulnerable or defenseless opponent in danger of potential injury.

- (a) A minor or double minor penalty shall be assessed to any player who is deemed guilty of unnecessary roughness (roughing) as outlined in Note 1 above.

Any action warranting a major penalty under this rule shall be assessed under Rule 615 (Fighting).

(Note) The spirit and intent of this rule is to eliminate ALL unnecessary pushing and shoving between players after the whistle. USA Hockey is directing officials to strictly enforce rules pertaining to scrum situations. Special attention should be given to differentiate between the degree(s) of responsibility with an additional minor penalty being assessed to any player who instigates or continues these actions.

- (b) A minor penalty shall be assessed (except Adult Male Classifications) to any player who delivers an avoidable body check to an opponent who is no longer in control of the puck.
A player who has released a shot or pass is no longer considered to be in control of the puck. They are considered to be vulnerable or defenseless and are not eligible to be body checked.
- (c) A minor penalty shall be assessed to any player who makes avoidable physical contact with an opponent after the whistle.
- (d) A minor penalty shall be assessed to any player who delivers a body check with no effort to gain possession of the puck and the blade of the player's stick is above the knees.
- (e) A minor penalty shall be assessed to any player who delivers a body check to an opponent who is physically engaged for possession of the puck with one or more other players.

(Note) When two or more players are physically engaged for possession of the puck they are considered vulnerable or defenseless and are not eligible to be body checked.

- (f) A minor penalty shall be assessed to any goalkeeper who body checks an opponent.

- (g) A major plus a game misconduct penalty shall be assessed to any player who recklessly endangers an opponent as a result of any actions falling under Rule 640(b, c, d, e or f).
- (h) A match penalty for reckless endangerment may also be assessed under sub-sections (b), (c), (d), (e) or (f) of this rule.

APPENDIX I
**SUMMARY OF
PENALTIES**



The following summary of penalties is intended for general application of the rules. Specific situations may require different applications. All referenced rules should be consulted for exact language.

Minor Penalty

Personal Fouls

- 601(a) Unsportsmanlike Conduct
- 601(a.4) Shooting puck after whistle
- 613(e) Face-off interference
- 615(a) Instigator of fighting
- 615(e) Players not going to bench after warning during altercation
- 622(a) Holding
- 625(a) Interference
- 625(a.8) Interfering with goalkeeper in crease
- 625(a.9) Interference by player on bench
- 629(b) Leaving penalty bench prematurely
- 634(d) Stick contact with goalkeeper

Delay of Game, Player or Goalkeeper

- 304(e) Deliberately removing helmet/facemask
- 309(a,c) Adjusting clothing/equipment
- 610(a) Freezing puck along boards or net
- 610(b) Goalkeeper intentionally stops play
- 610(c) Batting/shooting puck out of rink
- 610(e) Deliberate goal displacement
- 610(h) Continued improper line change during stoppages
- 613(d) Second face-off violation, same team
- 614(a,c) Falling on puck
- 618(a) Picking up puck from ice
- 632(b) Freezing puck along boards

Goalkeeper Infractions

- 303(g) Wearing illegal equipment
- 406(c) Thrown stick during penalty shot
- 407(c) Participating in play across center line
- 605(c) Going to bench for stick at stoppage
- 610(g) Piling up obstacles in front of goal
- 610(g) Dropping puck onto goal netting
- 615(e) Leaving crease area during altercation
- 618(c) Holding puck more than three seconds

Stick and Equipment Violations

- 301(c) Playing with an illegal stick
- 301(c) Player playing with goalkeeper stick
- 301(e) Playing with more than one stick
- 304(a) Playing without helmet/facemask
- 304(b) Equipment not worn under uniform
- 605(a) Playing with a broken stick
- 605(b) Receiving an illegal stick
- 615(a) Dropping glove(s)/stick in altercation
- 637(a) Throwing a stick (non-Penalty Shot)

Bench Minor Penalty

- 203(a) Roster addition during game
- 204(b) Too many players on the ice
- 204(c) Illegal entry from penalty bench
- 205(b) Improper goalkeeper substitution
- 205(c) Goalkeeper to bench at stoppage
- 206(d) Injured/penalized player returns prematurely
- 301(c) Stick measurement legal
- 307(c) Equipment measurement (legal)
- 308(c) Use of electronic devices
- 601(b) Abuse of officials and other misconduct
- 610(h) Continued incorrect players on ice
- 633(a) Refusing to start play
- 633(b) Refusing to go on ice

Minor or Double Minor Penalty

- 640(a) Unnecessary roughness

Minor or Major (plus Game Misconduct Penalty)

604(c,d)	Body checking in Competitive Contact category
609(a,b)	Cross-checking
611(a,b)	Elbowing
621(a,b)	High-sticking
623(a,b)	Hooking
634(a,b)	Slashing
639(a,b)	Tripping/Clipping/Leg Checking
640(b,g)	Avoidable check (Late Hit)
640(c,g)	Avoidable contact after whistle
640(d,g)	Body check with no effort to gain possession of puck
640(e,g)	Body check delivered to opponent who is physically engaged
640(f,g)	Goalkeeper delivering body check

Minor plus Misconduct or Major plus Game Misconduct

603(a,b)	Boarding
607(a,b,c)	Charging
608(a,b)	Checking from behind
620(a,b)	Head Contact
628(a,b)	Kneeing

Major plus Game Misconduct

606(a)	Butt-ending
608(b)	Checking From Behind (head first)
615(a,b)	Fighting
619(a)	Head-butting
622(b)	Holding/grabbing facemask
627(a)	Push off opponent with skate
629(a)	Leaving Bench in Altercation
635(a)	Spearing
639(b)	Slew Footing

Minor, Double Minor or Major plus Game Misconduct

615(a)	Fighting (retaliation)
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Minor plus Misconduct Penalty

301(d)	Not surrendering stick for measurement
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Minor plus Game Misconduct Penalty

615(a)	Drop glove(s)/stick, instigate altercation
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Bench Minor or Game Misconduct or both

- 629(d) Team Official on ice without permission

Match Penalty Option

- 603(c) Boarding
604(e) Body checking in Competitive Contact category
606(b) Butt-ending
607(e) Charging
608(c) Checking from behind
609(c) Cross-checking
611(c) Elbowing
615(c) Deliberately removing helmet during altercation
619(b) Head-butting
620(c) Head Contact
621(c) High-sticking
622(c) Holding/grabbing facemask
623(c) Hooking
628(c) Kneeing
634(c) Slashing
635(b) Spearing
639(c) Tripping/Clipping/Leg Checking/Slew Footing
640(h) Avoidable check (Late Hit)
640(h) Avoidable contact after whistle
640(h) Body check with no effort to gain possession of puck
640(h) Body check delivered to opponent who is physically engaged
640(h) Goalkeeper delivering body check

Match Penalty (only)

- 305(b) Taped hand, cutting opponent
601(e.1) Applies physical force or attempts to inflict physical harm to a game official
601(e.2) Conduct critically detrimental to the game
601(e.3) Hateful/Discriminatory Language
602(a) Attempt to injure or recklessly endanger an opponent or team official
615(c) Removing helmet prior to or during an altercation
627(b) Kicking opponent
633(a,b) Suspended game—refusal to start play

Misconduct Penalty

- 304(c) Failure to wear helmet facemask in bench area
- 304(f) Mouthguard violation
- 304(g) Equipment violation (after warning)
- 305(b) Playing with cut palm on glove
- 308(a) Wearing prohibited equipment
- 406(d) Distraction during penalty shot
- 601(a) Persisting in unsportsmanlike conduct
- 601(c) Abuse of officials and other misconduct

Game Misconduct Penalty

- 401(b) Four penalties to same player in game
- 403(b) Second major penalty in same game
- 404(a) Second misconduct penalty during same game
- 601(a) Persisting in unsportsmanlike conduct
- 601(d) Abuse of officials and other misconduct
- 601(f) Alcohol, tobacco, smoking, vaping on bench
- 615(c) Improperly worn helmet removed during altercation
- 615(d) First to intervene in altercation
- 626(c) Player interference with spectator

Misconduct or Game Misconduct Penalty

- 637(c) Stick thrown out of playing area

Game Misconduct or Match Penalty

- 634(d) Swinging stick at opponent in altercation

Penalty Shot (only)

- 205(g) Deliberate illegal substitution
- 610(e) Goalkeeper deliberately displaces goal, no breakaway
- 610(f) Deliberate removal of helmet/facemask, breakaway
- 629(c) Illegal entry, breakaway
- 637(b) Thrown stick, breakaway

Penalty Shot or Awarded Goal

- 610(e) Deliberate goal displacement in scoring opportunity
- 614(b) Player falling on puck in crease
- 616(a,b) Fouled from behind on breakaway
- 618(a) Player picking up puck from crease
- 637(a,b) Stick thrown at puck in Defending Zone

Awarded Goal (only)

- 610(e) Deliberate goal displacement preventing a goal
- 625(c) Goalkeeper stick left in front of goal, preventing a goal

APPENDIX II

SUMMARY OF FACE-OFF LOCATIONS



Center Ice Spot

612(a)	Start of game and periods
612(a)	Goal scored
612(a), 205(a)	Premature goalkeeper substitution (normal)
612(b,g)	Last play face-off location – nearest spot
624(c)	Icing error by officials

Neutral Zone Spot

612(b.4)	Icing by non-offending team during delayed penalty
612(b.4)	Non-offending team causes stoppage of play during delayed penalty
612(c)	Stoppage by attacking player in Attacking Zone (unless puck out of play)
612(d)	Gathering of players
625(b)	Goal crease violation
627(c)	Kick-shot by attacking player in attacking zone
630(c)	Puck carried offside
630(e)	Offside error by officials
631(d)	Attacking team makes puck unplayable

End Zone Face-Off Spot

406(c)	Unsuccessful penalty shot attempt
409(a), 612(b)	Penalty assessed resulting in time on penalty clock – offending team creates stoppage
612(b)	Last play face-off between end spots and end boards
612(f)	Goal illegally scored off official
618(c)	Goalkeeper throws puck forward
621(d)	Puck played with high stick
624(a)	Icing
630(c)	Intentional offside

Last Play Face-Off *(Nearest face-off spot in same zone where play was stopped)*

(Note) No territorial advantage can be gained with neutral zone face-off.

205(a)	Premature goalkeeper substitution (exception)
612(b)	Fouls by players on both sides simultaneously
612(b)	General rule
618(a)	Hand pass
626(a,b)	Interference by or with spectators
627(c)	Kick-shot (not in attacking zone)
629(e)	Player entering from players' bench after face-off

SUMMARY OF FACE-OFF LOCATIONS

630(c)	Puck passed offside
631(a)	Puck out of play (off player or goal frame) or strikes overhead obstruction/rink defect
632(a)	Stalled puck between opposing players
632(a)	Puck out of sight of Referee

APPENDIX III

OFFICIAL SIGNALS



BOARDING

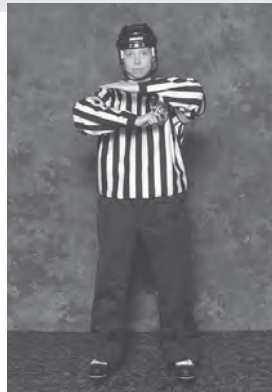
Striking the closed fist of the hand once into the open palm of the other hand.

**BODY CHECKING*****(Competitive Contact Categories)***

The palm of the non-whistle hand is brought across the body and placed on the opposite shoulder.

**BUTT-ENDING**

Moving the forearm, fist closed, under the forearm of the other hand held palm down.



CHARGING

Rotating clenched fists around one another in front of the chest.



CHECKING FROM BEHIND

Arm placed behind the back, elbow bent, forearm parallel to the ice surface.



CROSS-CHECKING

A forward motion with both fists clenched, extending from the chest.



DELAYED CALLING OF PENALTY

The non-whistle hand is extended straight above the head.

**DELAYED WHISTLE (SLOW WHISTLE)**

(Blue-Line Offside, Delayed Offside Classifications Only)

The non-whistle hand is extended straight above the head. If play returns to the Neutral Zone without stoppage, or as soon as the offending team clears the zone, the arm is drawn down.

**DELAYING THE GAME**

The non-whistle hand, palm open, is placed across the chest and then fully extended directly in front of the body.



ELBOWING

Tapping the elbow with the opposite hand.



FIGHTING (ROUGHING)

One punching motion to the side with the arm extending from the shoulder.



GOAL SCORED

A single point, with the non-whistle hand, directly at the goal in which the puck legally entered, while simultaneously blowing the whistle.

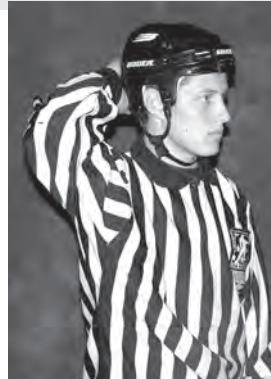


HAND PASS

The non-whistle hand (open hand) and arm are placed straight down alongside the body and swung forward and up once in an underhand motion.

**HEAD CONTACT**

Non-whistle hand placed palm inward on the back of the helmet.

**HIGH-STICKING**

Holding both fists clenched, one immediately above the other, at the side of the head.



HOLDING

Clasping the wrist of the whistle hand well in front of the chest.



HOLDING THE FACEMASK

Closed fist held in front of the face, palm in and pulled down in one straight motion.



HOOKING

A tugging motion with both arms, as if pulling something toward the stomach.



ICING

When the puck is shot or deflected in such a manner as to produce a possible icing situation, the back linesperson will signal to their partner by raising their non-whistle hand over their head (same as Slow Whistle). The instant that the conditions required to establish “icing the puck” have occurred, the front linesperson will blow their whistle to stop play and raise their non-whistle hand (same as Slow Whistle). The back linesperson will give the icing signal by folding their arms across their chest.

**INTERFERENCE**

Crossed arms stationary in front of the chest with fists closed.



KNEEING

A single tap of the right knee with the right hand, keeping both skates on the ice.



MATCH PENALTY

Tap open palm of the hand on top of the head.



MISCONDUCT

Placing of both the hands on hips one time.



PENALTY SHOT

Arms crossed (fists clenched) above the head.

**SLASHING**

One chop of the hand across the straightened forearm of the other hand.

**SPEARING**

A single jabbing motion with both hands together, thrust forward from in front of the chest, then dropping hands to the side.



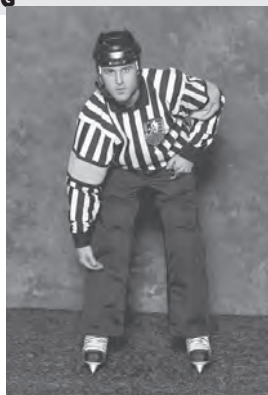
TIME-OUT OR UNSPORTSMANLIKE CONDUCT

Using both hands to form a “T.”



TRIPPING/CLIPPING/LEG CHECKING/SLEW FOOTING

Strike the side of the knee and follow through once, keeping the head up and both skates on the ice.



“WASHOUT”

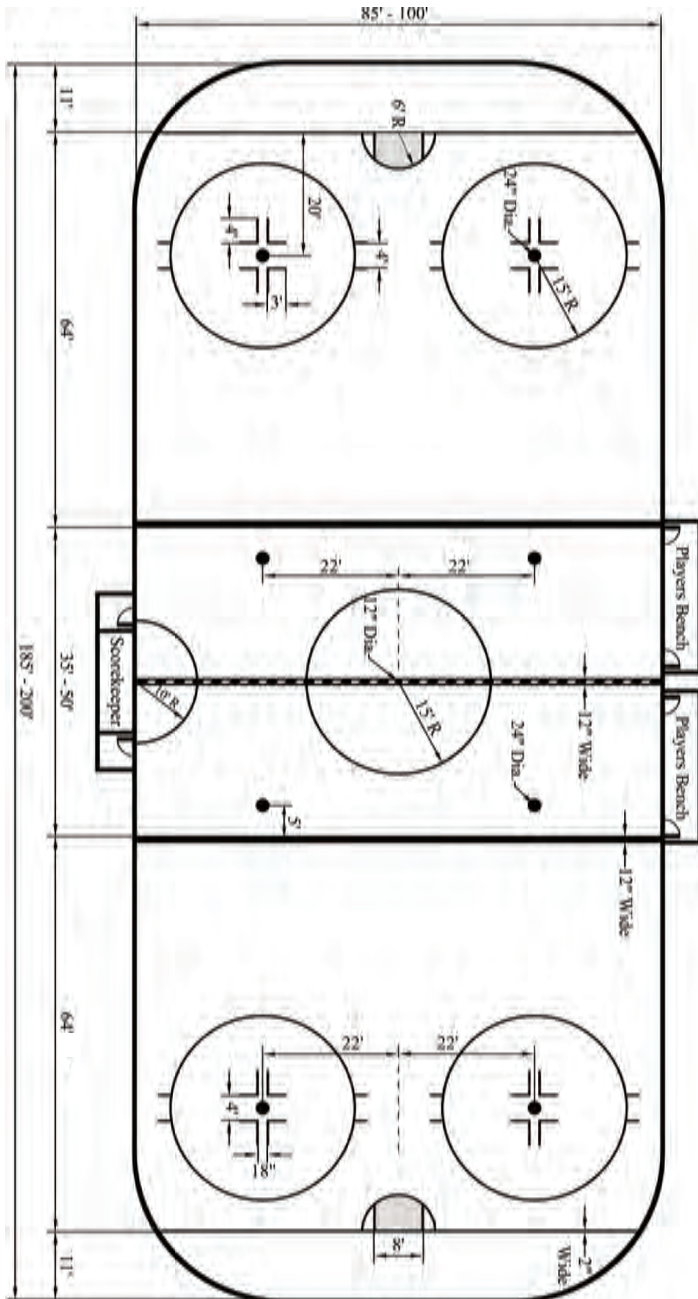
Both arms swung laterally across the body at shoulder level with palms down.

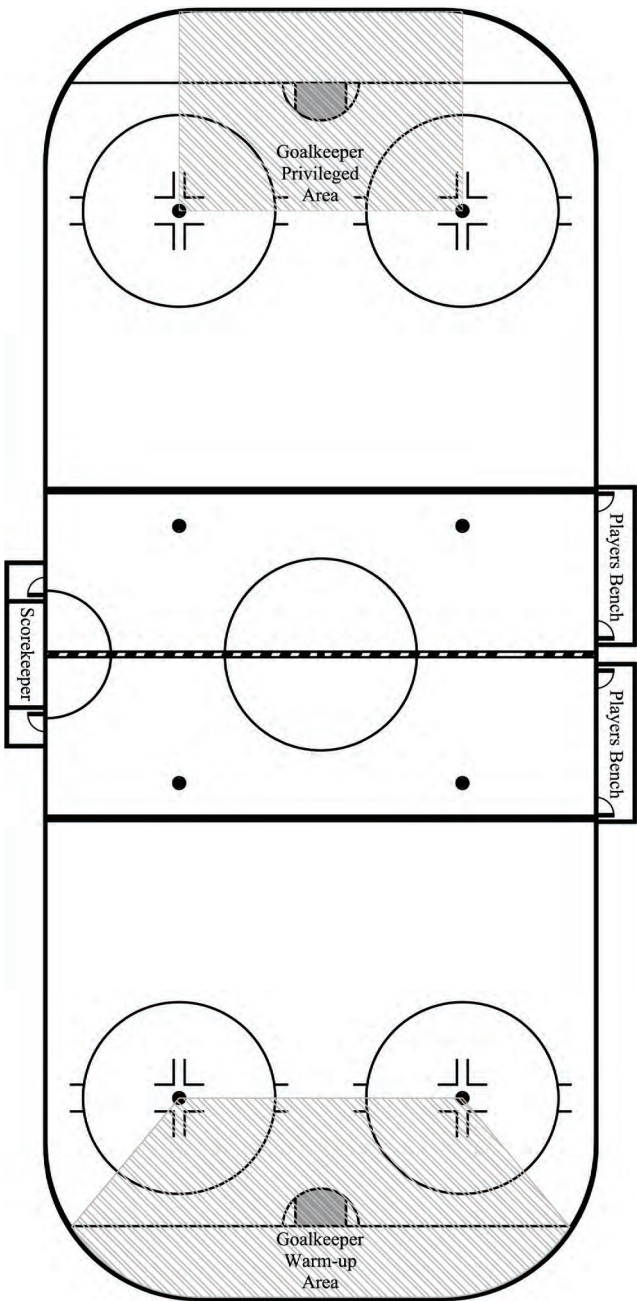
- 1) When used by the Referee, it means no goal or violation so play shall continue.
- 2) When used by the Linespersons, it means there is no icing, offside, hand pass or high sticking violation.



APPENDIX IV
OFFICIAL RINK
DIAGRAMS

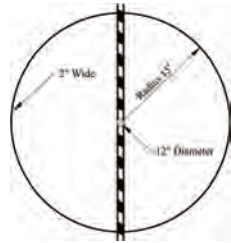




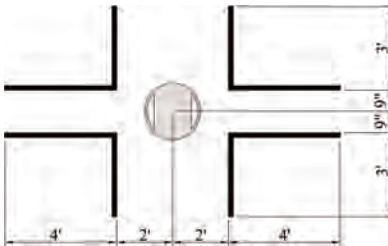




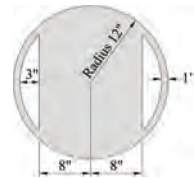
END ZONE FACE-OFF SPOT
AND CIRCLE DETAIL



CENTER ICE FACE-OFF SPOT
AND CIRCLE DETAIL



FACE-OFF CONFIGURATION



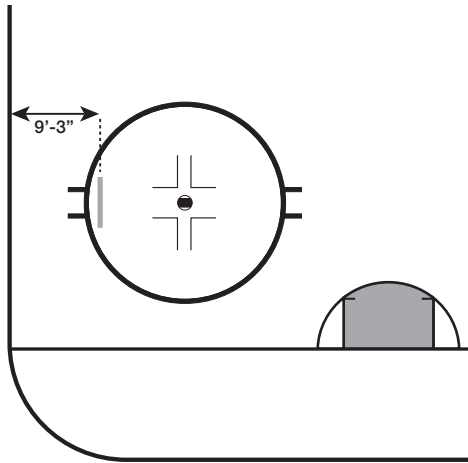
END ZONE AND NEUTRAL ZONE
FACE-OFF SPOTS



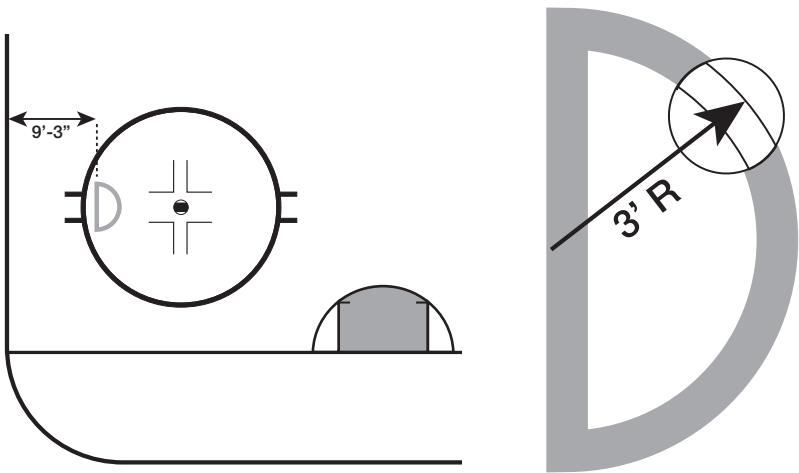
GOAL CREASE DETAIL



REFEREE CREASE DETAIL



RECOMMENDED CROSS-ICE GOAL LINE



RECOMMENDED CROSS-ICE GOAL CREASE

APPENDIX V

GLOSSARY



Act of Playing Goal

Any action by the goalkeeper that prevents the puck from entering the goal, or prevents an immediate scoring opportunity within the goalkeeper's privileged area.

Age Classifications

The following Youth and Girls'/Women age classifications have been established for all teams registered with USA Hockey.

Youth Teams: 8 & under, 10 & under, 12 & under, 14 & under, 15 only (Tier I National Bound teams only), 16 & under and 18 & under.

Girls'/Women Teams: 8 & under, 10 & under, 12 & under, 14 & under, 16 & under and 19 & under.

(Note 1) Girls'/Women playing on a Youth team must conform to the Youth age classification.

(Note 2) High School age classification is governed under the same playing rules as the Youth 18 & under age classification.

(Note 3) Adult classifications shall include Adult non-check, Adult U.S., Adult Elite and Adult Women, and shall be governed by these rules, except where otherwise noted.

Altercation

Any physical interaction between two or more opposing players resulting in a penalty or penalties being assessed. An altercation will generally occur at a stoppage of play (not within the normal process of playing the puck) and includes the gathering of two or more opposing players and requires action to be taken by the on-ice officials to separate players.

Angling

A legal defensive skill used to direct/control the puck carrier to an area that closes the gap and/or creates an opening that is too small for the puck carrier to advance.

Body Checking

A body check represents intentional physical contact from the front, diagonally from the front or straight from the side, by a skater to an opponent who is in control of the puck. The opposing player's objective must be an attempt to gain possession of the puck with a body check and NOT to punish or intimidate an opponent.

Body checking must be done only with the trunk of the body (hips and shoulders) and must be above the opponent's knees and

at or below the shoulders. The use of the hands, forearm, stick or elbow in delivering a body check is unacceptable and not within the guidelines of a legal body check.

The primary focus of a body check must be an attempt to gain possession of the puck. Proper body checking technique starts with stick on puck, therefore the stick blade of the player delivering the check must be below the knees.

USA Hockey reminds coaches and players that these requirements are the responsibility of the player delivering the body check. Under no circumstances is it acceptable to deliver a body check to a vulnerable or defenseless opponent, an opponent who is not in control of the puck or to use the hands, stick, forearm or elbow in delivering a check to an opponent.

Breakaway

A condition whereby a player is in control of the puck with no opposition between the player and the opposing goal, with a reasonable scoring opportunity.

Coach

A Coach is a person primarily responsible for directing and guiding the play of their team. Along with the Manager, they are responsible for the conduct of their team's players before, during and after a game.

Coincident Penalty

A penalty of equal type (e.g., minor or major) assessed during the same stoppage of play, and for which neither team is reduced in on-ice numerical strength. A coincident penalty never causes either team to be "short-handed" for purposes of penalty termination if a goal is scored.

Collision

Occurs when players maintain their established position on the ice. A player shall not be penalized if the intention is to play the puck and in so doing collides with an opponent. No player is required to move out of the way of an oncoming player to avoid contact.

Competitive Contact

Contact that occurs between two or more skaters who are in the immediate vicinity of the puck and who are in the normal process of playing the puck. These skaters are reasonably allowed to lean into each other provided possession of the puck remains the sole objective of the contact.

Competitive contact is encouraged in all age classifications of play within USA Hockey and provides the foundation for the skills necessary to advance to Body Checking classifications. Acceptable examples of competitive contact include angling, physical engagement and collisions.

Contact with the Puck

The last skater or goalkeeper to have touched the puck (puck touch). This includes a puck that is deflected off a player or any part of their equipment.

A player considered to be in “contact with the puck” is NOT eligible to be body checked and/or engage in competitive contact.

Control of the Puck

The skater or goalkeeper that, in the opinion of the official, has “possession of the puck” and is guiding the puck in any desired direction. “Contact with the puck” is not considered “control of the puck.” A player in “possession of the puck” may also immediately establish “control of the puck.”

A skater considered to be in “control of the puck” is eligible to be body checked and/or engage in competitive contact.

(Note) This includes using the stick, skates or hands in directing the puck with purpose and will allow the player to maintain extended possession. It does not require the player to be in immediate contact with the puck (i.e. the puck does not need to be touching the stick to be considered in “control of the puck”).

Creases

Goalkeeper’s Crease – Areas marked on the ice in front of each goal designed to protect the goalkeepers from interference by attacking players.

Delayed Offside

A situation where an attacking player has preceded the puck across the attacking blue line, but the defending team has gained possession of the puck and is in a position to bring the puck out of their Defending Zone without any delay or contact with an attacking player.

Deflecting the Puck

The action of the puck contacting any person or object, causing it to change direction. (“Contact with the puck”).

Directing the Puck

The act of intentionally moving or positioning the body, skate or stick so as to change the course of the puck in a desired direction. (Establishing “possession of the puck”).

Face-Off

The face-off is an action of an official dropping the puck between the sticks of two opposing players to start play. The face-off procedure begins when the Official indicates its proper location and the officials are in their appropriate positions. The face-off commences with the dropping of the puck.

Game Suspension(s)

When a player, Coach or Manager receives a game suspension(s), they shall not be eligible to participate in the next game(s) that was already on the schedule of their team at the time of the incident.

Goalkeeper

The Goalkeeper is designated by the team and is permitted special equipment, for protection, and privileges for the purpose of playing the puck.

Goalkeeper’s Privileged Area

The area outlined by connecting the end zone face-off spots with an imaginary line and imaginary lines perpendicular to the end boards (see rink diagram).

Goalkeeper’s Warm-Up Area

The area including the Goalkeeper’s Privileged Area extended to include the area formed by a line from each end zone face-off spot to where the goal line meets the side boards (see rink diagram).

HECC

The Hockey Equipment Certification Council is an independent organization responsible for the performance standards for ice hockey equipment.

Injury Potential Penalties

Injury Potential Penalties include Boarding, Body Checking (Body Contact Classifications), Butt-Ending, Charging, Checking from Behind, Cross-Checking, Elbowing, Head-Butting, Head Contact, High Sticking, Holding the Facemask, Kicking, Kneeing, Roughing, Slashing and Spearing. The linesperson is required to report these infractions to the referee following the next stoppage of play that may have occurred and were unobserved by the referee.

Last Play Face-Off

The location at which the puck was last legally played by a player or goalkeeper immediately prior to a stoppage of play.

Late Body Check

A late check is when a player delivering the check has an opportunity to avoid contact, or minimize contact, once they realize the opponent no longer has control of the puck.

The concept of “finishing the check” is an unacceptable action as it is one that is meant to intimidate or punish the opponent with no intent, or possibility, to gain possession of the puck. The responsibility is on the player delivering the check to avoid forceful contact (minimize impact) to a vulnerable or defenseless player who is no longer in control of the puck.

Line Change Procedure

The player substitution process during all stoppages where the visiting team must immediately complete any player changes within five seconds. After five seconds, the referee will raise their arm to stop any further visiting player changes. The Home Team shall then have five seconds to complete any player changes, after which the referee shall lower their arm. At this time, no further player changes may be made until play has resumed or a penalty has been assessed prior to face-off.

If the home team opts to change players during the visiting team player change, they shall not be given any extra opportunity to change players once they complete their change.

Off-Ice Official

Off-Ice Officials are those appointed to assist in the conduct of the game and may include the Official Scorer, Game Timekeeper, Penalty Timekeeper and the two Goal Judges. The Referee has general supervision of the game and full control of the game officials. In the case of any dispute the Referee's decision shall be final.

Penalty

A penalty is the result of an infraction of the rules by a player or team personnel. It usually involves the removal from the game of the offending player or team personnel for a specified period of time. If the penalty is on the team in possession of the puck the whistle blows immediately. If the penalty is not on the team in possession of the puck, the Referee indicates a delayed penalty and does not blow the whistle until the offending team gains possession of the puck. In some cases the penalty may be the awarding of a penalty shot or the actual awarding of a goal.

Physical Engagement

Two players who are in pursuit of the puck are allowed to use competitive contact provided that possession of the puck remains the sole objective of the two players. This includes opposing players competing for the puck in front of the goal or along the boards.

Possession of the Puck

Placing your stick on the puck in an effort to establish control or to deliberately direct the puck with any part of the body. The last player to have intentionally played the puck is considered to have "possession of the puck." A player may be in "possession of the puck" without establishing "control of the puck." However, a player must first gain "possession of the puck" prior to being considered in "control of the puck."

A player considered to be in "possession of the puck" is NOT eligible to be body checked and/or engage in competitive contact.

A skater attempts to gain "possession of the puck" by using the stick, and then body, in an effort to establish "control of the puck" or prevent an opponent from maintaining or gaining "control of the puck."

A skater considered to be "attempting to gain possession of the puck" is eligible to body check an opponent in "control of the puck" and/or engage in competitive contact.

Proper Authorities (Proper Disciplinary Authority)

The governing body of the team or teams involved, as determined by the Affiliate, except:

- (1) In USA Hockey-Sanctioned Tournaments and Play-Offs, the body shall be the Discipline Committee of the Tournament or Play-Off.
- (2) In matters relating to assault of an official, the body shall be the Affiliate Association of that team.

Protective Equipment

Equipment worn by players for the sole purposes of safety and protection from injury. All equipment must be manufactured for ice hockey and worn in the manner intended.

Recklessly Endangers (Reckless Endangerment)

Engaging in conduct, without regard to the consequences, which creates a substantial risk of serious physical injury to an opponent.

Short-Handed

Short-handed means that a team is below the numerical strength of its opponents on the ice. When a goal is scored against a short-handed team, the first non-coincidental minor or bench minor penalty (minor penalty with least amount of time remaining) terminates automatically.

Substitute Goalkeeper

The substitute goalkeeper is designated on the official game score sheet, but is not participating in the game. The substitute must be fully dressed and equipped and ready to play. A substitute goalkeeper may only participate in the game as a goalkeeper.

Team Official

A Team Official is any non-playing person not in uniform on the players' bench. All such persons must be registered in the current season as a Coach with USA Hockey, and must comply with coaching education requirements for the appropriate certification level as required by the USA Hockey Coaching Education Program. One such person must be designated as the Head Coach.

Temporary Goalkeeper

A player not designated as a goalkeeper on the official scoresheet who assumes that position when no designated goalkeeper is able to participate in the game. They are governed by goalkeeper privileges and limitations and must return as a "skater" when a designated goalkeeper becomes available to participate in the game.

Time-Out (Curfew Definition)

A curfew game is one in which the game must end by a certain time of day. Both teams must be notified of the curfew time prior to the start of the game.

Vulnerable or Defenseless

A skater is considered to be in a vulnerable or defenseless position when they are unaware, unprepared or unsuspecting of an impending body check and/or competitive contact.

APPENDIX VI

**OFFICIAL PLAYING
RULES FOR THE
DISABLED HOCKEY
DISCIPLINES**

Blind Hockey
Deaf/Hard of Hearing Hockey
Sled Hockey
Special Hockey
Standing Amputee Hockey
Warrior Hockey

This appendix supplements the Official Rules of Ice Hockey, which govern play within all Disabled Hockey disciplines except for the variations stated herein.



INTRODUCTION

USA Hockey's Disabled Disciplines provide playing opportunities regardless of disability. They foster an inclusive community and drive social change.

There are currently six disciplines recognized and supported by USA Hockey. These disciplines include:

- Blind Hockey
- Deaf/Hard of Hearing Hockey
- Sled Hockey
- Special Hockey
- Standing Amputee Hockey
- Warrior Hockey

This appendix supplements the Official Rules of Ice Hockey, which govern play within all Disabled Hockey disciplines except for the variations stated herein.

BLIND HOCKEY

PREFACE

Blind Ice Hockey is like traditional ice hockey, with only a few adaptations to make the game accessible to players who are blind or visually impaired. The most significant adaptation is the puck, which makes noise and is larger and slower than a traditional hockey puck.

The following are the official rules of Blind Hockey, which shall be in effect for all games played at a USA Hockey-sanctioned event, except for any best-on-best international games played as part of a USA Hockey-sanctioned event. These games shall be played according to the international rules of competitive Blind Hockey, which includes the 14-point on-ice visual impairment rule.

ELIGIBILITY

The sport of Blind Hockey is played by athletes who are blind or visually impaired. Interested participants must meet the criteria of one of the three International Blind Sports Federation (IBSA) classifications or the United States Association of Blind Athletes (USABA) Recognized Low Vision Classification of B4. The criteria for each classification are below.

- **IBSA Class B1:** There is no light perception in either eye up to light perception, but they are unable to recognize the shape of a hand at any distance or in any direction.

- **IBSA Class B2:** From the ability to recognize the shape of a hand up to visual acuity of 20/600 and/or a visual field of less than 5 degrees in the best eye with the best practical eye correction.
- **IBSA Class B3:** From visual acuity above 20/600 and up to visual acuity of 20/200 and/or a visual field of less than 20 degrees and more than 5 degrees in the best eye with the best practical eye correction.
- **USABA Recognized Low Vision Class B4:** From visual acuity above 20/200 and up to visual acuity of 20/70 and a visual field larger than 20 degrees in the best eye with the best practical eye correction.

RINK

All Blind Hockey games shall be played on a regulation-sized ice hockey rink.

The official regulation-sized net for Blind Hockey shall be three (3) feet in height by six (6) feet in width. A net modification tool may be used if a regulation-sized net is unavailable.

EQUIPMENT/UNIFORMS

Blind Hockey Puck

An adaptive puck that creates unique sounds and is larger than a regulation hockey puck will be used. USA Hockey-approved official Blind Hockey puck specifications are currently:

- **Material:** 22-gauge steel
- **Construction:** Hollow
- **Color:** Black
- **Contains:** 8 ball bearings
- **Diameter:** 5 ½ inches / 14 centimeters
- **Height:** 1 7/8 inches / 4.8 cm
- **Weight:** 7.76 ounces / 220 grams

Uniforms

White jerseys and socks are prohibited in Blind Hockey, as they do not contrast well against the white ice and boards and are difficult for visually impaired players to see. The home team shall wear a dark-colored uniform, while the visiting team will wear a brightly colored jersey, such as bright yellow or orange, to ensure maximum contrast.

Goalkeeper Blindfolds

Goalkeepers shall wear a blindfold under their helmets while participating in the game.

Protective Equipment

All players (including goalkeepers) must properly wear full protective equipment, including a HECC-certified full facemask, as required by Rule 304 of the Official Rules of Ice Hockey.

A player who participates in play without all the required equipment shall be assessed a minor penalty for Delay of Game and will not be permitted to participate until any illegal or missing equipment is replaced. The offending player may be unable to serve the penalty until they wear the proper equipment.

The standard equipment violation shall apply—the team is issued a warning, followed by misconduct.

Pass Whistle

All game officials shall carry an electronic whistle as an auditory signal once the One Pass Rule (see below) has been completed. The official Pass Whistle of Blind Hockey is the Fox 40 Electronic Whistle on setting three (3).

TEAM

A Blind Hockey game is played with five skaters and a goalkeeper on the ice for each team. The team game rosters shall follow the rules outlined in Rules 201, 202, and 203 of the Official Rules of Ice Hockey.

Rosters can comprise all youth-aged players (players under 18), all adult-aged players (18 and older), or mixed youth and adult-aged players.

PLAYING RULES/PENALTIES

Unless specified or modified herein, the USA Hockey Official Rules of Ice Hockey will be in effect, with the exceptions listed below.

- Goal creases include the two-inch red line describing an arc with a radius of six feet from the center of the goal line.
- Immediate icing during all games, with play stopped immediately once the puck completely crosses the goal line.
- Tag-up offsides are used.

Body Checking

Body checking is prohibited during all Blind Hockey games. Body checking shall be penalized under the guidelines within Rule 604 in the Official Rules of Ice Hockey.

Defensive Crease Violation

No defending player may enter their defending goal crease. The referee shall warn the defensive players to exit the crease during

play. However, if a defensive player blocks a shot while in their goal crease, they shall be assessed a minor penalty for a defensive crease violation. If the defending player does not exit the goal crease, the play is stopped for a Defensive Crease violation, and the ensuing face-off shall occur in the defending team's end zone.

If the referee determines that a defending player pushed an attacking player into the goal crease, play shall be stopped for a Defensive Crease Violation, and the ensuing face-off shall be located in the defending team's end zone.

If an attacking player scores while positioned in the goal crease due to the actions of a defending player, the goal shall be awarded.

The attacking team may not intentionally enter the goal crease to stop play while the defending team has control of the puck. This will result in a neutral zone face-off.

Defending Different Ends

Teams will remain at the same end of the rink adjacent to their team bench for each period unless the referee determines that conditions at one end of the rink are more favorable. If teams need to switch ends during the second period, they must also switch team benches to assist with line changes.

Goalkeeper Freezing the Puck

As the goalkeeper is blind (and blindfolded), and the puck does not make noise while not moving, the goalkeeper does not have to gain control of the puck to cause a stoppage of play after making a save so long as it stops in the crease. After the goalkeeper makes a save, play shall be stopped. When the referee determines that the puck is no longer moving, the puck shall be deemed frozen. However, if the goalkeeper makes a save and the puck is moving within the crease, play shall continue, and the attacking team may score, provided their skates remain outside the crease. If the puck stops in the crease but the goalkeeper does not make a save (e.g. rebound off the goal post or is pushed in by a player), the play shall continue.

Goalkeeper Interference

An attacking player who makes contact with the opposing goalkeeper positioned within the goal crease with any part of their body or stick shall automatically be assessed a penalty for Goalkeeper Interference.

Illegal Goaltending

Goalkeepers must be in a standing position before each face-off during the game and must return to a standing position each time

the puck exits the defending zone. A goalkeeper who deliberately remains on their knees or lies on their side during the face-off shall receive a minor penalty for Illegal Goaltending.

Illegal Noise

Blind hockey players, especially goalkeepers, rely on their ability to hear the puck during play. It is the referee's discretion to determine if anyone on a team bench is being disruptive and interfering with play. After a team warning, a bench minor penalty shall be assessed if disruption persists.

Illegal Stick Tap

Players may only tap their sticks on the ice in the attacking zone. This allows teammates to communicate effectively via stick-tap with certainty that a teammate indicates their location even if they cannot see them. A player deemed stick-tapping in their defensive or neutral zones will be assessed a minor penalty for unsportsmanlike conduct.

Offensive Crease Violation

The goalkeeper is the only player permitted in the goal crease. Other players may place their sticks in the crease, but no part of their bodies or skates are permitted. If an attacking player enters the crease, even if they have possession of the puck, play shall be stopped for an Offensive Crease Violation, and the ensuing face-off shall be located at the nearest neutral zone face-off spot. If an attacking player enters the crease before putting the puck in the net, the goal shall be disallowed as the Offensive Crease Violation occurred first.

One Pass Rule

To give low-vision and completely blind players the best chance to track the puck, teams must complete One Pass after entering the attacking zone before being eligible to score.

A "One Pass" shall be considered completed when an attacking player deliberately moves the puck either with their stick or skate, and the next player to touch the puck is a teammate, without a defending player having any contact with the puck in between.

The referee will signal that the One Pass rule has been completed by using an electronic Pass Whistle (see above) that emits a different sound than the usual whistle for a minimum of five (5) seconds.

Once the One Pass has been completed, the attacking team may try to score until the puck exits the attacking zone or there is a stoppage in play. If the puck exits the attacking zone or there is a

stoppage in play, the attacking team must complete One Pass before attempting to score.

Own Goals

Due to the One Pass rule, there are several situations where the puck may end up in the net due to actions of the defending team, which have different results depending on the play:

- If the One Pass rule has been completed, the goal shall be awarded no matter what the defending team does to cause the puck to enter the net.
- If the One Pass rule has not been completed, and the defending team accidentally deflects the puck into their own net, the goal shall be disallowed.
- If the One Pass rule has not been completed, and the referee determines the defending team directs the puck into their own net by a deliberate act while controlling the puck, the goal shall be awarded.

⇒ Situation 1

After the One Pass rule has been completed, a defending player attempts a pass up the middle of the ice, and the puck hits any player's skate or shin pad and ends up in the net. A goal shall be awarded.

⇒ Situation 2

The One Pass rule has not been completed, and the attacking forward shoots the puck, which deflects off a defending player's shin pad or stick and into the net. The goal shall be disallowed.

⇒ Situation 3

The One Pass rule has been completed, and the attacking forward shoots the puck, which deflects off a defending player's shin pad or stick and into the net. A goal shall be awarded.

No Pass Goal or Save

If a team attempts to score without completing the required One Pass, which results in the puck entering the net or the goalkeeper or motionless puck stopping play, the ensuing face-off will occur at the nearest neutral zone face-off spot.

If a team attempts to score without completing the required One Pass and the goalkeeper makes a save, resulting in the puck returning into play, play shall be allowed to continue, but the referee will alert the attacking team by verbalizing, “NO PASS, NO PASS.”

⇒ Situation 1

An attacking player attempts a pass to their teammate, and the puck touches a defending player's stick or body and continues to the intended teammate anyway. The One Pass rule has not been completed.

⇒ Situation 2

An attacking player crosses the attacking blue line and dumps the puck into the end zone, and the next player to touch the puck is their teammate five seconds later. The One Pass rule has been completed (there is no time limit to completing a pass).

Penalty Shot/Optional Minor

A penalty shot or optional minor penalty may only be awarded if the attacking team has completed the One Pass rule. In the event a defending player commits an infraction that would usually result in a penalty shot but has not completed the One Pass rule, a minor penalty shall be assessed to the offending player.

Goalkeeper Substitution

There are two situations where the goalkeeper may be substituted and replaced with an extra skater:

1. During a delayed penalty situation, the non-offending team may add an extra skater while their goalkeeper remains on the ice. This extra skater can remain on the ice until the next stoppage of play when the penalty is assessed.
2. If a team decides to substitute the goalkeeper for an extra skater at any point during the game other than during a delayed penalty, the substitution must occur during a stoppage in play. Should a goalkeeper attempt to skate off the ice during play, play shall be stopped, and the goalkeeper shall be assessed a minor penalty for delay-of-game.

Slap Shots

Slap Shots are prohibited in Blind Hockey. During the act of shooting, a player may raise their stick so that it is parallel with their hip at maximum. A minor penalty for a slapshot would result. A stoppage of play shall occur, and the ensuing face-off shall be held in the defensive team's zone.

Tie-Breaking Shots Procedure

The IIHF Tie-Breaking Shots procedure will apply as listed herein for elimination games:

Note: During tie-breaking shots, the referee must communicate with each goalkeeper before each shot to confirm they are facing the next shot before allowing a shot attempt and must blow their whistle to start each attempt to let the goalkeeper know the puck is in play.

- Shots will be taken at both ends of the ice surface.
- The procedure will begin with five (5) different shooters from each team taking alternate shots. The shooters do not need to be named beforehand. All players from both teams listed on the official game sheet will be eligible to participate in the shootout except for any player whose penalty was not completed when the third or overtime period ended. That player must remain in the penalty box. Players serving penalties assessed during the shootout must remain in the penalty box or team dressing room until the end of the shootout procedure.
- The home team can select whether to shoot first or second.
- The goalkeepers shall defend the same goal as in the previous period and remain in the goal when their team takes a shot.
- The goalkeepers from each team may be changed after each shot.
- The puck shall then be placed on the center-ice face-off spot and the player taking the shot will, on the instruction of the referee, by blowing their whistle, 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. No goal can be scored on a rebound of any kind (an exception being the puck off the goal post or crossbar, then the goalkeeper, and then directly into the goal), and any time the puck crosses the goal line or comes to a complete stop, the shot shall be considered complete.
- The players of both teams will take the shots alternately until a decisive goal is scored. The remaining shots will not be taken. If the score is still tied after each team takes all shots, the

procedure shall continue with a “tiebreak shoot-out,” using the same or new players.

- The team that shot second in the first five shots will start first in the “tie-break shots.” The game shall be finished as soon as a duel of two players brings the decisive result. The same player can be used for each shot by a team in the “tie-break shoot-out.”
- The Official Scorekeeper will record all shots taken, indicating the players and goals scored. Only the decisive goal will count in the result of the game. It shall be credited to the team that scored the goal and charged against the team that was scored upon.
- If a team declines to participate in the shootout, the game will be declared as a loss for that team.
- If a player declines to take a shot, it will be declared “no score” for their team.

OFFICIALS

USA Hockey-certified referees are to officiate all games utilizing the USA Hockey two or three official system. These referees utilize two whistles during each game: a typical finger whistle and an electronic Pass Whistle. The official Pass Whistle of Blind Hockey is the Fox 40 Electronic Whistle on setting three (3).

DEAF/HARD OF HEARING HOCKEY

PREFACE

Deaf/Hard of Hearing Hockey is for individuals diagnosed with hearing loss. It is played according to the USA Hockey Official Rules of Ice Hockey with the following modifications. Instruction is based on the player’s ability to communicate with coaches using American Sign Language, lip reading, hearing aids, or cochlear implants. Interpreters may be used as needed and are welcome on the bench. Lighting and vibration systems may also be used as teaching aids.

ELIGIBILITY

National team eligibility requires that a player has at least a 55-decibel hearing loss in their better hearing ear. All other players need to be diagnosed with some hearing loss to participate.

RINK

All Deaf/Hard of Hearing Hockey games are played on a regulation-sized ice hockey rink.

EQUIPMENT/UNIFORMS

All players must wear full protective equipment for their position, as outlined by Rules 303 and 304 in the Official Rules of Ice Hockey, including HECC-certified full facial protection.

Hearing aids or cochlear implants are permitted to be worn in regular games.

During hockey games where all the players are deaf or hearing impaired, strobe lights attached to the plexiglass go on/off to indicate that play has been stopped.

TEAM

A Deaf/Hard of Hearing Hockey team has five skaters and a goalkeeper on the ice, the same as typical hockey. Roster size limitations are the same as a typical ice hockey team.

Teams are classified as Youth teams (players under 18), adult teams (players 18 and older), or mixed youth and adult-aged teams.

PLAYING RULES/PENALTIES

Deaf/Hard of Hearing games follow the USA Hockey Official Rules of Ice Hockey.

OFFICIALS

The off-ice officials activate the strobe lights when play stops.

SLED HOCKEY

PREFACE

Sled hockey follows the USA Hockey Official Rules of Ice Hockey, except for some of the equipment. Players sit in specially designed sleds on top of two hockey skate blades. There are two sticks for each player instead of one, with metal picks on the butt end for players to propel themselves and a modified blade on the other end of the stick for stick handling. Goalkeepers wear the same equipment but with a modification to the catcher glove (metal picks are sewn into the backside to allow the goalie to maneuver).

ELIGIBILITY

Players may have a wide range of mobility and cognitive limitations, which include but are not limited to limb loss, spinal cord injuries, spina bifida, cerebral palsy, and other permanent impairments that limit participation in stand-up hockey.

RINK

All Sled Hockey games are played on a regulation-sized ice hockey rink.

EQUIPMENT/UNIFORMS

All players must wear full protective equipment for their position, as outlined by Rules 303 and 304 in the Official Rules of Ice Hockey, including HECC-certified full facial protection.

Hockey pants are not required.

Reasonable modifications to general hockey equipment rules may be permissible if the player must have these modifications to participate because of their disability. Modifications to equipment must be approved in advance by the USA Hockey National Sled Discipline Representative before being used in a sanctioned event/game.

Prosthetics or other equipment made of hard or unyielding material that is not entirely covered by protective equipment must be covered on all exterior surfaces with at least ½ inches of high-density, closed-cell polyurethane or an alternate material of the same minimum thickness and similar physical properties to either protect an injury (e.g. player's cast) or to prevent an injury.

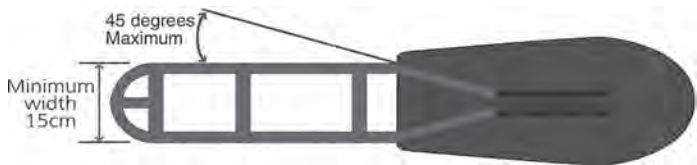
The following equipment rules apply to sled-specific equipment in addition to those listed in USA Hockey's Official Rule of Ice Hockey.

Sled Player Equipment (Mobility Devices) Player Equipment shall be defined as the sled, skag, bucket, skate holder, skate blade, sticks, and picks.

Sled Frames

Sled frames may be constructed of the following approved materials: steel, aluminum, titanium, and magnesium. The Material must be cylindrical and not have a diameter of less than 1.5cm or greater than 3 cm.

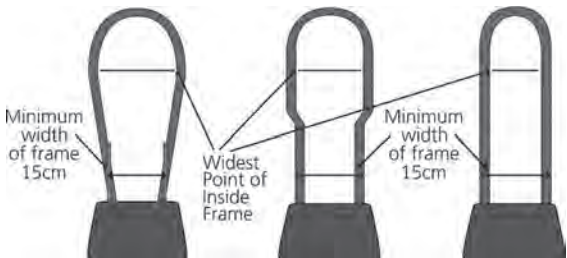
The frame's main side rails shall be 15 cm minimum width (measured from the outside of the frame) and a maximum width no greater than the sled's seat. The frame's side rails may taper underneath the seat to accommodate the blades; any taper must not exceed 45 degrees.



No more than 1 cm of the frame may protrude beyond the rear of the seat. The blade carrier may sit on the rear end of the frame. However, the frame must protrude 1 cm beyond the end of the blade.



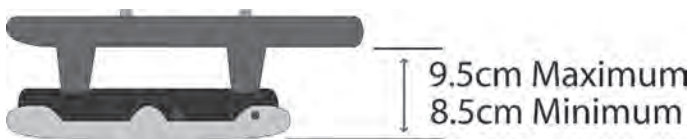
The front of the sled shall have a continuous curve with a maximum radius of one-half (1/2) of the inside width of the frame at its widest point forward of the seat. Steel, aluminum, titanium, magnesium, and polyurethane may be used in constructing this piece.



The frame may be fitted with a maximum of (4) four cross members and one foot rail mounted forward of the seat. The cross members may be square or cylindrical and not have a diameter smaller than 1.5 cm or greater than 3 cm.



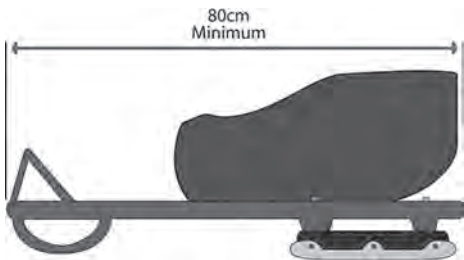
The height of the main frame measured from the ice to the bottom of the frame shall be a minimum 8.5 cm and maximum of 9.5 cm.



Player's seats/buckets may sit on the ice hockey blades/blade carrier, as long as it is not below 5 cm.



For a double amputee, the minimum length of the frame must be 80 cm and accommodate the front skid.



The minimum length of the goalkeeper's sled frame must:

- Extend 10 cm beyond the front end of the players' seat bucket.
- Accommodate the front skid.
- A foot guard/support should not be less than 5 cm high minimum and no more than 15 cm high maximum. If possible.



The area from the bottom of the side rails frame tubing to the ice must be a minimum of 8.5 cm and a maximum of 9.5 cm. The area behind the end of the skag and in front of the blade and blade hold carrier must be free and clear. No padding or construction of any kind may cover this area. A plate or any device covering the space between the sled frame side rails is not permitted.



Front Skag

The Sled must have one skag. The front skag must be attached to the frame not more than 3 cm from the front of the main frame. The skag must be mounted in the center of the frame and extended backward.

The skag measured from the frame downward towards the ice must be no less than 7 cm minimum and 9.5 cm maximum.

The skag may be made of the same material as the main frame. If made of the same material, it must be cylindrical and 3 cm maximum. The skag may be designed out of nylon/plastic material. It may be solid in shape and 1.5cm minimum and 3 cm maximum.



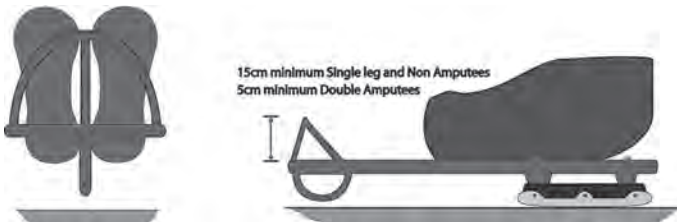
Skags cannot be designed in the following styles:



Foot Guard/Support

A foot guard/support is not required but is strongly recommended.

If in use, it must be made of the same material as the main frame and have a diameter of not less than 1.5 cm minimum and 3 cm. The foot guard/support shall vary in height but can be a minimum of 15 cm high. **Note:** A double amputee's foot guard/support can be a minimum of 5cm high.



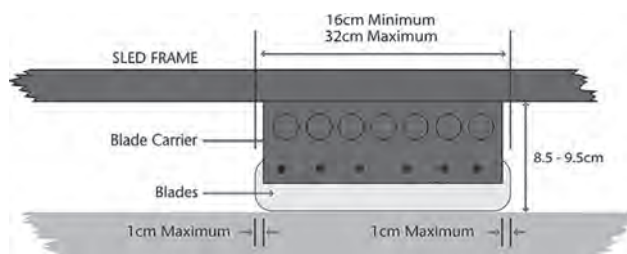
Foot Protection

Ice Hockey Skate Boots are not required for protection but are strongly recommended. A guard built into the mainframe may also provide suitable protection.



Skate Blades/Blade Carrier

Each Sled shall be mounted with one (1) blade minimum and two (2) blades maximum, mounted parallel and square under the sled's seat; there is no minimum width for the blades to be set apart. The maximum width is the width of the seat. The blades must be a minimum of 16 cm and no longer than 32 cm maximum. The blades must not protrude more than one (1) centimeter beyond the front or back of the blade carrier. **Note:** Plastic blades are acceptable for goalkeepers only.



Sled Bucket (Seat)

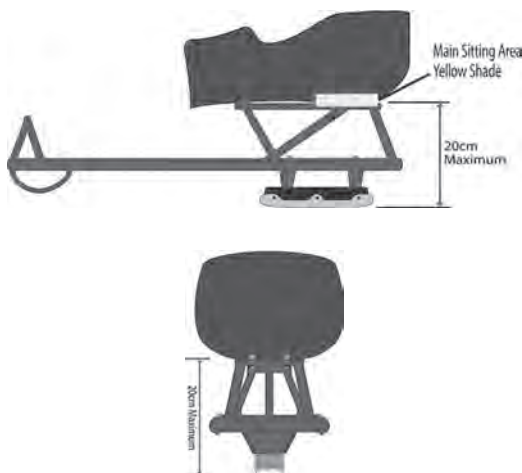
The Bucket may be made from any suitable material and must have no sharp edges (edges rounded off). No more than 1 cm of the frame may protrude beyond the rear of the bucket. **Note:** If the goalkeeper sits cross-legged, the bucket may be extended sideways to protect the knees but may not protrude more than 1 cm beyond the goalkeeper's knees.

The maximum height a seat may sit above the ice is 20 cm, measured from a flat surface to the lowest point of the underside of the seat's main seating area. (See diagram below.)

Removable seat cushions, built-in padding, or a combination thereof must not exceed 5 cm in height or overlap the seat.

No external projection or protuberance over 1 cm beyond the seat or back support towards the rear of the sled will be allowed.

Straps and/or adhesive tape may be used to secure the players' feet, ankles, knees, and hips to the sled.



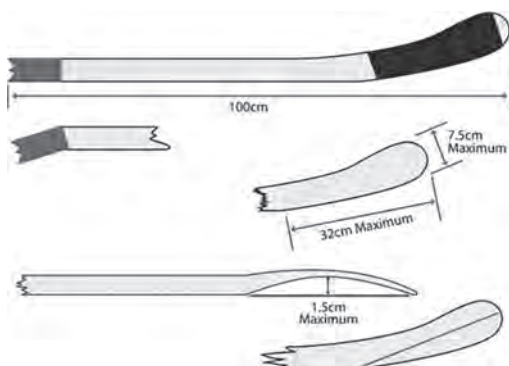
Sled Hockey Stick

Sticks may be made of wood or other materials, such as carbon, aluminum, fiberglass, or plastic. They shall not have any projections, and all edges must be beveled. Adhesive, non-fluorescent tape of any color may be wrapped around the stick at any place. The shaft must be straight.

Sticks are not allowed to be affixed in any fashion to the sled or body, except they may be affixed to the glove to assist in holding the stick, and, for players with upper extremity limb loss, may be affixed to a player's remaining limb, with prior approval by the USA Hockey National Sled Discipline Representative.

No player's stick shall exceed 100 cm from the toe to the pick end of the shaft. The stick shaft shall not be less than 2 cm and no more than 2.8 cm thick. The blade of the player's stick shall not exceed 32 cm in length and 7.5 cm in width.

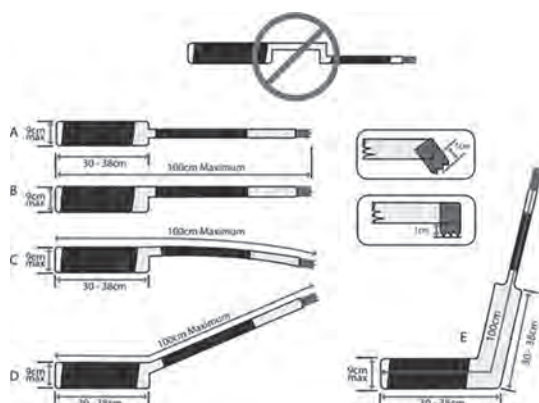
The curvature of a player's stick blade is measured so that a straight line drawn from the heel to the base of the toe shall not exceed 1.5 cm at the point of maximum curvature.



No goalkeeper's stick shall exceed 100 cm measured along the center line. The stick shaft shall not be less than 2 cm and no more than 2.8 cm thick. The blade of the goalkeeper's stick shall have a minimum length of 30 cm and shall not exceed 38 cm in length and 9 cm in width.

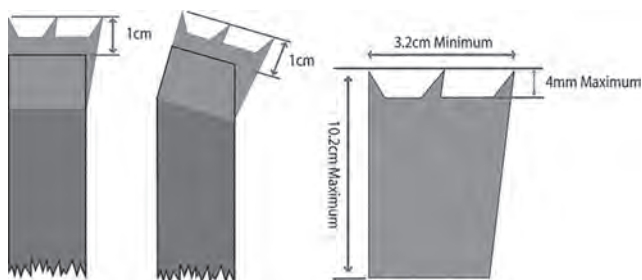
The goalkeeper's stick may have an additional pick at the base of the blade not exceeding 1 cm, set at 90 degrees at the butt end of the stick to facilitate movement back and forth in the goal (i.e., push or pull).

The curvature of a goalkeeper's stick blade is measured in such a way that a straight line drawn from the heel to the base of the toe shall not exceed 1.5 cm at the point of maximum curvature.



Picks

The depth of the teeth on the “pick-ends” shall not extend more than 4 mm. A set of “pick-ends” must be fixed to the lower or butt end on each side of the stick and have at least a total of 6 teeth of equal length per stick (a minimum of 3 each side). The “pick ends” may be made of any strong material, including steel, and the entire length of the “body” of the pick may not be longer than 10.2cm (4 inches). The “pick-ends” shall not extend more than 1 cm beyond the butt end of the stick. The “pick-end” may be beveled but not extend beyond 1 cm at any angle. Picks shall have a minimum width of 3.2 cm.



Goalkeeper's Equipment

Helmet:

Per the Official Playing Rules of USA Hockey, only HECC-certified helmets and facemasks are allowed.

Should a hard shot hit the goalkeeper's facemask while play is in progress, the play may be stopped at the discretion of the Referee only if no immediate scoring chance is presented to the opposing team.

If a goalkeeper removes their helmet and/or facemask to bring the stoppage in play during a penalty shot, the Referee shall assess a minor penalty to the goalkeeper and re-award the penalty shot.

Catching Glove:

Per the Official Playing Rules of USA Hockey, only hockey gloves are allowed. These may have fixed protuberances or protruding picks but must be securely attached to the catching glove. The picks may not exceed 1 cm in length.

Blocker:

Per the Official Playing Rules of USA Hockey, only hockey blockers are allowed. These may have fixed protuberances or protruding picks but must be securely attached to the blocker. The picks may not exceed 1 cm in length and can only be affixed to the top edge of the blocker.

Leg Protection:

The goalkeeper's leg pads shall be worn as manufactured. The leg pad should be worn to cover the front and not the side of the leg. Leg pads shall be strapped to the leg only. Any leg pad strapped to the frame of the sled is prohibited. If a goalkeeper's disability results in any leg extending outside of the typical sled frame, the leg pad must be strapped to allow space between the ice and the leg pad. The leg guard shall not exceed 5 cm higher than the leg(s) of the goalkeeper and not extend beyond the feet. A goalkeeper may use hockey shin guards or baseball shin guards as protection. A goalkeeper may use one pad to protect one leg or two. The goalkeeper's side leg guard or any device or material shall not extend below the side rails of the sled frame.

Team

A Sled Hockey team has five skaters and a goalkeeper on the ice, the same as typical hockey. Roster size limitations are the same as a typical ice hockey team.

Teams are classified as Youth teams (players under 18) or Adult teams (players 18 and older). Youth-aged players 16 and older can request to be waived onto an Adult team by following the waiver process on the Sled Hockey webpage.

PLAYING RULES/PENALTIES

Section 1 The Rink

Team Bench

Some rinks are “sled accessible.” This means the benches have been modified so sled hockey players can exit the ice using this space. In all cases where the rink is “sled accessible,” both teams must agree to use the player benches. If one team chooses not to use the player benches, both teams will not be allowed to use the player benches.

When a game is played at a rink that does not support sleds on the team bench, the players are to sit along the boards in front of the team bench, between the blue line and the center red line.

If a puck is directed toward the team or penalty area, the players shall direct it and send it back into play as if it ‘bounced’ off the boards without providing an advantage to either team.

If the puck is caught in the bench area for an extended period or if a player has unfairly directed the puck, then play must stop, and a last play face-off shall be conducted. If a team clearly causes the stoppage of play, such face-off shall not give them a positional advantage. When the puck goes into the bench area where players are located, players in the bench area must make every effort to push the puck out in front of them without creating an unfair advantage to either team.

There is a safety issue with the puck being caught in the bench area, and there shall not be players fighting for a loose puck among the players in the bench area.

Unlike able-bodied hockey, players serving their penalty in the penalty area on the ice do not need to proceed “by way of the ice” before any substitution can be made. They can move directly into their team’s bench area once the penalty time is over.

A minor penalty shall be imposed on any player or bench minor if the player is not identifiable who intentionally disrupts gameplay to benefit their team while in the bench area, creating an unfair advantage.

Penalty Bench

When a player is penalized and playing on a non-sled accessible rink, the penalized player(s) will sit near the center red line, on the ice on the same side as the players’ benches, even if the referee crease is located on the other side of the ice.

Section 2 Teams

Composition of Teams

Up to two members of a team's coaching staff may be on the ice during games. On-ice coaches must wear skates and a HECC-certified helmet and may not carry a regular hockey stick or leave the players' bench area during playing time except to assist and upright a player. Coaches are not required to wear a face mask unless seated in a sled, in which case they must wear a HECC-certified face mask properly fastened. For a violation of this rule, the bench shall receive one warning for the first offense and a bench minor penalty for every subsequent violation of this rule.

Substitution of Players

Players may be changed at any time during play from the players' bench, provided the player or players leaving the ice shall always be within 10 feet of the players' bench. If either the player entering or leaving the game deliberately plays the puck in any manner or makes physical contact with an opposing player while the retiring player is outside of the 10-foot area or causes their team to gain a competitive advantage, then a bench minor penalty for "too many players on the ice" shall be assessed. If, in the course of a substitution, either the player entering the play or the player retiring is struck by the puck accidentally, the play will not be stopped, and no penalty shall be called.

Section 3 Equipment

Equipment Measurement

A team may request to measure a stick at any time during the game or during a stoppage of play.

A team may request to measure any required equipment. If the request (except sticks) is made during the first or second period, the proper authorities will measure the equipment during the next intermission. Any request in either the third period or overtime will be measured immediately. The Referee or the designated tournament/game official will conduct all equipment measurements.

Section 4 Penalties

No changes.

Section 5 Officials

No changes.

Section 6 Playing Rules

Body Checking

Body checking is prohibited in youth classifications. Competitive contact is allowed. A minor penalty shall be assessed to a player who body checks an opponent in the youth sled hockey division. A major plus a game misconduct or match penalty shall be assessed to any player who recklessly endangers an opponent with a body check in the youth sled hockey division. **Note:** *Competitive contact does not mean “no contact.” There will be legal body contact within the rules in the Competitive Contact categories. Legal body contact shall not be penalized under this rule. However, deliberate physical contact with an opponent, with no effort to legally play the puck, shall be penalized.*

A player wearing a jersey pullover or brightly colored helmet is a Non-Contact Player. This player cannot be contacted in any fashion (other than incidental contact), nor can they deliberately make contact with another player. This will result in a minor penalty.

Broken Stick

Any player whose stick is broken may use the pick or blade portion of the stick to propel themselves to the bench to either be substituted or receive another stick. A player who participates in play while holding a broken stick will receive a minor penalty for an equipment violation. A broken stick is one that, in the opinion of the referee, is unfit for regular play.

A goalkeeper is allowed to play with a broken stick until the next stoppage of play or until the goalkeeper has been legally provided with a new stick. The goalkeeper can go to the bench and change their stick when the play is in progress.

Face-Off Procedures

Players shall position themselves squarely facing the rink's sideboards, with their sled blades outside the face-off spot. Players facing off shall place the blades of their sticks parallel and opposite each other, with the bottom or heel of each blade flat on the ice. No other player shall be allowed to enter the face-off circle or come within 15 feet of the players facing off the puck. All other players must position themselves behind the hash marks on the outer edge of the face-off circle or stand approximately arm's length apart from the opponent.

Players are not allowed to move during the face-off procedure once they are set.

For sled hockey, referees crouch and present the puck rather than start with it at their hip.

Falling on Puck

If, during a face-off, a player deliberately falls on, gathers the puck in their body, or uses their body or sled to protect the puck from the opposing player, they shall be assessed a minor penalty.

Icing

Automatic icing will be used at youth levels. Hybrid icing will be used in adult classification games.

Kneeing

There is no penalty for kneeling in sled hockey.

Puck in Motion or Out of Sight

The referee shall consider the puck frozen or unplayable if it is out of sight, stays under the sled, or is caught in the sled. If a player deliberately lodges the puck in their sled or any equipment, a minor penalty shall be assessed for delay of game.

Throwing Stick/Object

A major plus game misconduct penalty, in lieu of a minor penalty, shall be assessed to any player who shoots or throws any portion of their stick in the direction of a player. A minor penalty shall be assessed for shooting/throwing any other object. This paragraph replaces the first paragraph of Rule 637(a) in the USA Hockey Official Rules of Ice Hockey. All other rules under Rule 637(a) shall be enforced as written, including no penalty for a broken stick being discarded in a way not to interfere and a penalty shot being awarded for a stick thrown in the defensive zone in a manner to prevent a goal.

A major plus game misconduct penalty shall be assessed to any player who throws any portion of their stick or any other object outside of the playing area. This paragraph replaces Rule 637(c) in the USA Hockey Official Rules of Ice Hockey.

A Match Penalty shall be imposed on any player who deliberately throws a stick or any part thereof or any object at a Game Official.

Tripping

Any player who uses their stick or arm to push/pull/impede an opponent's sled or blades in any manner, causing the player to fall to the ice, lose their balance, or lose control of their sled shall be assessed, at the discretion of the referee, a minor penalty or major penalty plus a game misconduct penalty.



UNIQUE RULES FOR SLED HOCKEY – POINTS OF EMPHASIS

Teeing

Teeing is defined as making contact with an opponent with any part of the front radius of their sled into an opponent. Contact must not be made at a 90-degree angle for a penalty to occur. A minor penalty, major plus game misconduct, or match penalty can be called for this infraction at the referee's discretion.

Ramming

A Minor, Misconduct, or a Major plus a Game Misconduct penalty, at the discretion of the referee, shall be imposed on any player who intentionally lifts or raises the front nose of the sled, intentionally turns up the under part of the sled towards an opponent, or intentionally exposes a sled blade and collides with another player.

Butt-Ending

Butt-ending is extremely dangerous as sharp 'picks' are at the end of a player's sticks. These 'picks' are used by the players to propel themselves along the ice but are sometimes used as a 'weapon.' Officials should be alert to a player's use of their sticks. 'Butt-ending' identifies the act of a player who uses the shaft of the stick above the upper hand to check an opposing player. Attempt to butt-end shall include all cases when a butt-end gesture is made but no contact is actually made.

Handling Puck with Hands

All rules outlined in the USA Hockey Official Rules of Ice Hockey for handling the puck with your hands shall be enforced. However, because players often use all parts of the stick to propel the puck and frequently move the position of their hand on the stick, special attention must be given to this.

Holding

Holding is mentioned, as it is common for players to attempt to hold the sled of an opposing player. Holding an opponent for even a moment can cause this player to lose any momentum they may have. Holding can occur on the arms, the sled, the body, the head, and even the opponent's stick. A player who holds an opponent or any part of their sled with their hands or stick or in any other way shall be assessed a "Holding" penalty as outlined in the USA Hockey Official Rules of Ice Hockey.

Tripping

Tripping occurs when a player punches the blades out of another player or uses their stick to pull or hook the blades from the opposing player's sled.

Pusher Rules

What is a Pusher in Sled Hockey?

A pusher is an individual on skates and wearing the other required protective equipment during a sled hockey game who pushes a player who cannot propel a sled themselves. A pusher uses handles attached to the back of the sled of the player being pushed.

What is a Pusher's Responsibility?

To propel the player with limited mobility or other disability that prevents them from participating in play (e.g., blindness, etc.) and cannot propel themselves. The pusher always keeps the player's safety in mind and out of harm's way. The pusher provides the player with the opportunity to play the sport of sled hockey.

Pusher Requirements

- Pushers must be registered and rostered as USA Hockey players, coaches, or volunteers.
- Pushers must wear hockey skates and HECC-certified helmets. Pushers under 18 years of age must wear a helmet with a full facemask and neck laceration protection.
- Pushers are strongly recommended to wear full hockey equipment.
- Pushers must wear a jersey, warm-up, or uniform of the player's team they are pushing.
- Pushers must have adequate skating ability. The referee may remove a pusher if they cannot skate well enough to keep the players safe.
- All pushers and coaches are not allowed to have an ice hockey stick during warm-ups or games at any time.

- Pushers and coaches are not allowed to sit on top of the boards.
- Pushers will not be allowed to participate in the game and may be removed by the referee if pusher requirements are not met.

In-Game Play Rules for Sled Hockey Pushers

- Pushers may not pull the pushed player backward unless the pushed player is in harm's way.
- Pushers may not push their player faster than the average speed of the players on the ice. This includes accelerating faster and turning faster than the average player.
- Pushers may not catch the opponent's puck carrier from behind.
- Pushers may not use their skates or other body parts to block, deflect, or advance the puck.
- Pushers may not use themselves to set up a screen.
- Pushers may not trap the puck beneath the pushed player's sled and the ice to advance the puck.
- Pushers may not advance the puck with the front part of the sled.
- Pushers may not dominate or intimidate opposing players.
- Pushers may not lift the front of the sled or lift the back of the sled off the ice.
- Pushers may not jump for any reason. Their skates must remain on the ice at all times.
- Pushers may not use a hockey stick to push.
- Pushers may not coach or communicate with any other players on the ice while pushing. They are only to push their player and can only communicate with that player.
- Pushers/pushed players are not allowed to play within the area of their defensive zone with imaginary lines drawn from the defending goalposts to end face-off dots and out to intersect the top of the face-off circles (see below).
- Pushers may not line up during a face-off in their defensive zone anywhere in the shaded area.
- Pushers/pushed players may not body check or be body checked. Light body contact is allowed.
- A maximum of two (2) pushed players for each team are allowed on the ice simultaneously.
- Pushers shall not move a player in a fashion that assists the player in shooting or passing the puck.
- Pushers must push a player in a fashion that always maintains both sled skate blades on the ice.

An infraction of any of the above shall result in a minor penalty for unsportsmanlike conduct for both the pusher and the player being pushed. Both will serve the penalty and sit in the penalty box area.

Note: *Referees should be aware of calling a penalty on the first infraction of any of the above to avoid the team using a freebee or warning to their advantage.*

If a pusher commits two (2) minor penalties in one game, the pusher will no longer be allowed to push in that game for any player. The pushed player will be allowed to continue to play with a different pusher.

Pushers/coaches/referees can help players who cannot get up independently during gameplay in a reasonable amount of time. However, the player or pusher cannot intentionally or unintentionally affect the game. If an obstruction of the game occurs intentionally, a minor penalty will apply. If an obstruction of the game occurs unintentionally, the referee must stop play, and the ensuing face-off shall occur at the face-off spot closest to the stoppage of play. If play was stopped for this reason due to an attacking team in their attacking zone, the face-off will occur at the closest neutral zone location.

Coaches shall not stand on the ice while the game is in progress. They shall remain on the players' bench. Only coaches/pushers wearing skates and helmets to assist players are allowed on the ice during games.



OFFICIALS

USA Hockey-certified referees are to officiate all games.

SPECIAL HOCKEY

PREFACE

Special hockey aims to give people with cognitive and/or developmental disabilities the chance to play ice hockey in an environment adapted to their level of ability. Special Hockey emphasizes having fun through teamwork and social interaction and improving the quality of life through on- and off-ice activities.

ELIGIBILITY

Individuals with developmental disabilities experience limitations in three or more major core life competencies (and cannot safely or socially play on a typical hockey team): capacity for independent living, economic self-sufficiency, learning, mobility, receptive and expressive language, and self-care/direction. Many players are adults who lack these core competencies, thus allowing them to remain on the same Special hockey team for many years. Common developmental disabilities include Autism Spectrum disorders, Down Syndrome, Cerebral Palsy, ADD/ADHD, Seizures, Neurological disorders, and intellectual/developmental disabilities.

RINK

All Special Hockey games are played on a regulation-sized ice hockey rink.

EQUIPMENT/UNIFORMS

All players must wear full protective equipment for their position, as outlined by Rules 303 and 304 in the Official Rules of Ice Hockey, including HECC-certified full facial protection.

ASSISTIVE SKATING DEVICES

Assistive skating devices of any kind are not permitted during games.

TEAM

A Special Hockey team has five skaters and a goalkeeper on the ice, the same as typical hockey. Roster size limitations are the same as a typical ice hockey team.

Rosters can be comprised of all youth-aged players (players under 18), all adult-aged players (players 18 and older), or mixed youth and adult-aged players. Players are rated as A, B and C based on their playing ability.

A Level

- Able to skate unassisted
- Able to play at a faster pace
- Able to play structured game with minimal to no assistance
- Has more advanced hockey skills
- Has better understanding of game rules and concepts
- Able to follow rules/instruction/drills
- Always engaged in the play
- Has the ability to change shifts on the fly
- Needs no prompting
- On-ice helpers are not permitted at this level

B Level

- Able to skate unassisted
- Able to play at a mid-level pace
- Able to play structured game with minimal assistance
- Has mid-level hockey skills
- Has a basic understanding of game rules and concepts
- Able to follow rules/instruction/drills (occasional prompting may be needed)
- Mostly engaged in the play
- May need assistance in positioning
- May need occasional prompting
- On-ice helpers at this level are not permitted to have sticks on the ice. They must wear helmets in accordance with USA Hockey rules. They must be listed on the roster.

C Level

- May need assistance in skating
- Able to play at a slower pace
- Needs assistance to play a structured game
- Has lower level hockey skills
- Has limited understanding of game rules and concepts
- Has difficulty following rules/instruction/drills
- May need some/constant prompting to engage in the play
- Needs assistance in positioning
- On-ice helpers at this level are not permitted to have sticks on the ice. They must wear helmets in accordance with USA Hockey rules. They must be listed on the roster.

PLAYING RULES/PENALTIES

Each coach should attempt to match lines with similarly skilled players from the other team.

The more skilled players on one team should be matched with players of the same skill level on the other team.

At the lower skilled levels, if a team has an odd number of players and requests to skate eight players on a line instead of five, they must ask permission from the opposing coach and inform the referee before the start of the game.

Special effort should be made to control an “A” level player playing in a “B” game not to ruin it for the rest of the players. No player should be double shifted if it can be helped.

During any game at the lower skill level or where the outcome is lopsided and the coaches agree, the referee can award extra penalty shots to help improve the game and give some players a chance to shoot on net. The coaches can designate which players get the shot.

Coaches should rate players/teams appropriately.

Games/event organizers must match teams by ability whenever possible.

Coaches are encouraged to meet before each game to discuss match-ups and stoppages of play (offsides, icings, faceoffs, or whether teams in the defensive zone carry out the puck). Coaches must include the referees in this discussion to ensure consistency in game management.

A Level Games

- Game length is 75 minutes
- Each team may have five skaters and one goaltender on the ice during the play unless the goalkeeper is pulled for an extra attacker.
- No coaches are permitted on the ice (unless for safety purposes).
- Players should not be double-shifted, if possible.
- Players change on the fly.
- Faceoffs occur after a goal or if the goalkeeper ties up the puck.
- Score shall be kept (maximum 4 goal difference on the scoreboard).
- Penalties will result in a penalty shot. If possible, the penalty shot must be taken by the player who was interfered with. In addition to the penalty shot, a 1:30-second penalty may be served in the penalty box by the offending player if the referee or the player's coach thinks they should. At no time will any team serving a penalty have less than five skaters on the ice.

- Coaches are expected to try not to run up the score in a lopsided game.

B Level Games

- Game length is 75 minutes
- Each team may have five skaters plus one goalkeeper on the ice during play (1 or 2 “roamers” may be on the ice with the coach’s consent).
- Two mentors are allowed on the ice but are not to interfere with the play.
- No player should be double shifted if it can be helped.
- Players change shifts on the buzzer (on the fly can be used if the coaches agree).
- Score shall be kept (maximum 4 goal difference on the scoreboard).
- A special effort should be made to control any “A” player playing in a “B” game to avoid any game domination at the expense of other players.
- Penalties will result in a penalty shot. If possible, the penalty shot must be taken by the player who was interfered with. In addition to the penalty shot, a 1:30-second penalty may be served in the penalty box by the offending player if the referee or the player’s coach thinks they should. At no time will any team serving a penalty have less than five skaters on the ice.
- The referee can award extra penalty shots to help improve the game and give some players a chance to shoot on the net (with the coach’s consent).
- Coaches are expected to try not to run up the score in a lopsided game.

C Level Games

- Game level is 60 minutes
- Each team may have five skaters plus one goalkeeper on the ice during play (1 or 2 “roamers” may be on the ice with the coach’s consent).
- Three mentors are allowed on the ice and may assist in the play with the coach’s consent.
- Players change shifts on the buzzer.
- A scoreboard will be utilized, but each team will be awarded a goal when one team scores (the actual score may be kept with the coaches’ consent).

- A special effort should be made to control any “B” player playing in a “C” game to avoid any game domination at the expense of other players.
- Penalties will result in a penalty shot. Any player may take the penalty shot.
- The referee can award extra penalty shots to help improve the game and give some players a chance to shoot on the net (with the coaches’ consent.)

OFFICIALS

USA Hockey-certified referees are to officiate all games.

STANDING AMPUTEE HOCKEY

PREFACE

Standing Amputee hockey is played upright and follows typical ice hockey rules. It has allowed a growing number of athletes with congenital or acquired amputations or other physical impairments to enjoy the great sport of hockey. Players use prostheses to control a hockey stick or to skate, and these skills can be improved as with any other hockey skill. Combining players with various types of disabilities creates a unique team experience in this fast-paced, exciting sport.

ELIGIBILITY

Players may be added to Standing Amputee rosters if they are missing one or more upper or lower extremities.

RINK

All Standing Amputee Hockey games are played on a regulation-sized ice hockey rink.

EQUIPMENT/UNIFORMS

All players must wear complete protective equipment for their position, as outlined by Rules 303 and 304 in the Official Rules of Ice Hockey.

Players can use modified sticks, skates, etc., to facilitate their ability to play.

TEAM

A Standing Amputee team has five skaters and a goalkeeper on the ice, the same as typical hockey. Roster size limitations are the same as a typical ice hockey team.

PLAYING RULES/PENALTIES

There are no modifications to typical USA Hockey playing rules.

OFFICIALS

USA Hockey-certified referees are to officiate all games.

WARRIOR HOCKEY

PREFACE

USA Hockey's Warrior Hockey Discipline is dedicated to injured and disabled U.S. military veterans who have served our country and play ice hockey. While some participants played hockey before being injured, many try it for the first time for therapeutic reasons.

ELIGIBILITY

Players must be discharged under honorable conditions and must be able to provide official documentation from at least one of the six branches of service (Army, Air Force, Navy, Marine Corps, Coast Guard, Space Force). All reserve and National Guard components are also included. The USA Hockey Disabled Hockey Section must approve any exceptions. You must also meet one of the following criteria for eligibility:

- Players must be able to provide documentation stating that they currently possess a minimum of 10% service-connected disability rating issued by the Department of Veterans Affairs, along with a copy of their DD214 document stating their discharge status.
- Players awarded a Purple Heart Medal are eligible regardless of their current Department of Veterans Affairs disability rating status but must have a discharge under honorable conditions. Players must provide a copy of their Department of Defense-issued orders stating that they have been awarded the Purple Heart Medal and a DD214 document stating their discharge status.
- Proof of eligibility must be presented for verification before team check-in at USA Hockey events. Eligibility documentation will not be accepted on-site at the event.
- USA Hockey will not keep copies of the presented documentation. It must be shown and approved by the USA Hockey Manager of Disabled Hockey and/or the USA Hockey Warrior Hockey Representative.

RINK

All Warrior Hockey games are played on a regulation-sized ice hockey rink.

EQUIPMENT/UNIFORMS

All players must wear complete protective equipment for their position, as outlined by Rules 303 and 304 in the Official Rules of Ice Hockey.

TEAM

A Warrior Hockey team has five skaters and a goalkeeper on the ice, the same as typical hockey. Roster size limitations are the same as a typical ice hockey team.

PLAYING RULES/PENALTIES

Warrior Hockey follows USA Hockey Adult playing rules.

OFFICIALS

USA Hockey-certified referees are to officiate all games.

RULE REFERENCES



Abuse of Officials and Other Misconduct.	Section 6	Rule 601
Adjustment to Clothing and Equipment	Section 3.	Rule 309
Appointment of Officials	Section 5	Rule 501
Attempt to Injure/Reckless Endangerment.	Section 6	Rule 602
Boarding	Section 6	Rule 603
Body Checking (<i>Competitive Contact Categories</i>).	Section 6	Rule 604
Broken Stick.	Section 6	Rule 605
Butt-Ending.	Section 6	Rule 606
Calling of Penalties.	Section 4.	Rule 409
Captain of Team	Section 2	Rule 202
Change of Players.	Section 2	Rule 205
Charging.	Section 6	Rule 607
Checking from Behind.	Section 6	Rule 608
Clipping.	Section 6	Rule 639
Composition of Teams.	Section 2	Rule 201
Cross-Checking.	Section 6	Rule 609
Dangerous Equipment.	Section 3.	Rule 305
Delayed Penalties.	Section 4.	Rule 408
Delaying the Game.	Section 6	Rule 610
Dimensions of Rink.	Section 1.	Rule 102
Division of Ice Surface	Section 1.	Rule 103
Elbowing.	Section 6	Rule 611
Electronic Devices	Section 3.	Rule 308
Equipment Measurement	Section 3.	Rule 307
Face-Off Locations	Section 6	Rule 612
Face-Off Procedures	Section 6	Rule 613
Face-Off Spots and Face-Off Circles.	Section 1.	Rule 104
Falling on Puck	Section 6	Rule 614
Fighting.	Section 6	Rule 615
Fouled from Behind	Section 6	Rule 616
Game Timekeeper	Section 5	Rule 506
Goal Judge.	Section 5	Rule 504
Goalkeeper's Equipment.	Section 3.	Rule 303
Goalkeeper Penalties.	Section 4.	Rule 407
Goalkeeper Substitutions	Section 2	Rule 205
Goals	Section 1.	Rule 105
Goals and Assists	Section 6	Rule 617
Handling Puck with Hands	Section 6	Rule 618
Head-Butting	Section 6	Rule 619
Head Contact.	Section 6	Rule 620

High Sticks	Section 6	Rule 621
Holding an Opponent	Section 6	Rule 622
Hooking	Section 6	Rule 623
Icing the Puck	Section 6	Rule 624
Injured Players	Section 2	Rule 206
Interference	Section 6	Rule 625
Interference by or with Spectators	Section 6	Rule 626
Kicking Opponent or Puck	Section 6	Rule 627
Kneeing	Section 6	Rule 628
Leaving the Players' Bench or Penalty Bench	Section 6	Rule 629
Leg Checking	Section 6	Rule 639
Linesperson	Section 5	Rule 503
Major Penalties	Section 4	Rule 403
Match Penalties	Section 4	Rule 405
Minor Penalties	Section 4	Rule 402
Misconduct Penalties	Section 4	Rule 404
Official Scorer	Section 5	Rule 505
Offside	Section 6	Rule 630
Penalties	Section 4	Rule 401
Penalty Bench	Section 1	Rule 107
Penalty Shot	Section 4	Rule 406
Penalty Timekeeper	Section 5	Rule 507
Players' Bench	Section 1	Rule 106
Players in Uniform	Section 2	Rule 203
Playing Lineup	Section 2	Rule 204
Progressive Suspensions	Section 4	Rule 411
Proper Authorities	Section 5	Rule 508
Protective Equipment	Section 3	Rule 304
Puck	Section 3	Rule 306
Puck Out of Bounds or Unplayable	Section 6	Rule 631
Puck in Motion or Out of Sight	Section 6	Rule 632
Recklessly Endangers an Opponent	Section 6	Rule 602
Referee	Section 5	Rule 502
Refusing to Start Play	Section 6	Rule 633
Rink	Section 1	Rule 101
Roughing	Section 6	Rule 640
Signal and Timing Devices	Section 1	Rule 109
Skates	Section 3	Rule 302
Slashing	Section 6	Rule 634
Slew Footing	Section 6	Rule 639

Spearing	Section 6	Rule 635
Start of Game.	Section 6	Rule 636
Sticks.	Section 3.	Rule 301
Substitution of Player	Section 2	Rule 204
Supplementary Discipline	Section 4.	Rule 410
Throwing Stick/Object	Section 6	Rule 637
Tied Games	Section 6	Rule 638
Time of Game	Section 6	Rule 636
Time-Outs.	Section 6	Rule 636
Timekeepers Bench	Section 1.	Rule 108
Tripping.	Section 6	Rule 639
Unnecessary Roughness.	Section 6	Rule 640

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The Ultimate Authority

The *Official Rules of Ice Hockey* is the essential resource for players, coaches, referees, parents and fans.

Included are USA Hockey's official playing rules and interpretations, theoretical situations, referee signals and detailed rink diagrams.

This book is the singular source for the rules of the game.

