CARHA HOCKEY



OFFICIAL RULE BOOK

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2026

CARHA HOCKEY

MISSION STATEMENT

We are *dedicated* to servicing the adult recreational and oldtimers' hockey community in Canada. We strive to develop and deliver hockey resources that assist team, league and tournament organizers across Canada and around the world.

Our pursuit is to continually offer *innovative* programs, promotions and helpful services to meet the needs of the adult recreational hockey community while promoting and encouraging increased participation in our national sport. We are committed to providing health and fitness awareness and encouraging a safe playing environment for our members.

PROGRAMMING NOTE

All benefits available under the CARHA Hockey Insurance Program are subject to the actual terms and conditions of the insurance policy in force during the period of membership. The information regarding the CARHA Hockey Insurance Program does not create or confer any contractual rights and the benefits available during the period of membership may vary based on market conditions and benefit availability. If there is any question of interpretation all rights and benefits will be governed by the actual terms and conditions of the insurance policy in force during the period of membership.

CARHA Hockey reserves the right to amend, substitute or revoke any or all of the benefits available under the CARHA Hockey Insurance without notice in its sole discretion.

The CARHA Hockey Rule Book has been written to ensure safety and fair play on the ice, while possessing an ongoing devotion to demonstrating sportsmanship. In an effort to uphold the liability coverage, it is strongly recommended by CARHA Hockey that all member leagues and tournaments play by the rules set out in CARHA Hockey's Official Rule Book.

CARHA HOCKEY

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GLOSSARY

Aggressor
Player attempting to continue a fight by throwing or attempting to throw punches or again by continuing the grappling action with an opponent with the intent of intimidation or punishment of that opponent. The aggressor may or may not be the instigator of the fight.

Altercation
Any incident involving players leading to a penalty or penalties.

Attempt to injure / Deliberate Injury
An action by a player or team official who, by the use of a stick, skate or other object, or by using the body or fists, hits or attempts to hit an opposing player or team official or game official with the intention of causing injury.

Breakaway
A player in full control of the puck in the neutral or attacking zone, and having no opposing player between themselves and the opposing goalkeeper (or goal, if the opposing goalkeeper has been removed).

Broken Stick
A stick that in the opinion of the Referee, is unfit for normal play.

Butt-Ending
Identifies the condition 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.

Captain
A player, exclusive of a goalkeeper, who is selected or named by the team, to represent the team with the officials in accordance with the rules. Wherever the word "Captain" appears in the Rule Book, it defines those players who have been designated as Captain or Alternate Captain on the Official Game Report.

Chairman
Where the word "Chairman" is used in the foregoing, it shall refer to the Chairman of CARHA Hockey or their duly appointed representative for games under the jurisdiction of CARHA Hockey. If time permits, the Chairman shall confer with the Officers before rendering a decision.

Charging
The act of taking more than two steps or strides to contact an opposing player.

Checking From Behind
Identifies any action where a player is intentionally pushed, body checked, high-sticked, cross-checked, or hit in any manner from behind.

Coach
A person primarily responsible for directing and guiding the actions and efforts of their team. Along with the Manager, the Coach is responsible for the conduct of the players before, during, and after the game in the arena.

Control
Identifies the state of a player actually propelling the puck with their stick, skate(s), or glove(s).

Creases
Identifies enclosed areas designed for the protection of the goalkeeper and the use of the Referee in the discharge of their respective duties. The lines which designate these areas are to be considered as part of the creases.

Cross-Checking
The action of using the shaft of the stick held between the two hands to check an opponent at any height.

Delayed Off-Side
A situation where an attacking player(s) has/have preceded the puck across the attacking blue line, but the defending team is in a position to bring the puck back out of its defending zone without any delay or contact with an attacking player.

Encroachment
This occurs when a player, other than a centre, stands with a skate either inside the face-off circle, on the face-off circle, or in the area between the hash marks prior to the dropping of the puck. It is acceptable for the player's stick to be inside the faceoff circle but not in the area between the hash marks.

Face-Off
The action of the Referee in dropping the puck between the sticks of two opposing players to start or resume play. The conduct of a face-off begins when the Referee indicates the location of the face-off, the official and the players take their appropriate positions, and ends when the puck has been legally dropped.

Fight
When two or more players throw punches severe enough that the Referee perceives it as being a fight. Gloves do not have to be off for a fight to be considered.

Game
A game is a meeting of two teams playing for a specific length of time, for the purpose of declaring a winner through the scoring of goals. The game consists of regular playing time and overtime, if such is required, in accordance with league or tournament regulations.

Game Ejection
A player or team official has been removed from the game by the Referee and must leave the area of the players' bench and must in no way direct, coach, or assist the team in any manner for the remainder of the game.

Game Official
When referred, these are both On-Ice and Off-Ice Officials.

Gathering
An occurrence during any game in which one or more players of one team come in close contact with one or more opposing players in such a manner as to create the possibility of a penalty or penalties against one or more of the players.

Goal
When the puck completely and fully crosses the goal line and enters the net.

Goalkeeper
A goalkeeper is a person designated as such on the Game Report, who is identified by the use of special and legal equipment and privileges to prevent the puck from entering the net.

Goalkeepers' Skates
Skates specifically designated for use by goalkeepers. The blade of the skate is closed at both ends and is specially constructed so as to prevent the puck from passing through the blade.

Heel of the Stick
The actual point where the shaft of the stick and the bottom of the blade meet.

High-Sticking
The action of a player carrying the stick or any part of the stick above the normal height of the shoulder.

Holding
The action by a player that impedes the progress of an opposing player whether or not in possession of the puck.

Hooking
The action of using the blade of the stick in a "pulling or tugging" motion to impede the progress of an opponent. The hooking action may apply to any part of an opponent's body or stick.

Instigator
The player responsible for starting a fight by throwing or attempting to throw the first punch(es).

Kick Shot
A kick shot is made by placing the blade of the stick behind the puck and then propelling the puck by kicking the stick.

Kicking
The action of a player deliberately using their skate(s) with a kicking motion to contact an opponent, with no intent to play the puck.

Manager
A member of a team who is not normally on the bench, and is the main person in terms of the organization of the team.

On-Ice Officials
The Referees who are appointed to directly supervise the application of the Rules from the ice. They will wear jerseys that have a different appearance from the rest of the players (normally a vertically striped black and white jersey)

Off-Ice Officials
Officials appointed to assist the On-Ice Officials in the conduct of the game, under the control of the Referees during the game. They include: Official Scorer, Game Timekeeper, Penalty Timekeeper and two Goal Judges. Their duties are specified in the rules.

Penalty
The consequence of an infraction of the rules, determined by the on-ice official.

Players
The members of the team physically participating in a game in accordance with the rules. Except where special rules apply, the goalkeeper is to be considered as one of the players.

Possession
The state of a player other than a goalkeeper who is the last one to have come in contact with the puck.

Protective Equipment
The equipment worn by a player for the sole purpose of protection from an injury.

Roughing
The action of a player deemed to be too physical with an opponent, but not severe enough to be deemed a fight.

Shorthanded
A team is below the numerical strength of its opponents on the ice.

Slap Shot
The action of the stick having a wind up of more than 15 inches off the ice to contact the puck.

Slashing
The action of hitting an opponent with a stick while holding the stick with one or both hands. A player who swings their stick at an opponent and makes no contact, shall still be guilty of slashing. Note: Tapping the stick of the puck carrier is not considered slashing when limited to hitting the stick of the opponent for the sole purpose of taking the puck

Slew Footing
The action of tripping a player by knocking a player's skates out from behind with a kicking or leg dragging motion.

Spearing
The action of poking or attempting to poke an opponent with the toe of the blade of the stick while holding the stick with one or both hands.

Team Official
All persons involved in the management of a team and includes Coach, Manager, Trainers, Stick Boy, Team Doctor, President, and other members of the Executive of the team.

Time Penalty
A penalty which at any time results in a team playing with less than six players on the ice. (i.e. Minor, Bench Minor, Major or Match penalty.)

Tripping
The action of a player who with the use of stick or foot, takes the feet out from an opposing player.

RULES GOVERNING THE GAME OF ICE HOCKEY

SECTION ONE - THE RINK

Rule 1. Rink

Ice Hockey shall be played on an area of ice called a "Rink".

Rule 2. Rink Dimensions

(a) As nearly as possible, the dimensions of the rink shall be 200 ft (60.96 m) long and 85 ft (25.91 m) wide. The corners shall be rounded in the arc of a circle with a radius of 28 ft (8.53 m). (This applies to new rinks only.)

(b) The rink shall be enclosed by a wall or fence - known as the boards, constructed of wood or plastic or any other material approved by the Rules Committee. Measured from the surface of the ice, the boards shall not be more than 4 ft (1.22 m) nor less than 3 ft 4 in (1.02 m) in height. The surface of the boards facing the ice shall be white and free from any obstruction or object that may cause injury to players. The base plate, of a maximum height of 12 in (30.48 cm), shall be light in colour.

Rule 3. Division of Ice Surface

(a) 10 ft (3.05 m) from each end of the rink (10 ft 6 in or 3.2 m for new rinks), a red line, 2 in (5.08 cm) wide shall be marked on the ice parallel to the end boards. On rinks over 200 ft (60.96 m) or more in length, this goal line may be up to 15 ft (4.57 m) from the end boards.

(b) On rinks 200 ft (60.96 m) or more in length, blue lines, 12 in (30.48 cm) wide, shall be marked on the ice parallel to the goal line. These lines shall extend across the ice surface and vertically on each sideboard and shall be known as the "Blue Lines". On rinks less than 200 ft (60.96 m) in length, the blue lines shall be positioned so that they divide the distance between the goal lines into three equal areas.

(c) Midway between the goal lines, a red line, 12 in (30.48 cm) wide, shall be marked on the ice and extended vertically up

the sideboards, parallel to the goal lines. This line shall be known as the "Centre Red Line".

(d) That portion of the ice surface in which the goal is situated shall be called the "DEFENDING ZONE" of the team defending that goal. The central portion in-between both blue lines shall be known as the "NEUTRAL ZONE", and that portion furthest from the defending goal as the "ATTACKING ZONE".

Rule 4. Goal Posts and Nets

(a) In the centre of the goal lines between the side boards, regulation goal posts and nets of approved design and materials shall be placed in such a manner as to remain stationary during the game. It is recommended that the pegs on which the nets are placed do not protrude more than 2 in (5.08 cm) above the ice surface.

(b) The goal posts shall be set 6 ft (1.83 m) apart, measured from the inside of the posts. They shall extend 4 ft (1.22 m) vertically from the ice surface and a cross bar of the same material as the goal posts shall extend horizontally from the top of the other posts. The cross bar should be securely fastened to both goal posts. The outside measurement of both the goal posts and the cross bar shall be known as "THE GOAL".

(c) A net of approved design and material shall be attached to the back of each goal.

(d) The goal posts, cross bar, and the exterior surface of other supporting framework for the goal shall be painted red. The surface of the base plate inside the goal and supports other than the goal posts shall be painted in a light colour.

Rule 5. Goal Crease

(a) In front of each goal, a "GOAL CREASE" area shall be marked by a red line 2 in (5.08 cm) wide.

(b) The goal crease shall be laid out as follows: a semicircle 6 ft (1.83 m) in radius and 2 in (5.08 cm) in width shall be drawn using the centre of the goal line as the centre point. In addition, an "L" shaped marking of 5 in (12.7 cm) in length (both lines) at each front corner will be painted on the ice. The location of the "L" shaped marking is measured

by drawing an imaginary 4 ft (1.22 m) line from the goal line to the edge of the semicircle. At that point the "L" shall be drawn. The interior colouring of the crease shall be light blue, light yellow or off white .

(c) The goal crease area shall include all the space outlined by the crease lines and extending vertically to the level of the top of the goal frame.

Rule 6. Centre Ice Spot and Circle

A circular blue spot, 12 in (30.48 cm) in diameter shall be marked on the ice exactly in the centre of the rink. Using this spot as a centre, a circular line, 2 in (5.08 cm) wide, with a radius of 15 ft (4.57 m) shall be marked on the ice.

Rule 7. Face-Off Spots in Neutral Zone

Two red spots 2 ft (60.96 cm) in diameter shall be marked on the ice in the Neutral Zone 5 ft (1.52 m) from each blue line and the same distance from the boards as the end zone face-off spots. Within each face-off spot, draw two parallel lines 3 in (7.62 cm) from the top and bottom of the spot. The area within the two lines shall be painted red, the remainder shall be painted white.

Rule 8. End Zone Face-Off Spots and Circles

(a) In both end zones and on both sides of each goal, red faceoff spots and circles shall be marked on the ice. The face-off spots shall be 2 ft (60.96 cm) in diameter and the circles shall have a radius of 15 ft (4.57 m) from the centre of the face-off spots. The lines of the circles shall be 2 in (5.08 cm) wide, 18 1/2 ft (5.64 m) and 2 1/2 ft (6.55 m) from the goal line, and parallel to it, two red lines 2 ft (60.96 cm) in length and 2 in (5.08 cm) wide shall be marked on the ice extending from the outer edge of both sides of each face-off circle. The faceoff spot shall be 2 ft (60.96 cm) in diameter. Within each face-off spot, draw two lines parallel 3 in (7.62 cm) from the top and bottom of the spot. The area within the two lines shall be painted red, the remainder shall be painted white.

(b) The location of the face-off spot shall be fixed in the following manner: Along a line 20 ft (6.09 m) from each goal line and parallel to it, mark two points 22 ft (6.71 m) on both sides of the straight line joining the centres of the two goals.

Each such point shall be the centre of the face-off spot and circle.

(c) For rinks under 75 ft (22.9 m) in width, the face-off circles shall be reduced in circumference so that they do not overlap. A minimum area of 2 ft (60.96 cm) from the adjacent side boards is to be maintained.

Rule 9. Players' Benches

(a) Each rink shall have seats or a bench for the use of each team, to be known as the "Players' Benches". Each player's bench shall accommodate at least fourteen players and shall be placed immediately alongside the ice in the neutral zone, as near as possible to the centre of the rink and convenient to the dressing rooms. Whenever possible, a walking space of 3 ft (91.44 cm) should be left open behind the players' benches (new rinks).

(b) The gates to the players' benches must be constructed to open away from the ice surface.

(c) Only players in uniform and a maximum of four team officials shall be permitted to occupy the players' bench. All these persons shall be duly registered and entered on the Official Game Report.

(d) During a game, authorized team officials, shall be restricted to the use of the area the length of their players' bench, including their team's gate. Penalty for violation of this rule is a Bench Minor penalty.

Rule 10. Penalty Bench

(a) Each rink shall have seats or a bench to accommodate eight persons to be known as the "Penalty Bench". It is to be used for the seating of penalized players, the Penalty Timekeeper, the Game Timekeeper and the Official Scorer. The penalty bench should be located a substantial distance from the players' benches.

(Note): This rule does not necessarily apply to outdoor rinks. In all new rinks, the penalty box shall be located on the opposite side of the rink from the players' benches, or if

this is not possible, at least twenty feet (6.09 m) from either players' bench.

(b) The gate(s) to the penalty bench(es) must be constructed to open away from the ice surface and outside the Referee's crease. Adequate arrangements shall be made to physically separate members of the opposing teams.

Rule 11. Referee's Crease

A red line, 2 in (5.08 cm) wide, in the shape of a semicircle and with a 10 ft (3.05 m) radius shall be marked on the ice immediately in front of the Penalty Timekeeper's seat. The area enclosed by this line shall be known as the "Referee's Crease".

Rule 12. Signal and Timing Devices

(a) Each rink must have a suitable sound device to be used by the Game Timekeeper.

(b) Each rink must have some form of electrical clock in order that spectators, players and game officials may be accurately informed as to the time remaining in the game and penalties. (Note): Where clocks with four faces are in use, the face directly in front of the Game Timekeeper shall govern the time.

(c) In a suitable location behind each goal, a red light shall be provided for the use of each Goal Judge in signalling the scoring of a goal. Wherever possible, CARHA Hockey recommends that an electric buzzer or bell and a green light be installed in the same location as the red light and that this buzzer or bell and green light be synchronized with the time clock to provide the Referee with an audible and visual signal for the end of a playing period or game.

(Note): A goal cannot be allowed when the green light is showing.

Rule 13. Dressing Rooms

(a) Each rink shall provide a suitable dressing room equipped with sanitary toilet and shower for the use of the teams.

(b) A separate dressing room shall be provided for the use of Referees. It shall be equipped with sanitary toilet and shower.

(c) No team official or player of any club may enter into any acrimonious discussion with any Referee during or after a game. No person, except the Chairman of the Association or the Tournament Chairman or the League President or their representative, shall be allowed to enter the Official's dressing room. For any infraction of this rule, the matter shall be reported to the Chairman of the Association for further action.

Rule 14. Rink Lighting

All rinks shall be lighted so that the players and spectators may conveniently and safely follow play.

SECTION TWO - TEAMS

Rule 15. Composition of Teams

(a) A team shall not have more than six players on the ice at any time while the play is in progress. These six players shall be designated as follows: Goalkeeper, Right Defence, Left Defence, Centre, Right Wing, and Left Wing.

(b) Each player shall wear an individual number of at least 10 in (25.40 cm) in height on the back of their sweater.

Rule 16. Players in Uniform

(a) A team must have the minimum amount of players to start a game. This is the 6 players listed in Rule 15 a).

(b) A player may register at any time during the hockey season.

(Note): Players who have signed a professional contract or a Hockey Canada player card for a league are not eligible to play in the same hockey season.

(c) Before the start of the game, the Official in charge of each team shall give to the Referee or Official Scorer a list of the

names and the numbers of the players and goalkeepers who shall be eligible to play in the game. No change in the list or addition to the list shall be permitted after the commencement of the game except:

1) when a player is late for the game because of unforeseen circumstances and their name has been included in the playing roster prior to the game, the player will be permitted to participate;

2) when a player has been inadvertently omitted from the Official Game Report, the Referee shall permit the name to be added to the Game Report before the game has ended, providing the player was on the ice or on their players' bench in uniform at the start of the game.

(d) Any team official who gives a false statement on the Official Game Report with regard to ineligible players, shall be dealt with by the Chairman of the Association.

(e) Each team shall be allowed one goalkeeper on the ice at one time. The goalkeeper may be removed and another "player" substituted. Such player shall not be permitted the privileges of a goalkeeper.

(f) No player, other than the goalkeeper or a replacement for a goalkeeper, shall be permitted to wear the equipment of the goalkeeper. (Note): Teams are allowed to carry two goalkeepers, either of whom may be used at the team's discretion.

(g) When the substitute goalkeeper enters the game, they shall take their position without delay and no warm-up shall be permitted.

(h) If both teams are on the ice during the pre-game warm-up, players shall be restricted to their own half of the ice. Where a team violates this regulation, the Referee shall report the violation to CARHA Hockey, which may take appropriate action.

(i) No player under suspension may participate in the pre-game warm-up, or occupy the players' bench during the game.

(Note 1): In games where teams have only one goalkeeper dressed and a penalty is assessed to the goalkeeper, which

causes ejection from the game, at the discretion of the Referee, the goalkeeper may be allowed to remain in the game and the time penalty will be served by a team member, who was on the ice at the time of the infraction.

Rule 17. Starting Line-Up

(a) To commence any periods of play, only those players designated to start play will come on the ice. The remaining players will go directly to the players' bench.

Rule 18. Captain of the Team

(a) Each team may appoint a Captain and not more than three Alternate Captains. One of these should be on the ice at all times and only a Captain or Alternate Captain who is on the ice shall have the privilege of asking the Referee for their interpretation of any rule, during the progress of the game. Prior to the start of the game, the Manager or Coach of each team shall advise the Referee or Official Scorer of the names and numbers of the Captain and the Alternate Captain(s).

(b) The Captain shall wear the letter "C" and the Alternate Captain(s) the letter "A" in a conspicuous position on the front of their sweaters. The letters should be in contrasting colour and be approximately 3 in (7.62 cm) in height. If the letters are not worn, the Captain's and Alternate Captain's privileges will not be permitted.

(c) When the Captain or the Alternate receives a penalty, the player shall lose all their privileges for the duration of the penalty and must proceed directly to the penalty box.

(d) Goalkeepers or a replacement for a goalkeeper shall not be entitled to the privileges of a Captain or Alternate Captain.

(e) A playing Coach or playing Manager shall not be entitled to the privileges of a Captain or Alternate Captain.

(f) A Minor penalty for delay of game shall be assessed if any Captain or Alternate Captain leaves thier players' bench to discuss any interpretation of the rules with the Referee.

Rule 19. Change of Players

(a) When play is in progress, not more than six players (including a goalkeeper) are permitted on the ice at any one time.

(b) Players may be changed at any time from the players' bench, provided that the player or players leaving the ice shall be at the players' bench (within 10 ft (3.05 m)) and out of play before any change is made.

(c) A player on the penalty bench who is to be changed after their penalty has been served must proceed by way of the ice and be at the players' bench before any change can be made.

(d) A team shall be required to place the correct number of players on the ice when requested by the Referee. Each team is allowed only one change of player(s) during a stoppage of play.

(e) A Bench Minor penalty shall be assessed for a violation of any section of this rule. The penalty shall be served by a player committing the infraction, as covered under Rule 29 - Bench Minor Penalties.

(f) If, in the last two minutes of regular playing time, or any time in overtime, a Bench Minor penalty is imposed for DELIBERATE illegal substitution, a Penalty Shot shall be awarded against the offending team. The Bench Minor penalty shall not be served. See Rule 55(e) - Delay of Game.

(Note 1): The player entering or leaving the game must intentionally play the puck or intentionally check another player for the penalty shot to be imposed. Incidental contact with the puck or an opposing player still allows for the imposition of the minor penalty for "too many players on the ice".

(Note 2): 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 should not be stopped and no penalty shall be called.

(Note 3): When a goalkeeper leaves the goal area during play, and proceeds to the players' bench for the purpose of substituting another player, they must be within 3.05m (10

ft.) of the bench before the substitute may enter the game. If the substitution is made prematurely, the official shall stop the play when the offending team gains possession and control of the puck. The resulting face-off will take place at the centre ice face-off spot, unless the offending team gains a territorial advantage, then the face-off shall take place where the stoppage occurred, unless otherwise stated in the rules. There shall be no time penalty to the team making the premature substitution.

(g) For player changes taking place during a stoppage of play, the Referee will assume the normal position for the ensuing face-off. The Referee will then allow a ten-second period during which the teams may make player changes. After this ten-second period has elapsed, the Referee will raise an arm to indicate that no further changes may be made by either team.

Where a team attempts to make a player change after their allotted period of time, the Referee shall send the player(s) back to their bench. Any subsequent infraction to this procedure at any time during the course of the game shall incur a Bench Minor penalty under Rule 19(e).

Rule 20. Injured Players

(a) When a player, other than a goalkeeper, is injured or compelled to leave the ice during a game, the player may be replaced by a substitute, but play must continue without the teams leaving the ice.

(b) A penalized player who has to serve a time penalty and who has been injured may proceed to the dressing room, provided they are replaced on the penalty bench by a substitute who was on the ice at the time. A penalized player who does not have to serve a time penalty and who has been injured may proceed to the dressing room without having to be replaced by a substitute on the penalty bench. For a violation of this Rule, a Bench Minor penalty shall be assessed.

(c) If an injured penalized player returns to the players' bench before their penalty has expired, the player shall take their place on the penalty bench or replace the player substituting for them on the penalty bench during the first stoppage of play. If the player takes part in the play before their penalty

has expired, they shall be assessed an additional Minor penalty.

(d) When a player is injured so that they cannot continue play or go to their bench, the play shall be stopped immediately.

(Note 1): Where there is suspicion that a player has sustained an injury, the Referee may stop the play immediately.

(Note 2): Where play has been stopped due to an injured player, excluding the goalkeeper, the injured player shall leave the ice and may not return to the ice until play has resumed. If the player refuses to leave the ice, a Delay of Game penalty shall be assessed.

(e) When the Referee has stopped the play due to an injury to a player and the Referee then confirms that the injured player was faking the injury so as to cause the stoppage of play, The referee may assess a Delay of Game penalty to the player involved.

SECTION THREE - EQUIPMENT

MEASUREMENT GUIDELINES

1. The measurement of any equipment (players' and goalkeepers' sticks, goalkeepers' pads and gloves) shall be carried out immediately when requested by a team through the Captain or Alternate Captain. No measurements of any kind will be carried out by the Referee unless a formal request has been made by a team, using the proper procedure.

2. If the complaint for any measurement of sticks or equipment is not sustained, the complaining team will be assessed a Bench Minor penalty.

3. Only one measurement of any kind will be allowed per stoppage of play.

4. Any illegal equipment shall be removed, corrected, or adjusted without any unnecessary delay.

5. Where a measurement of a stick is requested by a Captain,

then they must designate to the Referee what specific part of the stick is to be measured.

6. No goal will be disallowed as a result of any measurement following the scoring of a goal.

Rule 21. Sticks

(a) All sticks (including goalkeepers sticks) may be made of wood, fiberglass, or aluminum and/or any other material approved by the Rules Committee. They must not have any projections, pockets, netting, or other similar contrivance designed to give the player or goalkeeper undue assistance in the playing of the game. The end of the shaft of all sticks must be covered to protect against injury. In the case of hollowed shaft sticks, the end of the shaft must have a protective cap as well as being covered to protect against injury. A player may carry only one stick while participating in the play. A Minor penalty shall be assessed for a violation of this rule.

(b) The stick shall not exceed 63 in (1.60 m) from the heel to the end of the shaft and 12 1/2 in (31.75 cm) from the heel to the end of the blade. The blade of the stick shall not be less than 2 in (5.08 cm) (within 1/2 in (1.27 cm) of the end) nor greater than 3 in (7.62 cm) in width. The curvature of the blade of the stick shall not exceed 1/2 in (1.27 cm) along any line of the measurement. To measure the curvature, a line is drawn from a fixed point at the heel of the stick to any number of points on the toe of the blade. The curvature will be measured between this line and the blade.

(c) The goalkeeper's stick shall not exceed 55 in (1.4 m) from the heel to the end of the shaft. The blade of the goalkeeper's stick shall not exceed 3 1/2 in (8.89 cm) in width at any point nor be less than 3 in (7.62 cm) except at the heel where it must not exceed 4 1/2 in (11.43 cm) in width. The goalkeeper's stick shall not exceed 15 1/2 in (39.37 cm) in length from the heel to the end of the blade. The widened portion of the goalkeeper's stick extending up the shaft from the blade shall not exceed 26 in (66.04 cm) in length, calculated from the heel and shall not exceed 3 1/2 in (8.89 cm) nor be less than 3 in (7.62 cm) in width. The curvature of the blade of the goalkeeper's stick shall not exceed 1/2 in (1.27 cm) and shall be measured in the same manner as a player's stick.

(d) A Minor penalty shall be assessed to any player, including the goalkeeper, for using a stick which does not conform to the provisions of this rule.

(e) A Minor penalty and a Misconduct penalty shall be assessed to any player who deliberately breaks a stick when asked to produce same for a measurement or who refuses to surrender their stick for measurement.

(f) When requested, the Referee shall take the stick to be measured to the Referee's crease at the penalty bench, where the appropriate measurement will be made using a tape measure or stick gauge.

(g) The stick may be wound with tape of any colour.

Rule 22. Skates

(a) Hockey skates shall be of a design approved by the Rules Committee. No player or goalkeeper may participate in the game unless they are wearing skates.

(b) The use of speed skates, fancy skates, or any skates designed so that they may cause injury is prohibited.

(c) Skate heel guards must be worn by all players and Referees. Goalkeepers, when wearing goalkeepers' skates (closed at back) are exempt from wearing skate heel guards.

(d) Only a goalkeeper is allowed to wear goalkeeper's skates during a game.

Rule 23. 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 protection of the head and body and must not include any garment or contrivance which would give the goalkeeper undue assistance in keeping goal. Abdominal aprons extending down the thighs on the outside of the pants are prohibited.

(Note 1): Protective padding attached to the back of or forming part of the goalkeeper's blocker glove shall not exceed 8 in (20.3 cm) in width nor 16 in (40.6 cm) in length.

(Note 2): The base of the goalkeeper's catching glove shall be restricted to a maximum of 9 in (22.9 cm) in width, which is to include any attachments added to that glove. The length of the catching glove is restricted to a maximum of 16 in (40.6 cm). The lacing, webbing, or other material joining the thumb and index finger of a goalkeeper's glove or any cage, pocket or pouch created by this material, must not exceed the minimum amount of material necessary to fill the gap between the thumb and the index finger when they are fully extended and spread. Any other pocket, pouch, or contrivance added to the glove by a manufacturer or otherwise is not acceptable and makes the glove illegal.

(Note 3): The binding and/or stitching at the edges of both goalkeepers gloves shall not be included in the measurement of either the length or the width.

(Note 4): When a request for a measurement of a goalkeeper's glove has been made, the team shall state the glove that is to be measured and whether it is to be the length or width of the glove.

(b) Goalkeeper's pads shall not exceed 11 in (27.94 cm) in width as measured on the goalkeeper and shall not be altered in any way. No more than 2 in (5.08 cm) of expansion due to wear shall be permitted. (Note): Puck foil (a plastic piece attached to the bottom of goalkeeper's pads designed to stop the puck) is illegal equipment.

(c) A Minor penalty shall be assessed a goalkeeper guilty of using or wearing illegal equipment.

(d) A goalkeeper shall remove their face protector for the purpose of identification if so asked by the Referee. A goalkeeper who refuses this request, shall be assessed a Gross Misconduct penalty.

Rule 24. Protective Equipment

(a) All protective equipment except gloves, head gear or goalkeepers' leg pads, must be worn entirely under the uniform. Leather elbow patches on the outside of the sweater and palmless gloves are prohibited. After one warning by the Referee, a Minor penalty shall be imposed on the offending player for violation of this rule.

(b) While on the ice, including pre-game warmups, all players must wear a CSA approved helmet with the chin strap properly fastened under the chin. Players shall remove their helmets during the playing of the anthem(s).

(Note): Players informed by the Referee of an illegal helmet (not CSA approved) may not participate in the balance of the game unless satisfactory measures (such as being replaced) are taken.

(c) Goalkeepers shall be required to wear a CSA approved hockey helmet. It is recommended that all goalkeepers wear a throat protector and a CSA approved facial protector.

(Note): When a goalkeeper starts the game wearing an illegal helmet, the Referee is directed to use the following procedure:

1) the Referee will face-off the puck at centre ice to start the game, the play will be immediately stopped and the offending goalkeeper will be assessed a Minor penalty for wearing illegal equipment;

2) the offending goalkeeper will be allowed five minutes to replace the illegal equipment and resume play. If at the end of five minutes the offending goalkeeper is not ready to resume play, an additional Minor penalty for Delay of Game shall be assessed to the offending team;

3) one player from the offending team will serve the Minor penalty or Double Minor penalty that is assessed under this rule;

4) in the event that the goalkeeper is not ready to resume play within the five minute time limit, play will resume with the offending team using five skaters until such time as the goalkeeper returns. If after play has resumed, and the goalkeeper returns wearing the approved equipment, they shall be allowed to enter the game at the first stoppage of play. At this point the offending team will play with a goalkeeper and four skaters until the expiration of the applicable penalties.

(Note 2): Should a goalkeeper decide to wear a non-CSA approved face shield, the goalkeeper is waiving any facial insurance coverage that is stated in their insurance package.

(d) Players and goalkeepers may wear any type of face protector, provided it is securely fastened to the helmet and is made in such a way as not to cause injury to the wearer or opposing players. To meet insurance requirements for facial injury claims, such protective equipment must be CSA approved, and be to the minimum level of a half-face shield and either an internal or external mouth guard for players. Goalkeepers must still wear a full face mask.

(Note 1): Any alteration to a CSA approved facial protector or helmet destroys the certification.

(Note 2): To protect against possible serious facial injury, the CARHA Hockey Board of Directors strongly recommends that all players wear full CSA approved facial protection equipment.

(Note 3): Member players should be aware that there are insurance restrictions for players not wearing full facial protection.

(e) Any player who has only the sight of one eye must wear a CSA approved face protector if they choose to play. The player and their team must be aware that CARHA Hockey will not be held liable for further eye injuries, other than what is covered by the insurance policy currently in force.

(f) Should the helmet of a player come off while play is in progress, such player may replace the helmet properly fastened and continue in the play or proceed to the player's bench for substitution. If such player participates in the play in any manner without their helmet, play shall be stopped immediately and the player assessed a Minor penalty. The penalty shall be assessed for participation in the play without the proper protective equipment.

All players while on the players' and/or penalty bench must wear their approved helmet. Any goalkeeper on the bench, as a minimum, is required to properly wear the same protective head equipment as the players. For a violation of this

rule, a warning shall be issued to the team. The second and subsequent violations by the same team will result in a Bench Minor penalty being assessed against the offending team.

When a goalkeeper loses their helmet, play shall be stopped immediately. If a goalkeeper deliberately removes their helmet for the purpose of stopping the play, the Referee shall assess a Minor penalty for "Delay of Game". If this deliberate action occurs when an opponent is on a breakaway in the neutral or attacking zone or occurs during the last two minutes of regular playing time, or any time in overtime, a Penalty Shot shall be awarded to the non-offending team.

(g) The wearing of a BNQ approved throat protector is recommended for players participating in recreation hockey.

Rule 25. Dangerous Equipment

(a) The use of pads, protectors, or sticks likely to cause an injury to a player is prohibited.

(b) All elbow pads which do not have a soft protective covering of sponge rubber or a similar material at least 1/2 in (1.27 cm) thick, shall be considered dangerous equipment.

(c) After one warning from the Referee, a Minor penalty shall be assessed to the offending player for a violation of this rule.

(Note): The Referee has the authority to prohibit a player from participating in the game while using or wearing any equipment that may be considered considers dangerous to a player or game official.

Rule 26. Puck

The puck shall be made of vulcanized rubber or other approved material. It shall be 1 in (2.54 cm) thick and 3 in (7.62 cm) in diameter and weigh not less than 5 oz. (156 g) and not more than 6 oz. (170 g) and shall be black in colour.

SECTION FOUR - PENALTIES

Rule 27. Penalties

(Note 1): All penalty times noted in the Rule Book are referred to in stopped time minutes.

(Note 2): To facilitate the use of straight time (or running time), the following rule shall be used to time penalties which run from straight time to stop time which could be used near the end of a period or game. "If the penalty is assessed in straight time, the game clock will be used to determine when the penalized player returns."

Example: When the last five (5) minutes of a period is played stop time and a player receives a penalty at the 14:00 minute mark, 1:00 minute of the penalty will be served running time and 2:00 minutes stopped time.

(a) Penalties are divided into the following classes:

	Stop Time	Running Time
1. Minor penalties	2	3
2. Double Minor	4	6
3. Bench Minor penalties	2	3
4. Major penalties	5	7
5. Misconduct penalties	10	12
6. Game Ejections (see Glossary)		
7. Game Misconduct penalties		
8. Gross Misconduct penalties		
9. Match penalties	5	7
10. Penalty Shot		

(b) Penalties may be assessed at any time before, during or after a game, when an offense is committed, regardless of whether or not play is in progress. Penalties may also be assessed for infractions of the rules committed during the pre-game warm-up, when observed by the Referee. Any player(s) who is/are assessed any penalty(ies) in the pre-game warm-up shall automatically have their name(s) placed on the Official Game Report and be counted as one of the eligible players as per Rule 16(a) and (b) - Players in Uniform.

(Note 1): The maximum of 5 players per team being assessed Game Misconduct penalties as per Rule 70(c). Leaving the Players' or Penalty Bench also applies to the pre-game warm-up.

(Note 2): Any unnecessary contact between opposing players after the whistle shall result in penalties being assessed as prescribed by the rules.

(c) If an offense occurs after the conclusion of a game on the ice or off the ice before entering the dressing room, a penalty shall be assessed. Such a penalty shall be reported to the Chairman by the Referee on the Official Game Report.

(d) Where the rules state that the Manager or Coach shall designate a player to serve a penalty and the Manager or Coach refuses to name a player, the Referee shall name any player of the offending team to serve the penalty.

Rule 28. Minor Penalties

(a) For a "Minor" penalty, any player, except a goalkeeper, shall be ruled off the ice for two minutes actual playing time, during which time no substitution shall be permitted.

(b) If, while a team is short-handed because of one or more Minor or Bench Minor penalties, the opposing team scores a goal, the first of such penalties shall automatically terminate.

(Note): Coincidental Minor penalties to both teams do not cause either team to be short-handed.

When a goal is scored on a Penalty Shot against a team that is short-handed by reason of a Minor or Bench Minor penalty, no player of the short-handed team shall return to the ice with the scoring of the goal.

(c) When a player is assessed both a Minor penalty and a Major penalty at the same time, the Major penalty shall be served first. The same principle will apply when a player is assessed a Minor penalty and a Match penalty at the same time. The five-minute time penalty which accompanies the Match penalty is to be served first.

(d) If a goal is scored against a team that is short-handed because of one or more Minor penalties, the player serving the first Minor penalty shall return to the ice. In the case of a player who has received a Double Minor penalty, the first Minor penalty shall terminate.

(e) When coincident Minor or coincident Minors of equal duration are imposed against players on each team during the same stoppage of play, immediate substitution shall be made for those penalties, and such penalties shall not be taken into account for the purpose of a delayed penalty. Any differences in time or total penalty time shall be served by one or more players on the ice at the time of the infraction.

Unless they have been ejected from the game, such penalized players shall take their place on the penalty bench and remain there until the first stoppage of play following the expiry of their respective penalties.

Where at least one Major and/or Match penalty is assessed to each team during the same stoppage of play, the coincident Major/Match penalty shall take precedent over the coincident Minor penalty rule.

Rule 29. Bench Minor Penalties

(a) A "Bench Minor" penalty requires the team against which the penalty is assessed to play a player short for a period of two minutes of actual playing time.

(b) Whenever a Bench Minor penalty is assessed, if the player guilty of the actual infraction is identified by the Referee, that player shall serve the penalty, except when such player is already on the penalty bench serving a penalty. However, if the player is not identified, the Manager or Coach of the penalized team through the playing Captain shall designate any player of their team on the ice at the time of the infraction to serve the penalty.

(Note): In the case where the Referee is unable to identify the actual offender, the Bench Minor shall not count in the Three Penalty Rule against the player who is designated to serve the Bench Minor penalty.

Rule 30. Major Penalties

(a) A player, including a goalkeeper, assessed a Major penalty shall be ruled off the ice for the remainder of the game (Major penalty plus Game Misconduct). The penalized team shall place a substitute player on the Penalty Bench to serve five minutes actual playing time, during which time no on ice substitutions shall be permitted.

(Note): The only exception to this rule is when a Major penalty has been assessed for an ACCIDENTAL high stick, in which case the Game Misconduct shall not apply.

(b) When coincident Major and/or Match penalties or coincident penalties of equal duration including a Major or a Match penalty are imposed against players on each team during the same stoppage of play, immediate substitutions shall be made for those penalties, and such penalties shall not be taken into account for the purpose of the delayed penalty. In the case where the penalized players remain in the game, they shall take their place on the penalty bench and shall not leave until the first stoppage of play following the expiry of their respective penalties.

When the coincident Major/Match penalty rule is applied and there is a differential in the total time penalties, those penalties causing the differential shall be served first in the normal manner and shall be taken into account for the purpose of applying Rule 28(b) - Minor Penalties and Rule 38 - Delayed Penalties. Any time difference or differential in the total time, penalties must be served by a player (or players) on the ice at the time of the infraction.

Rule 31. Misconduct Penalties

(a) A player, except a goalkeeper, incurring a "Misconduct" penalty shall be ruled off the ice for a period of ten minutes actual playing time. A substitute for the penalized player shall be permitted immediately. A player serving a Misconduct penalty shall remain on the penalty bench until the first stoppage of play following the expiry of their penalty.

When a player is assessed a Minor and a Misconduct penalty or a Major and a Misconduct penalty at the same time, the

penalized team shall immediately place a substitute player on the penalty bench to serve the Minor or Major penalty. The Misconduct penalty will commence on the termination of the Minor or Major penalty.

(b) The Referee shall report to the Chairman and/or Tournament Chairman any player who is assessed a Misconduct penalty within ten minutes of the conclusion of the game.

(c) Any player who is assessed a second Misconduct penalty in the same game shall automatically be assessed a Game Misconduct penalty.

(Note 1): See also Rule 87.

Rule 32. Game Ejection/Game Misconduct Penalties

(a) Any player who is assessed THREE PENALTIES in one game shall be ruled off the ice for the remainder of the game (Game Ejection). It shall be necessary to place a substitute on the penalty bench immediately to serve the third penalty.

(Note 1): Any combination of minor, bench minor, or major penalties shall apply to the personal total of any individual in the game.

(b) A player or team official incurring a "Game Misconduct" penalty shall be ordered to the dressing room for the remainder of the game and shall be reported to the Chairman for further action.

A substitute for the penalized player shall be permitted immediately.

(c) A Game Misconduct penalty assessed under Rule 46 - Abuse of Officials, Unsportsmanlike Conduct/Misconduct, does not incur automatic suspension, unless it occurs in the last 10 minutes of the game (regular playing time including overtime), in which case the penalized player shall be suspended for a minimum of the next regular league, playoff, or tournament game. A total of 10 minutes shall be charged in the records against the penalized player for a Game Misconduct penalty.

(d) A Game Misconduct assessed to a player for receiving a Major penalty as a result of a Rule infraction, other than the Accidental High Stick Rule, shall automatically incur a one (1) game suspension. Depending on the severity of the infraction, the offender may be subject to further discipline action.

(Note 1): See also Rule 87.

Rule 33. Gross Misconduct Penalties

(a) Any player or team official incurring a "Gross Misconduct" penalty shall be ejected from the game. A substitute for the penalized player shall be permitted immediately.

(b) Gross Misconduct penalties shall be assessed where a person conducts themself in such a manner as to make a travesty of the game.

(c) A total of ten minutes shall be charged in the records against a penalized player for a Gross Misconduct penalty. The Referee shall report the offender and the full details surrounding the violation to the Chairman who may assess further penalties.

(d) Any player or team official who is assessed a Gross Misconduct penalty shall be ordered to the dressing room immediately for the balance of the game and will not be permitted to take part in any further games until their case has been dealt with by the League or Tournament Committee.

(Note 1): See also Rule 87.

Rule 34. Match Penalties

(a) Any player or team official incurring a "Match" penalty shall be ordered to the dressing room immediately for the balance of the game and will not be permitted to take part in any further games until their case has been dealt with by the Chairman.

(b) In every instance where a Match penalty is assessed, the offending player's team shall be required to send a player to the penalty bench for five minutes. The player who serves the five minutes shall be one of the players on the ice at the time of the infraction. Where an offending player has been assessed penalties in addition to the Match penalty, those

penalties will be served by the same player who serves the five minute time penalty.

(Note 1): Referees are required to forward a written report to the CARHA Hockey office on all Match penalties that are assessed during regional tournaments, league, and exhibition games.

(Note 2): See also Rule 87.

MATCH PENALTY PROCEDURE

All CARHA Hockey Referees must strictly adhere to the following procedures when assessing Match penalties.

1. Immediately following the game, check the front of the Official Game Report to confirm that the Match Penalty is properly reported in the Penalty Section.

2. Complete a written report on the back of the Game Report describing all events leading up to and following the assessment of the Match Penalty.

3. Have your co-Referee witness your statement or enter their version of the incident on the back of the Game Report.

4. Present the Official Game Report to the Tournament Chairman/League Convenor in person.

5. Notify the Tournament/League Referee-in-Chief or Assignor of the Match Penalty call and the actions you have taken.

6. Prepare a full statement and forward it to CARHA Hockey as soon as possible.

7. In affiliated CARHA Hockey leagues the Referees will notify the league president/convenor of the Match Penalty assessment. The Referees will also forward a written report to CARHA Hockey.

CARHA Hockey deals severely with players who have been assessed a Match Penalty. When an on-ice official sees a Match Penalty infraction, it is their responsibility to make the call.

Rule 35. Penalty Shot

(a) Any infraction of the rules which calls for a "Penalty Shot" shall result in the following:

The Referee shall cause to be announced over the public address system the name of the player they designate, or is selected by the team entitled to take the Penalty Shot (as appropriate) and shall then place the puck on the centre face-off spot. The player taking the Penalty Shot will, on the instruction of the Referee, play the puck from there and shall attempt to score on the goalkeeper. The puck must be kept in motion towards the opponents' goal line and once it is shot, the play shall be considered complete. No goal can be scored by a player on a rebound of any kind. Any time the puck crosses the goal line, the Penalty Shot shall be considered complete.

(b) The goalkeeper must remain in the goal crease until the designated player touches the puck at centre ice. In the event of a violation of this rule, the player designated or selected to take the Penalty Shot shall be entitled to take the Penalty Shot over again. The goalkeeper may attempt to stop the Penalty Shot in any manner except by throwing their stick or any other object, or deliberately dislodging the goal, in which case a Goal shall be awarded.

(Note 1): No player other than a goalkeeper is permitted to tend goal during a Penalty Shot.

(c) In cases where a Penalty Shot has been awarded under Rule 55(d)— for delaying the game, Rule 83(a)—for throwing a stick, Rule 86(d)—for fouling from behind, and Rule 70(e)—for interference from players' or penalty bench, the Referee shall designate the player who has been fouled as the player who shall take the Penalty Shot. If by reason of injury, the player designated by the referee to take the Penalty Shot is unable to do so, or if the player fouled is not readily identifiable, or in cases where the Penalty Shot has been awarded under Rule 55 (e) – for delaying the game, Rule 58 (c) for falling on the puck in the crease area and Rule 61 (c) – for picking up the puck from the crease, the Penalty shot shall then be taken by a player who was on the ice at the time of the infraction, and is selected by the Captain of the non-offending team and the selection reported to the Referee.

(d) Should the player in respect to whom a Penalty Shot has been awarded, commit a foul in connection with the same play or circumstances after the Penalty Shot has been awarded, they shall first be permitted to take the Penalty Shot before being sent to the penalty bench to serve the penalty, provided the penalty assessed was not a Game Misconduct, a Gross Misconduct, a Match penalty, or their third penalty in the same game.

If at the time a penalty shot is awarded, the goalkeeper of the penalized team has been removed from the ice to substitute another player, the goalkeeper shall be permitted to return to the ice before the Penalty Shot is taken.

The goalkeeper on the ice may be replaced by the substitute goalkeeper for the purpose of defending against the Penalty Shot. The replacement goalkeeper shall not be allowed a warm-up.

(e) While the Penalty Shot is being taken, players of both teams shall withdraw to the sides of the rink and beyond the centre red line.

(f) 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 Penalty Shot, and because of such action, the Penalty Shot should have failed, a second attempt shall be permitted and the Referee shall assess a Misconduct penalty to the player despite a goal being scored or not on the shot. If the interference is from a team official, a Game Misconduct shall be assessed.

(g) If a goal is scored from the Penalty Shot, the puck shall be faced-off at centre ice in the usual way. If a goal is not scored, the puck shall be faced-off at either of the end faceoff spots in the zone in which the Penalty Shot was attempted.

(h) If the offense for which the Penalty Shot was awarded was such as would normally incur a Minor penalty, then regardless of whether the Penalty Shot results in a goal or not, no further penalty shall be served.

Should a goal be scored from a Penalty Shot, a further penalty to the offending player shall be applied if the offense for

which the Penalty Shot was awarded was such as to incur a Major or Match penalty.

(i) A measurement of the stick of the player designated to take the Penalty Shot must be requested before the Penalty Shot is taken, as if it were a normal play. Should the stick prove illegal, the offending team shall be denied the Penalty Shot and no further penalty shall be imposed. Should the measurement prove the stick to be legal, the Penalty Shot shall be taken in the normal manner and the penalty for an "unsustained request for a measurement" shall be assessed whether the Penalty Shot is successful or not.

(j) If the foul upon which the Penalty Shot is based occurs during actual playing time, the Penalty Shot shall be awarded and taken immediately in the usual manner notwithstanding any delay occasioned by a slow whistle by the Referee to permit the play to be completed, which delay results in the expiry of the regular playing time in any period. The time required for the taking of a Penalty Shot shall not be included in the regular playing time or any overtime.

(k) (Note): Also refer to

Rule 24(f) - Protective Equipment
Rule 55(d) - Delay of Game
Rule 55(e) - Delay of Game
Rule 58(c) - Falling on the Puck
Rule 61(c) - Handling the Puck
Rule 70(e) - Leaving the Players' or Penalty Bench
Rule 83(a) - Throwing Stick
Rule 86(d) - Tripping

Rule 36. Awarded Goals

(a) A "Goal" will be awarded to the attacking team when the opposing team has taken their goalkeeper off the ice, and an attacking player has possession and control of the puck on a breakaway in the neutral or attacking zone and:

1) the player is interfered with by an opposing player who has illegally entered the game; and/or

2) a stick or any other object is thrown by a player on the defending team; and/or

3) the puck carrier is fouled from behind and prevented from having a clear shot on the open goal; and/or

4) any member of the defending team, including the Team officials, whether on the players' bench or penalty bench, who interferes by means of their body, stick, or any other object with the puck or the puck carrier.

(b) A Goal will be awarded to the attacking team when the opposing team has taken their goalkeeper off the ice, and when a shot has been taken (control no longer applies) and a defending player picks up the puck with their hand from the goal crease, or falls on, or covers the puck in the crease with their hand, thereby preventing an obvious and imminent goal.

(c) A Goal will also be awarded when the goalkeeper is removed from the ice and they, or their teammate, has deliberately piled snow or any other obstacle at or near the net, has deliberately dislodged the net from its moorings, or when any such action has prevented a goal from being scored.

Rule 37. Goalkeeper Penalties

(a) No goalkeeper shall be sent to the penalty bench for an infraction which incurs a Minor, Major, or Misconduct penalty. Instead, such a penalty shall be served by any player of the team who was on the ice when the infraction occurred. Such player shall be designated by the Manager or Coach of the penalized team, through the Captain.

(b) An alternate goalkeeper may replace a regular goalkeeper who has been ejected from the game, or has been assessed a Game Misconduct or a Match penalty. In the event that there is no alternate goalkeeper recorded on the playing lineup, the regular goalkeeper's place may be taken by any player on the Game Report designated by the Manager or Coach of the penalized team through the Captain. Such substitute will be allowed fifteen minutes to put on the full goalkeeper's equipment.

(c) When a goalkeeper leaves the goal crease during a fight, they will be assessed a Minor penalty plus any other penalties they might receive.

(d) When a goalkeeper leaves the goal crease to join in a fight,

act as a peacemaker, or take part in another fight during the same stoppage of play, they shall receive a Game Misconduct penalty plus any other penalties they incur.

(e) If a goalkeeper intentionally participates in the play in any manner beyond the centre red line, the goalie shall be assessed a Minor penalty.

(f) A Minor penalty shall be assessed a goalkeeper who, after catching the puck, drop kicks the puck. If injury results, a Major penalty and a Game Misconduct penalty shall be assessed.

Rule 38. Delayed Penalties

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

(b) When a team has three players serving penalties at the same time and while due to the delayed penalty rule a substitute for the third penalized player is on the ice, none of the three penalized players on the penalty bench may return to the ice until play has stopped. When the play has been stopped, the player whose full penalty has expired may return to the play.

(c) When the penalties to the player or players have expired and the penalized team is entitled to more than four players on the ice, the Penalty Timekeeper shall permit the penalized players to return to the ice in the order of expiry of their penalties.

(d) In cases where Minor penalties are assessed at the same time to more than one player from the same team, those penalties should be served in order of occurrence. Rule 38(d) does not apply when the coincident Minor penalty rule is applied.

(e) When a Major and a Minor penalty are assessed at the same time against two different players of the same team, the

Penalty Timekeeper shall record the Minor as being the first penalty assessed.

Rule 39. Calling Penalties

(a) If a player on the team in possession of the puck commits an infraction of the rules which would call for a Match, Major, Misconduct, Bench Minor, or a Minor penalty, the Referee will blow the whistle immediately and give the penalty(ies) to the deserving player(s). The resulting face-off shall be at the closest face-off dot from where the incident was blown down, going towards the offending teams zone.

Note: The first face-off after the penalty is issued will not take place in the zone of the team which has the power play. The face-off would be just outside of their zone at the closest face-off dot.

(b) If a player on the team not in possession of the puck commits an infraction of a rule which would call for a Match, Major, Misconduct, Bench Minor, or Minor penalty, the Referee shall signal the penalty by extending their arm straight up. The Referee shall blow the whistle and stop play immediately when the offending team gains possession and control of the puck.

The resulting face-off shall be at the closest face-off dot from where the incident was blown down, going towards the offending teams zone, unless during the period of the delayed penalty call against the side not in possession, the side in possession ices the puck, shoots the puck from its own zone so that it goes out of bounds or is unplayable, or commits an off-side pass over the centre red line, then the face-off following the stoppage of play shall take place at the face-off spot in the neutral zone nearest the defending blue line of the team shooting the puck.

If the penalty to be assessed is a Minor penalty and a goal is scored on the play by the non-offending side, the Minor penalty shall not be assessed. But, other Minor, Bench Minor, Major, Match, and Misconduct penalties shall be assessed in the normal manner, regardless of a goal being scored.

(Note 1): When the scoring of a goal results in a Minor penalty not being assessed, the Referee shall inform the Official

Scorer the number of the player committing the rule infraction. The offending player's number and the type of infraction shall be noted on the Official Score Sheet. Although the penalty time is not served, the infraction shall be taken into account for the purpose of applying the Three Penalty Rule. The offending player and their team shall be notified through the team's Captain of the action taken by the Referee.

(Note 2): If after the Referee has signalled a penalty, but before the whistle has been blown, a member of the non-offending team shall put the puck in their own net in any manner through no contact by the offending team, the goal shall be allowed and the penalty signalled shall be assessed in the normal manner.

If the Referee signals a Minor or Bench Minor penalty(ies) against a team that is short-handed by reason of one or more Minor or Bench Minor penalties, and a goal is scored by the non-offending team before the whistle is blown, the goal shall be allowed and the player who is serving the first Minor or Bench Minor penalty will return to the ice, while the signalled penalty(ies) shall be assessed and served in the normal manner.

(c) If further rule infractions are committed by the same offending player, either before or after the Referee blows their whistle, that player shall serve the penalties consecutively.

(d) The Referee has the right to stop play immediately in the case of a Match penalty. The resulting face-off will be where the play was stopped, unless the stoppage occurred in the offending player's attacking zone, in which case the face-off is brought out to the neutral zone.

EXAMPLES OF MINOR PENALTIES

1.	Team "A" No. 6 – 2 min. at 4:00 Team "A" No. 9 – 2 min. at 3:00	Team "B" No. 11 – 2 min. at 3:30 Team "B" scores at 2:30
	Team "A" No. 6 returns	
2.	Team "A" No. 6 – 2 min. at 4:00 Team "A" No. 9 – 5 min. at 3:00	Team "B" No. 11 – 2 min. at 3:30 Team "B" scores at 2:30
	Team "A" No. 6 returns	
3.	Team "A" No. 6 – 5 min. at 4:00 Team "A" No. 9 – 2 min. at 3:00	Team "B" No. 11 – 2 min. at 3:30 Team "B" scores at 2:30
	Team "A" No. 9 returns	
4.	Team "A" No. 6 – 2 min. at 3:30 Team "A" No. 9 – 2 min. at 3:00	Team "B" No. 11 – 2 min. at 4:00 Team "B" scores at 2:30
	Team "A" No. 6 returns	
5.	Team "A" No. 6 – 2 min. at 4:00 Team "A" No. 9 – 2 min. at 3:30	Team "B" No. 11 – 2 min. at 3:15 Team "B" scores at 3:00
	Team "A" No. 6 returns	
6.	Team "A" No. 6 – 2 min. at 4:00 Team "A" No. 9 – 5 min. at 3:30	Team "B" No. 11 – 2 min. at 3:00 Team "B" scores at 2:30
	Team "A" No. 6 returns	
7.	Team "A" No. 6 – 5 min. at 4:00 Team "A" No. 9 – 2 min. at 3:30	Team "B" No. 11 – 2 min. at 3:00 Team "B" scores at 2:30
	Team "A" No. 9 returns	
8.	Team "A" No. 6 – 2 min. at 4:00 Team "A" No. 9 – 2 min. at 3:00	Team "B" No. 11 – 2 min. at 4:00 Team "B" scores at 2:30
	Team "A" No. 9 returns	
9.	Team "A" No. 6 – 5 min. at 4:00 Team "A" No. 9 – 2 min. at 3:30	Team "B" No. 11 – 2 min. at 4:00 Team "B" scores at 2:30
	Team "A" No. 9 returns	
10.	Team "A" No. 6 – 5 min. at 4:00 Team "A" No. 9 – 2 min. at 3:30	Team "B" No. 11 – 2 min. at 3:30 Team "B" scores at 2:30
	No player on Team "A" returns	
11.	Team "A" No. 6 – 5 min. at 4:00 Team "A" No. 7 – 2 min. at 3:30	Team "B" No. 11 – 5 min. at 3:30 Team "B" scores at 2:00
	Team "A" No. 7 returns	
12.	Team "A" No. 6 – 2 min. at 4:00 Team "A" No. 7 – 2 min. at 3:30	Team "B" No. 11 – 5 min. at 4:00 Team "B" scores at 3:00
	Team "A" No. 6 returns	

EXAMPLES OF COINCIDENT MAJOR/MATCH PENALTIES

		PLAYERS				
EXAMPLES		W	X	Y	Z	REMARKS
No.1	Team A	5 min.				Immediate substitution for W and X.
	Team B		5 min.			
No.2	Team A	(2) min. 5 min.				Substitution for W after 2 min. (in this case, the Minor is served first). Immediate substitution for X.
	Team B		5 min.			
No.3	Team A	5 min.		5 min.		Immediate substitution for W, X, Y and Z.
	Team B		5 min.		5 min.	
No.4	Team A	5 min. (5) min. Game Misc.				Substitution for W after 5 min. Immediate substitution for X.
	Team B		5 min.			
No.5	Team A	(2) min. 5 min.		5 min.		Substitution for W after 2 min. Immediate substitution for X, Y and Z.
	Team B		5 min.		5 min.	
No.6	Team A	2 min. 5 min.				Immediate subsitution for . W and X
	Team B		2 min. 5 min.			
No.7	Team A	5 min.				Team B plays short-handed for five minutes. Immediate substitution for W and either X or Z (order of occurrence).
	Team B		5 min.		5 min.	
No.8	Team A	2 min. 5 min.				Substitution for X after 2 min. Immediate substitution for W.
	Team B		(2) min. 2 min. 5 min.			
No.9	Team A	2 min.		5 min.		Immediate substitution for W, X and Y.
	Team B		2 min. 5 min.			
No.10	Team A	2 min. 5 min.		(2) min. (2) min. 5 min.		Substitution for either X or Z after 5 min. (order of occurrence). Substitution for Y after 4 min. Immediate substitution for W and X or Z (order of occurrence).
	Team B		2 min. 5 min.		5 min. 5 min. Game Misc.	
No.11	Team A	2 min. 5 min.		5 min.		Substitution for X after 7 min. Immediate substitution for W,Y and Z.
	Team B		2 min. (2) min. (5) min.		5 min. 5 min. Game Misc.	
No.12	Team A	2 min.		2 min. 2 min.		Substitution for W after 2 min. Immediate substitution for X, Y and Z.
	Team B		2 min.		2 min.	

Criteria forusing both coincidental minors and majors "**MOTO**"

1) M Cancel as **M**any penalties as possible.
2) O Cancel in a way to make them only **O**ne player short.
3) T Cancel in a way to avoid **T**aking an extra player off the ice
4) O Cancel using the order of **O**ccurrence, or the order that the penalties were reported by the Referee.

Note: Start by cancelling majors, then do minors.

SECTION FIVE - OFFICIALS

Rule 40. Appointment of Officials

(a) For all CARHA Hockey games, there shall be two Referees, one Official Scorer, one Game Timekeeper, one Penalty Timekeeper, and two Goal Judges when available.

(b) All Referees and Off-Ice Officials must be treated with courtesy at all times by all players and team officials of all clubs. Any infraction of this rule will be reported to the Chairman, who may assess such penalties as the infraction warrants.

(c) A Referee shall have full authority and the final decision in all matters under dispute. The Referee's decision shall be final on all questions of fact and not subject to appeal.

(d) Two Referees will be used in all games and they shall have equal authority. If the Referees are not of the same opinion on any certain play, the Referee who was closest to the play shall have the final decision.

Rule 41. Referees

(a) The Referees shall try to the best of their abilities to maintain control of players in the game they are officiating.

(Note): CARHA Hockey insists that the game be kept under control at all times, and any player or team official who violates the rules shall be penalized accordingly.

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

(c) The Referees shall check the equipment worn by any player when requested to do so by the Manager or Coach of either team through the Captain on the ice.

(d) The Referees shall assess such penalties as are prescribed by the rules for infractions thereof and they shall stop play for any other infractions of the rules. (e.g. icing the puck, offsides, etc.)

(e) The Referee shall give the final decision in the matter of disputed goals, after having consulted with the other Referee and the Goal Judge involved.

(f) Before starting the game, the Referees shall see that the appointed officials are in their respective places.

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

(h) The Referees shall, when possible, see that players of the opposing teams are separated on the penalty bench to prevent feuding.

(i) After each game, the Referees shall check and sign the Official Game Report and return it to the Official Scorer. The Referees shall also print their names on the Report to assist when additional information is required.

(j) Should a Referee be forced to leave the ice or receive an injury which would affect their duties, the game shall be stopped until a replacement official can be found or the authority has been given for one Referee to continue the game.

(k) Referees shall wear dark blue or black trousers and a black and white vertical striped sweater with a CARHA Hockey crest on the upper left chest. Referees should be neat in appearance at all times.

(l) Referees shall check the goal nets before the start of each period.

(m) Referees must not hold conferences with team coaches, managers, or players during the game or any other time.

(n) Referees are required to report, on the Official Game Report, all Match penalties immediately following the game involved, giving full details to the President.

(o) While on the ice, all Referees shall wear a CSA certified hockey helmet, black in colour, and a CSA certified visor. Helmets shall be removed during the playing of the national anthem(s).

(p) The Referees shall be thoroughly disinterested parties. They must also act in a way that is professional and non-confrontational towards anyone participating. Should the Referee be treated inappropriately by any player, they should deliver the appropriate penalty to the player involved. Should a player feel they have been mistreated by any official, they should immediately report this to the league and/or tournament committee in writing as well as to CARHA Hockey for immediate review. The incident will then be reviewed and further action determined.

Rule 42. Goal Judges

There shall be one Goal Judge behind each goal when available. They shall not be members of either competing club, nor shall they be replaced during the progress of the game, unless it becomes apparent that either Goal Judge, on account of partisanship or any other cause, is guilty of giving unjust decisions. In such cases, the Referee in charge may appoint another Goal Judge to act in their place.

Rule 43. Penalty Timekeeper

(a) The Penalty Timekeeper shall keep the time served by each penalized player during the game, and upon request, inform the penalized player as to the unfinished time of their penalty.

(b) If a player leaves the penalty bench before the penalty has expired, the Penalty Timekeeper shall note the time and signal that to the Referee, who will stop play as soon as possible.

(c) Where public address systems are used, the Penalty Timekeeper shall announce or have announced the name of each penalized player, the nature of the offense, the penalty assessed, and the time at which the penalty was assessed.

Rule 44. Official Scorer

(a) The Official Scorer shall enter on the "Official Game Report" a correct record of the goals scored, by whom they were scored, and to whom assists, if any, are to be credited. The Official Scorer shall also keep a correct record of all penalties assessed, stating the names and numbers of the penalized players, the duration of each penalty, the infraction, and the time when the penalties were assessed.

(b) At the completion of each game, the Official Scorer shall sign the Official Game Report, and then have the Referees sign it. The Official Scorer will also ensure that each Referee has printed their name prior to signing, and will then forward the Game Report to the League Chairman.

(c) Prior to the start of the game, the Official Scorer shall obtain from the Manager or Coach or team representative their complete line-ups, verified and signed by the TEAM OFFICIAL IN CHARGE. The Captain and Alternate Captains of each team shall be duly noted on the Official Game Report. Managers are requested to list the full given name of each player, an initial is not acceptable.

(d) The Official Scorer shall submit the complete line-up of the competing teams to the Referee, in their dressing room, prior to the start of the game and draw the Referee's attention to any case which they feel does not comply with the rules.

(e) The Official Scorer shall advise the Referees when the same player has received three penalties or their second Misconduct penalty in the same game.

(f) Where a public address system is used, the Official Scorer shall announce, or have announced, immediately following the scoring of each goal, the name of the player who scored the goal and the name of each player who received an assist.

Rule 45. Game Timekeeper

(a) The Game Timekeeper shall record the time of the start and finish of each game, and all actual playing time during the game.

(b) The Game Timekeeper shall signal the Referee for the commencement of the game and the start of subsequent periods.

If the rink is not equipped with an automatic sound device, or if this equipment should fail to operate, the Game Timekeeper shall, by means of a siren or whistle, signal the end of each period, the overtime period, and the end of the game.

(c) The Game Timekeeper shall announce, or have announced, when ONE MINUTE of actual game time remains in each regulation or overtime period.

(d) In the event of any dispute regarding time, the matter shall be referred to the on-ice officials and their decision shall be final.

SECTION SIX - PLAYING RULES

Rule 46. Abuse of Officials, Unsportsmanlike Conduct/Misconduct

Team Officials shall be responsible for their conduct and that of their players at all times. They must endeavor to prevent disorderly conduct before, during, or after the game, on or off the ice, and any place in the rink. The Referee may assess penalties to any of the above officials for failure to do so and shall report full details of the incident to the Chairman.

(a) Should a player or team official challenge the rulings of an official or display unsportsmanlike conduct, they must be assessed a minor for unsportsmanlike conduct, followed by a misconduct or game misconduct if they persist.

(Note): A Referee is required to assess a Minor penalty under this rule before assessing the Misconduct or Game Misconduct

(b) A Misconduct penalty shall be assessed to any player or team official who:

1) uses obscene, profane or abusive language or gestures to any person;

2) persists in disputing or shows disrespect for the ruling of any official;

3) intentionally knocks or shoots the puck out of the reach of an official who is retrieving it.

A player or team official who, after receiving a Misconduct penalty, persists in any of the actions of (b) above shall be assessed a Game Misconduct penalty

(Note): In the case of a team official, a Bench Minor penalty shall be assessed instead of a Misconduct penalty. A team

official, after receiving a Bench Minor penalty, would receive a Game Misconduct penalty if the actions continue. A Referee is not required to assess a Bench Minor penalty under this rule before assessing a Game Misconduct penalty.

(c) When a team official has been assessed a Game Misconduct penalty under this rule, the Referee shall report the individual in full details to the Chairman who may assess further penalties.

(d) If the Referee is unable to identify the person responsible for use of obscene, profane, or abusive language, a Bench Minor penalty shall be assessed to the offending team.

(e) A Misconduct penalty shall be assessed to any player who does not proceed immediately and directly to the penalty bench when they have been penalized. Where the penalized player causes any delay by returning for their equipment (gloves, sticks, etc.), the Misconduct penalty shall apply. The equipment shall be delivered to them on the penalty bench by a teammate on the ice at the time of the infraction.

(Note): It shall be necessary to place a substitute on the penalty bench for time penalties. Such substitute may return to the ice as soon as the Misconduct penalty to the offending player commences.

(f) A Misconduct penalty shall be assessed any player who, after one warning by the Referee, persists in any course of conduct (including threatening, abusive language or gestures, or similar actions) designated to incite an opponent into incurring a penalty.

(g) Any player or team official who engages in verbal taunts, insults or intimidation based on discriminatory grounds (race, ethnicity, religion, gender, sexual orientation, language) shall be assessed a Gross Misconduct penalty, which may result in an indefinite suspension.

Notwithstanding the above, at the discretion of the Referee, a Gross Misconduct penalty may be assessed for any such infraction to any player or team official.

(Note:) Officials must complete a Game Report to explain these infractions to the League/Tournament Executive and the CARHA Hockey Office.

(h) A Misconduct penalty may be assessed to any player or players who, except for taking their positions on the penalty bench, enter or remain in the Referee's crease while the Referee is reporting to or consulting with any game official.

(i) A Bench Minor penalty shall be assessed to a team when any player or team official on the bench bangs the bench or ice surface with a stick or any other object in protest of an official's ruling.

(Note): When the penalty is assessed against a player on the penalty bench, another player from the ice must serve the Bench Minor penalty.

Rule 47. Adjustment of Equipment

(a) A Minor penalty shall be assessed to any player who delays the game for adjustment of any equipment.

(b) The onus of maintaining equipment in proper condition shall be upon the player. If adjustments are required, the player must leave the ice and play shall continue uninterrupted, using a substitute.

(c) A goalkeeper may not delay the game unnecessarily to adjust their equipment during a stoppage of play, unless they have received permission from the Referee and they remain in the goal area. If a goalkeeper goes to the players' bench to adjust any equipment, they shall retire from the ice and their place shall be taken by the alternate goalkeeper and no warm-up will be permitted. However, this would only apply where an alternate goalkeeper is dressed. The alternate goalkeeper must remain in the game until play resumes. For a violation of this rule, a Delay of Game penalty shall be assessed.

(Note): A goalkeeper may not go to the players' bench at any time during a stoppage of play unless being replaced by a substitute.

Rule 48. Attempt to Injure or Deliberate Injury

(a) A Match penalty shall be assessed to any player or team official who deliberately injures or attempts to injure an opponent, a Game Official, Team Official, or spectator in any manner.

(b) Players who engage in head-butting shall be assessed a Match penalty.

(c) A player who attempts to kick or deliberately kicks an opposing player shall be assessed a Match penalty.

(d) A player who grabs or pulls an opponent's hair, facial hair, facial protector, helmet, or chin strap and uses this as an advantage or to inflict punishment or injury shall be assessed a Match penalty.

A player who grabs or pulls an opponent's hair, facial hair, facial protector, helmet, or chin strap, but does not use it as an advantage to inflict punishment or injury shall be assessed a double Minor penalty.

(e) A Match penalty shall be assessed to any player who uses the facial protector or helmet as a weapon.

(f) Butt Ending - A Match penalty shall be assessed to any player or team official who deliberately butt-ends or deliberately attempts to butt-end an opponent by jabbing them forcefully with the butt-end of the stick, or who injures an opponent by any butt-ending action.

At the discretion of the referee, a Double Minor penalty shall be assessed to any player or team official who uses the shaft of the stick above the upper hand, to hold or hook an opponent, or who attempts to butt-end an opponent.

(g) Spearing - A Match penalty shall be assessed to any player or team official who deliberately spears or deliberately attempts to spear an opponent by jabbing them forcefully with the toe of the blade of the stick, or who injures an opponent by any spearing action.

At the discretion of the referee, a Double Minor penalty shall be assessed to any player or team official who pokes, jabs, or attempts to poke or jab an opposing player with the toe of the blade of the stick.

(h) A Match penalty shall be assessed to any player who deliberately attempts to or deliberately injures an opponent with a slash, high stick, or cross-check.

(Note): A Double Minor penalty assessed under this rule shall count as two (2) penalties in the application of the Three Penalty Rule (Rule 32(a)).

Rule 49. Boarding and Body Contact

(a) A Minor or Major penalty, at the discretion of the Referee, based upon the intent and the violence of the impact with the opposing player, shall be assessed to any player who intentionally bodies, pushes, shoves, stands in front of an opponent for the purpose of making contact, and/or does not avert body contact with an opponent. When injury results from intentional body contact a Major penalty shall be assessed.

(b) In the event that a player, by committing an infraction of the rules, causes an opponent to collide with the boards, the Minor penalty normally assessed under the rules will be waived and a Double Minor penalty shall be assessed. The Major and/or Match penalty applicable to the rule, will be assessed in the normal manner.

(Note): The Double Minor penalty assessed under this rule shall count as two (2) penalties in the application of the Three Penalty Rule (Rule 32 (a)).

(c) Where, in the opinion of the Referee, accidental contact has taken place, no penalty shall be assessed.

(d) A Minor or Major penalty shall be assessed to any player who makes deliberate physical contact with an opponent after the whistle.

Rule 50. Head Contact

Note: If a stick is used on contact this infraction falls under Rule 62 – High Sticks

(a) A Minor penalty shall be assessed to any player who accidentally contacts an opponent in the head, face or neck with any part of the player's body or equipment other than a stick.

(b) A Double Minor penalty or a Major penalty and a Game Misconduct penalty, at the discretion of the Referee and based on the degree of violence of impact, shall be assessed to any player who intentionally contacts an opponent in the head, face or neck with any part of the player's body or equipment other than a stick.

(Note): The Double Minor penalty assessed under this rule shall count as two (2) penalties in the application of the Three Penalty Rule (Rule 32 (a)).

(c) A Match penalty shall be assessed to any player who deliberately attempts to injure or deliberately injures an opponent under this rule.

Rule 51. Broken Sticks

(a) A player or goalkeeper without a stick may participate in the game. A player or goalkeeper whose stick has broken must drop the broken stick to the ice immediately. A Minor penalty shall be assessed for an infraction of this rule.

(Note): When a player discards the broken portion(s) of a stick by tossing it (them) to the side of the rink (not over the boards) in such a way that it (they) does (do) not interfere with play or opposing players, no penalty shall be assessed.

(b) A player who has lost or broken their stick may only receive another stick at their own players' bench or be handed one from a teammate on the ice. They may not receive a stick thrown on the ice from any part of the rink. A Minor penalty shall be assessed for an infraction of this rule.

(Note): A player tendered a stick from the bench (players' or penalty) thrown on the ice, who does not pick up the stick, will not receive a penalty. The person responsible for throwing the stick will receive a penalty as covered in Rule 66(d) and 66(e) - Interference.

(c) A goalkeeper who breaks or loses their stick may use a stick of a player (handed to them by a player) until the next stoppage of play. The player's stick, in this case, will not be considered an illegal stick. A goalkeeper may not continue to play with a broken stick of any kind.

(d) A goalkeeper may receive a stick from a teammate without proceeding to the players' bench, provided the stick is handed to them. A goalkeeper receiving a stick illegally shall be assessed a Minor penalty.

(e) A goalkeeper may not go to the players' bench during a stoppage of play for the replacement of a stick, but must receive the stick from a teammate. For a violation of this section, a Delay of Game penalty shall be assessed to the goalkeeper.

Rule 52. Charging

(a) A Minor penalty or, at the discretion of the Referee, a Major penalty shall be assessed to any player who runs or jumps into, or charges an opponent. If injury results, a Major penalty and a Game Misconduct penalty shall be assessed.

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

(b) A Major penalty and a Game Misconduct shall be assessed to any player who charges a goalkeeper while the goalkeeper is within the goal crease or who injures an opponent as a result of a charge.

(Note): A goalkeeper is NOT "fair game" just because they are outside the goal crease area. A penalty for interference or charging (Minor or Major) shall be called where an opposing player makes unnecessary contact with a goalkeeper. Likewise, Referees should be alert to penalize goalkeepers for tripping, slashing, or spearing in the vicinity of the goal.

Rule 53. Checking from Behind

(a) A Minor penalty plus a Game Misconduct or a Major penalty plus a Game Misconduct at the discretion of the Referee, based on the degree of violence of the impact, shall be assessed to any player who intentionally pushes, body checks, or hits an opposing player from behind, anywhere on the ice.

If a player is injured, a Major penalty plus a Game Misconduct penalty must be assessed. A Match penalty could also be assessed under this rule.

(b) Where a player is high sticked, cross-checked, body-checked, pushed, hit or propelled in any manner from behind into the boards or goal net, in such a way that the player is unable to protect or defend themselves, a Match penalty shall be assessed.

(Note): Referees are instructed not to substitute other penalties when a player is checked from behind in any manner. This rule must be strictly enforced.

Rule 54. Cross-Checking

(a) A Minor penalty or, at the discretion of the Referee, a Major Penalty and a Game Misconduct shall be assessed any player who cross checks an opponent.

(b) Any player who strikes an opponent above the normal height of the opponents shoulders with a cross-check shall incur a Major penalty and Game Misconduct, whether or not injury results.

(c) A Major penalty and Game Misconduct shall be assessed to any player who crosschecks a goalkeeper while they are in the goal crease, or who injures an opponent as a result of a cross-check.

(d) A Match penalty shall be assessed to any player who deliberately attempts to or deliberately injures an opponent with a cross-check.

Rule 55. Delay of Game

(a) A Bench Minor penalty shall be assessed to a team which, in the opinion of the Referee, is deliberately delaying the game in any manner.

A Minor penalty shall be assessed to any goalkeeper who shoots or bats the puck out of the playing surface with their stick.

(Note 1): When the goalkeeper shoots the puck directly out of the playing surface where there is no glass (such as at the players' bench or penalty bench, or if the puck touches the glass or deflects off a player or official), no penalty shall be assessed.

(Note 2): Referees must be strict in enforcing the rules where a team is deliberately stalling, freezing the puck, shooting the puck out of playing surface, the goalkeeper holding the puck or throwing it out of the playing surface, or the team committing a SERIES OF ICINGS, thereby forcing a face-off.

(b) Any player who leaves the players' bench to deliver instructions to teammates and does not remain on the ice as a substitute, shall be assessed a Minor penalty.

(c) Any deliberate action by a defending player, including a goalkeeper in their defending zone, which results in the goal net being knocked from its position, shall constitute an act of deliberate delay of game.

If this action occurs in the last two minutes of regular playing time, or any time in overtime, a Penalty Shot shall be awarded against the offending team and the Minor penalty shall not be served.

(d) A Penalty Shot shall be awarded should the goalkeeper by deliberate action, dislodge the goal net from its position when a player is on a breakaway in the neutral zone or attacking zone.

(e) If, in the last two minutes of regular playing time or at anytime in overtime, a team is penalized for any of the following infractions, a Penalty Shot shall be awarded against the offending team: deliberate illegal substitution – 19 (f), Protective Equipment – 24 (c), deliberately knocking the goal net from its position – 55 (c), refusing to start play – 78 (a).

(Note:) In overtime, a Penalty Shot shall be assessed under this rule, except in the case of Rule 78 (a) – Refusing to Start Play, in which case a Penalty Shot and a Major penalty shall be assessed.

(f) A Bench Minor penalty shall be imposed upon any team which, after a warning by a Referee, fails to place the correct number of players on the ice and commence play.

Rule 56. Elbowing and Kneeing

(a) A Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed any player who fouls an opponent in any manner with their elbow or knee.

(b) A Major penalty shall be assessed to any player who injures an opponent by elbowing or kneeing.

Rule 57. Face-offs

(a) A face-off shall take place when the Referee drops the puck on the ice between the sticks of the players facing-off.

The players taking the face-off shall stand squarely facing their opponent's end of the rink, approximately one stick length apart, with the full blade of their sticks flat on the ice. All other players on both teams must be at least 15 feet (4.57 m) from the players taking the face-off and they must be onside.

When the face-off takes place at any of the face-off spots in the end zones or neutral zone, the players taking part in the face-off shall take their positions so that they will stand squarely facing their opponents' end of the rink. The sticks of both players facing-off shall have the toe of the blade touching within the designated white area. All other players on the ice must position themselves and their sticks on side. If a player, other than the player taking the face-off, moves offside, makes physical contact with an opponent, or encroaches on the face-off circle prior to the dropping of the puck, then the offending team's player taking the face-off shall be ejected from the face-off.

(b) In the conduct of a face-off anywhere on the playing surface, no player facing-off shall make any physical contact with the opponent's body by means of their own body or by their stick, except in the course of playing the puck, after the faceoff has been completed.

For violation of this rule, the Referee shall assess a Minor penalty on the player(s) whose action(s) caused the physical contact.

(Note): "Conduct of a Face-off" commences when the Referee designates the place of the face-off and takes up position to drop the puck.

(c) If a player facing-off fails to take the proper position immediately when directed by the Referee, the official may order them replaced at that face-off by any player on the ice.

No substitution of players shall be permitted until the face-off has been completed and play has been resumed, except when a penalty is imposed which will make a team short-handed.

(d) A team committing a second violation of any of the provisions of Section (a) during the same face-off may be assessed a Minor penalty for "face-off violation" by the Referee.

(e) When an infringement of a rule has been committed or a stoppage of play has been caused by an attacking player in the attacking zone, the ensuing face-off shall be in the neutral zone at the nearest face-off spot.

(Note): This includes a stoppage of play caused by a player of the attacking side shooting the puck on the back of the defending team's net without any intervening action by the defending team.

(f) When an infringement of any rule has been committed by players of both teams, the ensuing face-off shall be at the place where stoppage of play occurred, unless otherwise stated in the rules.

(g) All face-offs in the neutral zone shall be conducted at the designated face-offs spots as dictated by reason for the stoppage of play, or on a line parallel to the side boards from one end zone face-off spot to the other end zone spot.

When a stoppage of play occurs between the end zone faceoff spots and the nearest end of rink, the face-off shall be at the nearest end zone face-off spot, unless otherwise stated in the rules.

(h) When any stoppage of play in the end zone is caused by the goalkeeper, the ensuing face-off shall take place at either end zone face-off spot, regardless of the location of the puck when play was stopped

(i) When a goal is illegally scored as a result of the puck being deflected off the Referee DIRECTLY into the net, the face-off shall take place at the nearest end-zone face-off spot.

(j) When one or both defensemen, point players, or any player coming from the players' or penalty bench of the attacking team, enters deeply into the attacking zone (the top of the circle being the limit) when a gathering is taking place following a stoppage of play, the ensuing face-off shall take place at the nearest face-off spot in the neutral zone, near the blue line of the defending team.

(k) Any penalty will result in a face off at the nearest face location in the offending team's defensive zone. In the event both teams are assessed penalties in the same stoppage of play. The position of the face off will be determined by accounting for the time penalties assessed during the stoppage. If a team is assessed more time penalties than its opponent the face off will occur in the nearest end zone spot. In the event both teams have no time penalty difference the face off will occur at the nearest face off location to where the play was stopped.

Rule 58. Falling on the Puck

(a) A Minor penalty shall be assessed to any player except a goalkeeper, who deliberately falls on or gathers the puck into their body by any means, while standing or lying on the ice.

(b) A Minor penalty shall be assessed to any goalkeeper who deliberately falls on or gathers the puck into their body, or holds or places the puck against any part of the goal or boards when the puck is behind the goal line and the goalkeeper's body is entirely outside the boundaries of the goal crease area.

(c) A Penalty Shot shall be awarded against the offending team when a defending player (except the goalkeeper) deliberately falls on the puck, holds or gathers the puck into their body in any manner, or picks up the puck with their hand, while the puck is within their goal crease. No other penalty shall be assessed.

(Note 1): If the goalkeeper has been removed from the ice, then a goal is awarded. See Rule 36 (b) Awarded Goals.

Rule 59. Fighting and Roughing

(a) A Match penalty shall be assessed to any player who is identified by the Referee as the instigator or aggressor in a fight. The opposing player may then be assessed a Match penalty if

they fight back or continues the altercation, a Minor penalty for roughing, or no penalty at all, depending on the circumstances.

(Note 1): Any player wearing ring(s), tape, or any other material on their hands and who becomes involved in a fight or altercation and who uses such to gain an advantage to inflict punishment and/or injury, shall be assessed a Match penalty in addition to any other penalty they may incur.

(Note 2): When a fight occurs, all other players, except the goalkeepers, shall immediately retire to the front of their respective benches or to a neutral zone designated by the Referee and remain there until the Referee calls them back to resume play. The goalkeepers must stay in their goal creases or proceed to a neutral zone designated by the Referee. Any player(s) refusing to do so after being instructed by the Referee shall be assessed a Game Misconduct penalty. All other penalties incurred by the player(s) would apply.

(b) Any player joining in a fight, acting as a peacemaker, or taking part in another fight during the same stoppage of play will be assessed a Game Misconduct penalty plus any other penalty the offender incurs under the rules.

(c) A Minor penalty shall be assessed any player(s) who, in the Referee's judgement, is (are) guilty of unnecessary rough play.

(d) Any players or goalkeeper who are assessed fighting penalties in a CARHA Hockey affiliated league or in CARHA Hockey sanctioned tournaments shall be automatically suspended until dealt with by the Chairman.

(Note 1): The tournament committee or the CARHA Hockey Chairman may convene to review Match penalty assessments under this rule and to adjudicate appropriate discipline action in regards to such incidents.

Rule 60. Goals and Assists

(a) A goal shall be scored when the entire puck has legally passed between the goal posts, below the cross bar, and completely across the goal line. Following every goal the Referee shall resume play by conducting a face-off at the centre ice spot.

(b) A goal shall be scored if the puck is put into the goal in any manner by a player of the defending team. The player of the attacking team who last played the puck shall be credited with the goal, but no assist shall be given.

(c) A goal shall NOT be allowed if the puck has been directed into the net as a result of a distinct kicking motion by an attacking player, or after being kicked, the puck deflects off any player or stick into the net.

(d) If the shot of an attacking player has been deflected into the goal by striking the stick, skates, or any part of the body of an attacking player, the goal shall be allowed. The player off whom the puck deflected, shall be credited with the goal and the player making the shot shall be credited with the assist.

The goal shall not be allowed if the puck is deliberately directed into the net by any part of the body of an attacking player other than their stick.

(e) If a goal is scored as the result of a puck deflected directly into the goal off the person or skates of an official, the goal shall not be allowed.

(f) Should a player propel the puck into the goal crease of the opposing team, and the puck becomes loose and available to an attacking player, the puck shall be considered in the crease legally and any goal scored on this play shall be a legal goal.

(g) Each goal and assist shall count one point in the scoring records. Not more than two assists shall be credited on any one goal.

(h) Any goal scored, other than as covered by the Official Rules, shall not be allowed.

Rule 61. Handling the Puck

(a) Play shall immediately be stopped and a Minor penalty assessed to any player except the goalkeeper, who closes their hand on the puck and, while doing so, gains an advantage on their opponents.

When a player simply closes their hand on the puck and immediately drops it to the ice, without gaining or attempt-

ing to gain any advantage by this action, play shall be allowed to continue.

(b) A Minor penalty shall be assessed to a goalkeeper who deliberately holds the puck and in the opinion of the Referee, is causing an unnecessary stoppage of play.

(Note): Where the puck is thrown towards an opponent's goal by the goalkeeper and it is received by an opponent, the Referee shall allow the play to continue. However, if a teammate receives the puck, play shall be stopped.

(c) A Minor penalty shall be assessed to any player (except the goalkeeper) who, while play is in progress, picks up the puck with their hand. If a player of the defending team (except the goalkeeper) picks up the puck from the ice while it is in their team's goal crease, the play shall be stopped and a Penalty Shot shall be awarded to the non-offending team.

(d) A player shall be permitted to stop or "bat" a puck in the air with an open hand, or push the puck along the ice with an open hand and play shall not be stopped, unless the player directs the puck to a teammate in the neutral or attacking zone. When this occurs, play shall be stopped and the puck faced-off at the spot where the offense occurred, unless the offending team gains a territorial advantage, then the face-off shall be where the stoppage of play occurred, unless otherwise covered in the rules. Play shall not be stopped for a hand pass by players in their own defending zone.

(e) A goal shall not be allowed if the puck has been batted with the hand or any part of the body by the attacking player into the net or, after being batted, the puck deflects off any player or stick into the net.

Rule 62. High Sticks

(a) A Minor penalty shall be assessed to any player who checks an opponent or intimidates an opponent while carrying their stick above the waist height of their opponent.

(b) A player who accidentally or intentionally contacts an opponent above the normal height of the opponent's shoulders with a high stick shall be assessed a Major penalty, whether or not injury results.

(Note): A player who is assessed a Major penalty for intentionally contacting an opponent with a High Stick shall also incur a Game Misconduct under Rule 30. The Game Misconduct penalty shall not apply to players assessed with a Major penalty for an accidental High Stick, except when injury results, then the Game Misconduct penalty shall be assessed.

(c) A Match penalty shall be assessed to any player who deliberately attempts to injure or deliberately injures an opponent with a high stick.

(d) Contacting the puck with the stick above the normal height of the player's shoulders is prohibited. When it occurs, play shall be stopped immediately and a face-off shall take place in the offending team's defensive zone at the nearest face-off spot. No penalty is assessed to the player.

Rule 63. Holding

(a) A Minor penalty or, at the discretion of the Referee, a Major penalty shall be assessed any player who holds an opponent with the hands, stick or in any other manner. If the penalty assessed is for holding the stick, a minor penalty for "holding the stick" shall be recorded and announced.

(b) A Major penalty shall be assessed to any player who injures an opponent by "holding".

Rule 64. Hooking

(a) A Minor penalty shall be assessed to any player who impedes or seeks to impede the progress of an opponent by hooking with their stick.

(b) A Major penalty shall be assessed to any player who injures an opponent by "hooking".

Rule 65. Icing the Puck

(a) For the purpose of this rule, the centre line will divide the ice into halves. Should any player of a team, equal or superior in numerical strength to the opposing team, shoot, "bat", or deflect the puck from their own half of the ice, beyond the goal line of the opposing team, play shall be stopped and the puck faced-off at the end face-off spot of the offending team.

If during the play the puck shall have entered the net of the opposing team, the goal shall be allowed, except if the puck has been batted with the hand or kicked into the opposing net.

Any contact with the puck over the centre red line, with the puck continuing down over the goal line nullifies "icing" the puck.

(Note 1): If, during the period of a delayed whistle due to a foul by a player of the side NOT in possession, the side in possession "ices" the puck, the face-off following the stoppage of play shall take place in the neutral zone near the defending blue line of the team "icing" the puck.

(Note 2): A team shall not be considered below the numerical strength of its opponent by reason of a penalized player remaining in the penalty box after their penalty has expired.

(Note 3): When the puck is shot and rebounds from the body or stick of an opponent in their own half of the ice and crosses the goal line of the player shooting, it shall NOT be considered as "icing".

For the purpose of this rule, some CARHA Hockey Leagues will use the blue lines instead of the red line to divide the ice.

(b) When the blue lines are used to divide the ice, any contact with the puck over the defensive teams blue line WILL NOT be called icing.

(c) When the blue lines are used to divide the ice, should any player of a team equal or superior in numerical strength to the opposing team, shoot, bat, or deflect the puck from BEHIND THE DEFENSIVE TEAMS BLUE LINE BEYOND THE GOAL LINE of the opposing team, play will be stopped and icing will be called.

(d) "Icing the puck" shall not be called if a team is below the numerical strength of the opposing team at the instant the puck is shot.

(e) Play shall continue and the "icing the puck" infraction shall not be called if it is caused directly from either player taking the face-off.

(f) If, in the opinion of the Referee, a player of the opposing team, except the goalkeeper, is able to play the puck before it crosses the goal line, but has not done so, the play shall continue and the "icing the puck" rule shall not apply.

(g) The "icing the puck" infraction shall not be called and play shall be allowed to continue when:

1) the puck has touched any part of an opposing player, their stick or skates;

2) the puck has touched the goalkeeper, goal skates, or stick at any time before crossing the goal line;

(h) If the Referee shall have erred in calling an "icing the puck" infraction under any conditions, the face-off shall take place at the centre ice face-off spot.

Rule 66. Interference/Protection of the Goalkeeper

(a) A Minor penalty for interference or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed any players who:

1) interferes with or impedes the progress of an opponent who is not in possession of the puck;

2) deliberately knocks a stick out of an opponent's hand;

3) prevents an opponent who has lost or dropped their stick from regaining possession of it.

(Note 1): The last player to touch the puck, other than a goalkeeper, shall be considered the player in possession.

(Note 2): Often the action and movement of the attacking player causes the interference, since the defending players are entitled to "stand their ground" or "shadow" the attacking players. Players of the side in possession of the puck shall not be allowed to "run" deliberate interference for the puck carrier.

(b) A Minor penalty for interference with the goalkeeper shall be imposed on a player who, by means of their stick or

their body, interferes with or impedes the movement of the goalkeeper, by actual physical contact. The penalty should be announced as "interference with the goalkeeper".

Unless the puck is in the goal crease area, a player of the attacking side may not stand in the goal crease. If the puck should enter the net while such conditions prevail, the goal shall not be allowed. If the attacking player has physically interfered with the goalkeeper, prior to or during the scoring of the goal, the goal will be disallowed and a penalty for "interference with the goalkeeper" will be assessed and announced. The ensuing face-off shall be taken in the neutral zone, at the face-off spot nearest the attacking zone of the offending team. If a player of the attacking team has been physically interfered with by the actions of any defending player so as to cause them to be in the goal crease, and the puck should enter the net while the player so interfered with is still in the goal crease, the goal shall be allowed.

A Minor penalty shall be assessed to an attacking player, who while their team is in possession of the puck, is interfered with by a defending player, but fails to attempt to avoid making contact with the goalkeeper. In addition, if a goal is scored it shall be disallowed.

A Minor penalty shall be imposed on an attacking player, not in possession of the puck, who is tripped or caused to fall and fails to attempt to avoid contact with the goalkeeper, whether the goalie is in or out of the goal crease.

A Minor penalty shall be imposed on any attacking player, who makes deliberate contact with a goalkeeper whether in or out of the goal crease. At the discretion of the Referee, a Major penalty may be imposed.

In the event that the goalkeeper has been pushed into the net with the puck after making a stop, the goal will be disallowed. If applicable, the appropriate penalties will be assessed.

(c) Where a stick or any object is thrown on the ice from the players' or penalty bench, or where a player on the ice is interfered with by an opposing player or team official on the players' or penalty bench, whether or not play is in progress,

a Bench Minor penalty shall be assessed to that team if the Referee is unable to identify the person responsible except as covered by Rules 36(a)(4) - Awarded Goals and 86(c) Tripping. If a goal is scored, no Bench Minor penalty would be assessed.

(d) Where a stick or any object is thrown on the ice from the players' or penalty bench, or where a player on the ice is interfered with by an opposing player or team official on the players' or penalty bench, whether or not play is in progress, and the Referee is able to identify the person responsible, that person shall be assessed a Game Misconduct penalty. When Rules 36(a)(4) - Awarded Goals, or Rule 86(c) - Tripping, are applied, the Bench Minor penalty would not apply, but the Game Misconduct penalty would still apply.

(e) A Major penalty shall be imposed on any player who injures an opponent by interference.

(f) A Minor penalty shall be assessed to a goalkeeper who deliberately piles up snow or other obstacles at or near their net which, in the Referee's opinion, would tend to prevent a goal from being scored.

Rule 67. Interference by Spectators

(a) The Referee shall stop play if a player is being held or interfered with by a spectator, unless that player's team is in possession of the puck and in a scoring position at the time. In this case, play shall be allowed to be completed before the stoppage. In either case, the face-off shall be where the stoppage took place, unless otherwise stated in the rules.

(b) The Referee shall stop play if any objects are thrown on the ice which interfere with the progress of the play. When play resumes, the face-off shall be where the stoppage took place, unless otherwise stated in the rules.

Rule 68. Kick Shot

A Minor penalty shall be assessed to any player, except a goalkeeper, who uses a kick shot during the game.

Rule 69. Kicking the Puck

Kicking the puck shall be permitted in all zones. This action cannot result in a goal being scored.

Rule 70. Leaving the Players' or Penalty Bench

(a) No player may leave the players' bench or penalty bench at any time during a fight on the ice or for the purpose of starting a fight. Substitutions made prior to the fight shall be permitted, provided the players so substituting do not enter the fight.

(b) For a violation of Rule 70(a), a Double Minor penalty shall be imposed on the player of the team who was the first to leave the players' or penalty bench during a fight. If players of both teams leave their respective benches at the same time, the first identifiable player of each team to do so, shall incur a Double Minor penalty. A Game Misconduct penalty shall also be imposed on any player penalized under this section, plus any other penalties they may incur.

(c) Any player (other than those dealt with under Section (b)) who leaves their players' or penalty bench during a fight and is assessed a Minor, Major, or Misconduct penalty for their actions, shall also incur an automatic Game Misconduct penalty, in addition to any other penalties they may incur. This includes a player leaving the penalty bench, for which they were to be assessed a Minor penalty in addition to the Game Misconduct penalty, such player would not have to be the first to leave a bench.

(Note 1): A maximum of five (5) players per team may be assessed a Game Misconduct penalty for violations of Sections (b) and (c) of this rule during a stoppage of play. The maximum of five (5) players shall include any players under Rule 59 - Fighting and Roughing.

(Note 2): Where one team has been clearly identified as the first to leave the bench and the Referee has assessed the 5 player maximum Game Misconduct penalties, then in this situation a sixth player on one team may be assessed a Game Misconduct penalty under this section. This sixth player must be the player who left the bench first.

(Note 3): Referees must record in detail on the Official Game Report or separate Penalty Report Form, any bench clearing incidents.

(d) A penalized player may not leave the penalty bench (whether or not play is in progress) except at the end of the period or on the expiration of this penalty. A Minor penalty shall be assessed for a violation of this rule, including the situations dealt with under Sections (b) and (c) of this rule. However, in the case of a player returning to the ice before time has expired through an error of the Penalty Timekeeper, the player is to serve only their unexpired time.

(e) When a player on a breakaway in the neutral or attacking zone is interfered with by a player of the opposing team who shall have illegally entered the game, or by a player or team official on the players' or penalty bench, the Referee shall award a Penalty Shot to the non-offending team.

(f) Any team official who gets on the ice after the start of the game, without the permission of the Referee, shall be assessed a Game Misconduct penalty and ordered to the dressing room for the remainder of the game. The Referee shall submit a report in full detail to the Chairman, who may assess further penalties.

(g) If a penalized player returns to the ice from the penalty bench before their penalty has expired, either by their own error or the error of the Penalty Timekeeper, any goal scored by their own team, while they are illegally on the ice, shall not be allowed. All penalties assessed to either team shall be served as regular penalties.

(h) If a player shall illegally enter the game from their own players' bench, any goal scored by their own team, while they were illegally on the ice, shall not be allowed. All penalties assessed to either team shall be served as regular penalties.

Rule 71. Physical Abuse of Officials

(a) Any player or team official who intentionally touches, holds, or pushes a Referee or off-ice Official before, during, or after a game shall be assessed a Match penalty and shall be reported to the Chairman by the Referee.

(b) Any player or team official who deliberately strikes, trips, or body checks a Referee or off-ice Official before, during, or after a game shall be assessed a Match penalty and shall be reported to the Chairman by the Referee. Such player, or Team Official may be suspended for one year or more.

(c) Any player or team official who threatens or attempts to strike a Referee or any off-ice Official before, during, or after a game shall be assessed a Match penalty and shall be reported to the Chairman by the Referee.

Rule 72. Off-sides

(a) Players of the attacking team must not precede the puck into the attacking zone.

(Note 1): If a pass deflects off a defending player, their skates, or their stick, causing an attacking player to precede the puck into the attacking zone, the off-side rule shall apply.

(Note 2): A player propelling the puck while skating backwards over the blue line shall not be considered off-side providing they have possession and control of the puck.

(b) For violation of this rule, play shall be stopped and the faceoff shall be in the neutral zone at the face-off spot nearest the attacking zone of the defending team, or at the origin of the attempted pass.

(c) The position of the player's skates, and not their stick, shall be the determining factor in all instances in deciding an "offside". A player is off-side when both skates are completely over the edge of the determining blue line involved in the play.

(Note 1): A player is on-side when either of their skates are in physical contact with, or on their own side of, the blue line at the instant the puck completely crosses the edge of that blue line, regardless of the position of their stick.

(Note 2): While the position of the player's skates is what determines whether a player is off-side, the question of an off-side never arises until the puck has completely crossed the outer edge of the line at which the decision is to be made.

(d) If a player legally carries or passes the puck from the neutral zone back into their own defending zone, while a player of the opposing team is in such defending zone, the off-side shall be ignored and play shall continue.

(e) If an attacking player(s) precedes the puck that is shot, passed, or deflected into the attacking zone by a teammate, or again deflected into the attacking zone off a defending player, but a defending player is able to play the puck, the Referee shall signal a delayed off-side. The Referee shall drop their arm to nullify the off-side violation and allow play to continue if:

1) the defending team passes or carries the puck into the neutral zone; or

2) all attacking players in the attacking zone (at the time the puck crosses the blue line) clear the attacking zone by making skate contact with the blue line. If the puck is shot on goal, during a delayed off-side, the play shall be allowed to continue under the normal clearing the zone rules. Should the puck enter the net in this situation, either directly or off the goalkeeper, player, or official on the ice, the goal shall not be allowed as the original shot was off-side. If any attacking player touches the puck or attempts to gain possession of a loose puck while the puck is still in the attacking zone, play shall be stopped.

(Note): The attacking zone must be completely clear of attacking players before a delayed off-side can be nullified with the puck still in the attacking zone.

(f) If, in the opinion of the Referee, an intentional off-side play has been made, the puck shall be faced-off at the end faceoff spot in the defending zone of the offending team.

Rule 73. Passes and Off-side Passes

(a) The puck may be passed backward toward their own goal by any player in one zone to another player of the same team in another zone.

(b) A pass shall be considered to have been completed if the puck so passed contacts any part of the body, stick, or skates of a player on the same team.

(c) If an attacking player passes the puck backwards towards their own goal from the attacking zone, an opponent may play the puck anywhere, regardless of whether or not the opponent was in the same zone at the time the puck was passed.

(d) For the purpose of 2-line passes, the red line will not be in play. It will still be in effect for icing.

(Note): The position of the puck, and not the position of the player's skates is the determining factor in deciding from which zone the pass was made.

Rule 74. Puck Must Be Kept in Motion

(a) A team in possession of the puck in its defending zone shall always advance the puck towards the opposing goal, except if prevented from doing so by players of the opposing team. For an infraction of this rule, play shall be stopped and the face-off shall be at either end face-off spot in the defending zone of the offending team.

(b) A Minor penalty shall be assessed to any player who deliberately holds the puck against the boards or any part of the goal in any manner, unless they are being checked by an opponent.

(Note): Referees must determine the offending player and enforce these rules quickly.

Rule 75. Puck Out of Bounds or Unplayable

(a) When the puck goes outside the playing area or strikes obstacles above the playing surface (with the exception of the side boards, glass, or wire netting), play shall be stopped. If the play occurred in the end-zone, the resulting face-off will take place at the nearest end-zone face-off dot regardless of which team caused the stoppage of play. If play occurred in the neutral zone, the ensuing face-off will take place at the nearest neutral zone face-off dot.

(b) A Minor penalty shall be assessed to any player who delays the game by deliberately shooting, batting, or throwing the puck outside the playing surface of the rink. The resulting face-off shall be at the spot where the offense occurred, unless otherwise stated in the rules.

(c) If the puck is shot on the back or top of the net and comes off without any delay, or, if a player or goalkeeper knocks the puck off the back of the goal netting without unnecessary delay, play shall continue. If the puck is frozen between opposing players or cannot be removed from the back or top of the net, the Referee shall stop play and the face-off shall take place at a location covered by the rules.

(Note): Existing rules are adequate to deal with the situation regarding play in the attacking zone, but officials should be alerted to move the face-off into the neutral zone in every case where it is the action of the attacking players which has caused the stoppage, even though they may not be actually freezing the puck themselves.

(d) A Minor penalty shall be assessed to a goalkeeper who deliberately drops or throws the puck on the goal netting to cause a stoppage of play.

Rule 76. Puck Out of Sight and Illegal Puck

(a) Any time the Referee loses sight of the puck, play shall be stopped. The resulting face-off shall be at the point where play was stopped, unless otherwise stated in the rules.

(b) If, while play is in progress, a puck, other than the one legally in play appears on the playing surface, the play shall not be stopped, but shall continue with the legal puck until the play then in progress is completed.

Rule 77. Puck Striking Official

Play shall not be stopped if the puck touches an official anywhere on the rink, except when the puck is deflected directly off an official into the goal or out of the playing area.

Rule 78. Refusing to Start Play

(a) If a team is withdrawn from the ice and fails to return and start play, or if being on the ice, fails to start play within TWO MINUTES after being ordered to do so by the Referee, the game shall be suspended. The Team Officials and/or players of the team which are responsible for any of these actions may be suspended for one year or more from the date of the infraction. The Referee shall report full details of the incident to the Chairman. If a team after being ordered to

return, does return to start play, then a Major penalty shall be assessed under Rule 55 -Delay of Game.

If this infraction occurs in the last two minutes of regular playing time, a Penalty Shot shall be awarded against the offending team, as stated in Rule 55(e) - Delay of Game, in addition to the Major penalty.

(b) The commencement of the two-minute warning and the reason for such warning shall be announced over the public address system, on the instruction of the Referee.

(c) If a team is withdrawn from the ice and fails to go on the ice, or being on the ice fails to start play a SECOND TIME within the same game after being ordered to do so by the Referee, the two-minute allowance shall be not be granted and the game shall be suspended. The Team Officials and/or players of the team which are responsible for any of these actions may be suspended for one year or more from the date of the infraction. The Referee shall report full details of the incident to the Chairman.

(Note): Should the offending team be on the ice surface, the order shall be given by the Referee in person. If the offending team is not on the ice, the Timekeeper, on the instruction of the Referee, will convey the order to the offending team. The order may be given to any player or Team Official of the offending team.

(d) If a team fails to present itself at the time and place appointed to play any game, the game shall be awarded to the opposing team, unless such failure is caused by an unavoidable accident or an unforeseen contingency. The Manager, Coach, or Team Official and/or players responsible for any of these actions shall be reported to the Chairman by the Referee, giving full details of the incident.

Rule 79. Slap Shot

(a) Any player who uses a "slap shot" during the game shall be assessed a Minor penalty. If an injury to an opponent results, a Major penalty shall be assessed.

(Note): The Slap Shot is to bring the stick back behind the puck more than fifteen inches either on or off the ice.

(b) If a player uses a Fake Slap Shot for the purpose of intimidating an opposing player and/or goalkeeper, play shall be stopped immediately and that player shall be assessed a minor penalty.

Rule 80. Slashing

(a) A Minor or Major penalty, at the discretion of the Referee, shall be assessed to any player who impedes or seeks to impede the progress of an opponent by "slashing" with their stick.

(b) Injury to an opponent by "slashing" shall incur a Major penalty.

(c) A "slashing" penalty shall be assessed to any player who swings their stick at an opponent (whether in or out of range) without actually striking them or, when on the pretext of playing the puck, makes a wild swing at the puck with the object of intimidating an opponent.

(d) A Match penalty shall be assessed to any player who deliberately attempts to, or deliberately injures an opponent with a slash.

Rule 81. Spitting

A Match penalty shall be assessed to any player or team official who deliberately spits on or at an opponent, official, Team Official, or spectator. The Referee shall report full details of the incident to the Chairman of CARHA Hockey.

Rule 82. Start of Game and Periods

(a) The game shall commence at the time scheduled (Refer to Rule 78(d)) by a face-off at centre ice. It shall be renewed promptly at the conclusion of each intermission in the same manner.

(b) At the beginning of each period, only the players taking part in the actual face-off shall be allowed on the ice prior to the face-off. All other players not taking part in the face-off shall go directly to their benches. For an infraction of the rule, a Bench Minor penalty for delay of game shall be assessed the offending team.

(c) At the end of each period, where teams cross paths or use a common exit, the visiting team shall leave the ice first, unless otherwise directed by the Referee. Failure to comply shall result in a Bench Minor penalty. Any unusual circumstances shall be reported to the Tournament Committee.

Rule 83. Throwing Stick

(a) Where any player of the defending team, including the goalkeeper, deliberately throws their stick or any part thereof, or any other object at the puck or puck carrier in the defending zone, the Referee shall allow the play to be completed and if a goal is NOT scored, a Penalty Shot shall be awarded to the attacking team. If a goal is scored, the Penalty Shot shall not be awarded.

(b) A Minor penalty shall be assessed to any player who deliberately throws their stick or any part there of, or any other object at the puck or puck carrier in any zone, except when such act has been penalized by the awarding of the Penalty Shot or a Goal.

(c) A Minor penalty shall be imposed on any player who throws their stick or any part thereof, or any other object, in any zone, but not at the puck or puck carrier.

(d) A Misconduct penalty shall be assessed to any player who deliberately throws a stick or any part thereof or any object, outside the playing area.

Rule 84. Time of Match

(a) Two twenty-minute periods of actual playing time with a 10-minute intermission between periods will be allowed for each game.

(b) The team scoring the greatest number of goals during the two periods shall be the winner.

(c) Teams shall change ends after the completion of the first regulation period and prior to the overtime period if one is necessary.

(d) In the interval between regulation periods, the ice surface shall be flooded, unless mutually agreed otherwise by the

competing teams, or when time and/or facilities will not allow for this flooding.

(e) If any unusual delay occurs within five minutes before the end of the first period, the Referee may order the next regular intermission to be taken immediately. The balance of the period will be completed on the resumption of play with the team defending the same goals, after which the teams will change ends and resume play of the ensuing period without delay.

(f) Should there be 10 minutes or less remaining in a game and a team is leading by 5 goals or more, the remainder of the game will played under running time. There will be no reverting back to stop time for the balance of the regulation game. Penalties assessed during running time will be three (3) minutes for a Minor penalty, seven (7) minutes for a Major / Match penalty and twelve (12) minutes for Misconduct penalties.

If a player(s) is/are assessed a penalty during stop time and during that penalty time the clock goes to running time, under the Mercy Rule, the penalized player(s) will still be allowed to return to play at the designated time of the penalty expiration.

Rule 85. Tied Game

(a) If, at the end of regulation time, the score of both teams shall be equal, the game shall be called a "tie" with the points being shared equally between the two teams.

(b) Any overtime period, if required, shall be part of the game and all unexpired penalties shall remain in force.

(c) In the event that a shoot-out is required to break a tie score, any players serving penalties with time remaining at the end of overtime shall not be permitted to take part in the shoot-out.

Rule 86. Tripping

(a) A Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed any player who trips an opponent, uses their stick, knee, hand, foot, arm or elbow in any manner or falls or slides

along the ice directly in the path of the puck, causing the puck carrier to trip, a penalty shall be assessed.

(Note): A penalty shall not be assessed if, in the Referee's opinion, a player is unquestionably hook-checking the puck and obtains possession of it, thereby tripping the puck carrier.

(b) At the discretion of the Referee, a Match penalty shall be assessed to any player who uses their feet to knock an opponent's skates out from under them with a kicking or leg dragging motion from behind ("slew footing").

(Note): If a player in the process of falling or sliding along the ice, hits or knocks the puck from their opponent's stick prior to making actual body contact, the tripping shall be ignored.

(c) When a player in control of the puck on a breakaway in the neutral or attacking zone is tripped or otherwise fouled from behind and thus prevented from having a clear shot on goal, having no other opponent to pass other than the goalkeeper, a Penalty Shot shall be awarded to the non-offending team. Nevertheless, the Referee shall not stop play until the attacking team has lost control of the puck to the defending team.

(Note): "Control of the puck" shall be defined as the act of propelling the puck with the stick, the skate(s) or the glove(s). If, while it is being propelled, the puck shall touch the person, stick or skate of another player or should hit the goal post or go free, the player shall be deemed no longer in control. The intention of this rule is to restore a good scoring opportunity which has been lost by reason of the foul, and therefore, where there is no reasonable scoring chance lost by reason of the foul, a Penalty Shot should not be awarded.

Rule 87. Unnecessary Nuisance

(a) A Bench Minor penalty shall be assessed to a team where any player or team official on the bench bangs the boards or ice surface with a stick or any other object in protest of an official's ruling.

(b) When the player on the ice commits the infraction described in (a), the Unsportsmanlike Conduct penalty shall be assessed, under Rule 46(g).

(Note): When the penalty is assessed against a player on the penalty bench, another player must serve the Bench Minor penalty.

(c) A player or team official who refuses to leave the bench or playing area after being assessed a Game Misconduct, Gross Misconduct or Match penalty, may be suspended for one year or more from the date of infraction. The Referee shall report full details of the incident to the Chairman.

(d) A player or team official who refuses to leave the bench or playing area after they have been assessed a Game Ejection, Game Misconduct penalty, Gross Misconduct or Match penalty, two minutes after being ordered to do so by the Referee, the game or series shall be suspended or forfeited. The team officials and/or players of the team which are responsible for any of these actions may be suspended for one year or more from the date of the infraction.

If the player or team official, after being ordered to leave, does leave the bench or ice, then a Major penalty and a Game Misconduct shall be assessed to the coach for Delay of Game. If this infraction occurs in the last two minutes of regulation time, or anytime in overtime, a Penalty Shot (in addition to the Major Penalty and a Game Misconduct) shall be awarded against the offending team, as stated in Rule 55 (e) – Delay of Game.

SECTION SEVEN - TOURNAMENT GENERAL RULES

Registration & Eligibility

1. Prior to the start of the tournament, participating teams must forward the team's tournament roster to the Tournament Committee. Any changes to the roster after the schedule is drawn must be cleared with the Tournament Committee.

2. Teams must register with the Tournament Committee prior to playing their first tournament game.

3. All players participating must be the designated tournament age or turn the designated age by the end of the same calendar year. At the request of the Tournament Committee,

participants must show proof of age. Note: Proof of age must be presented within one hour of Committee's request.

4. In tournaments that include age divisions starting at 40+. the goalkeeper on participating teams may be five (5) years younger than the designated age.

5. A team who is found to have used an ineligible player in a tournament game(s) shall have the game(s) defaulted. The Tournament Committee may take further action against the offending team depending on the severity of the infraction.

Playing Rules

6. A player will only be allowed to play for one team in a tournament.

   (a) In CARHA Hockey tournament games, teams must dress a minimum playing roster of eleven players (ten skaters and a goalkeeper).

   Note: Special circumstances with regards to this rule may be reviewed by the Tournament Committee and their decision shall be final.

7. Teams having one goalkeeper must accept a goalkeeper assigned or approved by the Tournament Committee in the event of an injury, sickness or suspension to the original goalkeeper.

8. To be eligible for the play-off games the player's name must appear on the team roster and they must have participated in one of the team's round robin games.

9. Any CARHA Hockey tournament game(s) that results in a default, the final score will be recorded as a 2 – 0 victory for the non-defaulting team.

10. It is the responsibility of the teams and the players to understand the Playing Rules as they apply to suspensions. A team may forfeit their next game(s) if they play a player who has received a penalty resulting in a suspension

11. Teams are requested to be ready to start their tournament games at the designated times.

12. All equipment worn by players must be CSA approved. Non-CSA APPROVED helmets will not be allowed on the ice at any CARHA Hockey operated tournaments. Old style JOFA helmets (often called Gretzky helmet) which are not CSA approved will not be allowed under CARHA Hockey Rule 24 (b);

13. While on the ice, all players must wear a CSA approved helmet with the chin strap properly fastened under the chin.

14. In addition, non-CSA certified goalie helmets will not be allowed as per CARHA Hockey Rule 24(c);

15. Goalkeepers in Adult Recreational Hockey shall be required to wear a CSA approved hockey helmet to which a facial protector has been securely attached and not altered in any way. Goalkeepers are allowed to wear non-CSA approved facial protection such as cat-eyes, but they need to be aware any facial coverage they have through CARHA Hockey is void when using the face shield. It is recommended that all goalkeepers wear a throat protector.

16. A mercy rule will be in effect in which the game will go to running time if there is a five (5) or more goal spread with 10 minutes remaining in regulation time. There will be no reverting back to stop time for the balance of the regulation game. Penalties assessed during running time will be 3 minutes for a Minor penalty, 7 minutes for a Major/Match penalty and 12 minutes for Misconduct penalties. During stop time play a Minor penalty will be 2 minutes, a Major/Match penalty will be 5 minutes and all Misconduct penalties will be 10 minutes in length.

17. If a player(s) is assessed a penalty during stop time and during that penalty the clock goes to running time under the Mercy Rule, the penalized player(s) will still be allowed to return to play at the designated time of penalty expiration.

18. In CARHA Hockey Tournament Play, the Starting Lineup rule does not apply. The teams must be prepared to commence play on the request of the Referee.

19. In tournament play, when a team has only one goalkeeper dressed and an injury occurs to the goalkeeper:

a) A player on the injured goalkeeper's team who is listed on the Official Game Report shall be allowed to replace the injured goalkeeper. This replacement shall be subject to the rules governing goalkeepers and be allowed the goalkeeper's full equipment.

b) The Tournament Committee shall have the authority to assign a substitute goalkeeper to the team, providing such substitute is selected from within the division the team is playing or from a lower division than the team with the injury problem.

20. Any player (s) who is/are assessed a Match penalty in tournament play shall be suspended for the balance of said tournament. The tournament committee or the CARHA Hockey Chairman may convene a meeting to review such incidents and to adjudicate appropriate discipline action in regards to such incidents.

    The Referees shall be responsible to assure that a written report of the Match penalty is delivered to the Tournament Chairman or their delegate at the tournament headquarters.

21. In CARHA Hockey Major Tournaments, the time allotment for games is two twenty-minute stop time periods, unless otherwise stated in advance of the tournament. For regional tournaments, league, and exhibition games, the local committee or teams will decide the length and number of periods in the game. The most important factor is that all teams understand the game format prior to the start of the game.

22. In tournament play, games must start within 10 minutes of scheduled game time or within 10 minutes of adjusted schedules. The game officials shall contact the tournament headquarters immediately regarding irregularities in this area. In extenuating circumstances, a team may be allowed to commence play using 5 players and a goalkeeper or six players from the team. However, to start play for the second period the team must have dressed the minimum of eleven players to include a goalkeeper.

Scoring & Tie Breakers

1. A team will be awarded 2 points for winning a game, 1 point for a tie and 0 points for a loss for all round robin tournament games.

2. Ties after completion of round robin play (for all divisions other than a 6-team division) will be broken in the following order:

   1) winner of round robin game between tied teams,
   2) most wins,
   3) goals for minus goals against,
      (Note 1): difference between goals scored by a team and the goals scored against that team. (Note 2): for the purpose of applying this step, the greatest factor used will be +7 goals (example: if the actual score of the game is 10-0, a number factor no greater than plus 7 will be given to the winning team and a factor of minus 7 will be given to the losing team),
   4) least goals against,
   5) best performance against 1st place team in division of tied teams,
   6) least penalized team,
   7) decision by Tournament Committee.

   The above rules will apply in sequence with no reverting back to determine placement of teams.

   In a division of 6 teams where two teams are tied, the above format will be used.

   If three or more teams are tied, the following tie breaker format will be used:

   1. the team that played and beat all of the teams with which it is tied, places highest
   2. teams will be rated based on the most wins by a team
   3. goals for minus goals against, (Note 1): difference between goals scored by a team and the goals scored against that team. (Note 2): for the purpose of applying this step, the greatest factor used will be +7 goals

(example: if the actual score of the game is 10-0, a number factor no greater than plus 7 will be given to the winning team and a factor of minus 7 will be given to the losing team)

4. least goals against
5. best performance against 1st place team in division of tied teams
6. least penalized team.

Ties in round robin play may be broken by a 5-minute 4 on 4 sudden victory stop time period if the rules and time permit. If still tied at the end of the 5-minute period, each team will be awarded 1 point.

Ties in the semi-final and final games will be broken by a 5-minute 5 on 5 sudden victory stop time period. If still tied, each team will compete in a best of 3 shootout. If still tied, a sudden death shootout will commence. No players can be re-used until all have shot. Any player serving a penalty (with time remaining to be served) when the shootout begins will be ineligible to take part in the shootout. This process will continue until a winner is determined. The shootout will run simultaneously with both shooters going at the same time. Teams must pick the initial 3 shooters and indicate them on the official game sheet prior to the start of the 5-minute sudden death overtime period.

REFEREE'S SIGNALS

BOARDING AND BODY CHECKING

Striking the clenched fist of one hand into the open palm of the opposite hand in front of the chest.





BUTT ENDING

A cross motion of the forearms, one moving under the other.

CHARGING

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





CHECKING FROM BEHIND

A forward motion of both arms, with the palms of the hands open and facing away from the body, fully extended from the chest at shoulder level.

SLAPSHOT

A sweeping motion of either arm extended from the shoulder height in a downward arc while the other hand is clasped near the waist.



CROSS-CHECKING

A forward and backward motion of the arms with both fists clenched, extending from the chest for a distance of about on foot.





DELAYED CALLING OF PENALTY

Extending arm fully above the head (hand without the whistle).

DELAYED OFF-SIDE

Either arm (in which the whistle is held) fully extended above the head. If the delayed off-side action is washed out, arm should be dropped down to the side.





ELBOWING

Tapping either elbow with the opposite hand.



GOAL SCORED

A single point directed at the goal in which the puck legally entered.

HIGH STICKING

Holding both fists clenched, one immediately above the other at the height of the forehead.





HOLDNG

Clasping either wrist with the other hand in front of the chest.

HOOKING

A tugging motion with both arm as if pulling something from in front toward the stomach.





ICING THE PUCK

The back Referee or Linesman in the play signals a possible icing by fully extending either arm over their head. Their arm should remain extended over their head until the front Referee either indicates the icing is completed by blowing their whistle or washes out the icing.

Once the icing has been completed, the back Referee will then point to the appropriate face-off spot, skate to it, crossing their arms as they reach the spot to indicate the icing infraction.

INTERFERENCE

Crossed arms stationary in front of the chest.





KNEEING

Slapping either knee with the palm of the hand, while keeping both skates on the ice.



MATCH PENALTY

Patting flat of the hand on the top of the head.



PENALTY SHOT

Arms crossed above the head. Give the signal upon stoppage of play.



MISCONDUCT

Both hands on hips.

RED LINE OFF-SIDE PASS

The back Referee who is positioned at or near the blue line will signal if the pass originated inside the blue line with the following signal: With their arm extended at shoulder level pointing toward the centre red line.





ROUGHING

Fist clenched and arm extended out to the front or side of the body.

SLASHING

A chopping motion with the edge of one hand across the opposite fore-arm.





SLOW WHISTLE

Either arm (in which the whistle is held) fully extended above the head. If play returns to the neutral zone without stoppage, arm should be drawn down to the side the instant the puck crosses the line.

SPEARING

Jabbing motion with both hands thrust out immediately in front of the body, and then hands dropped to the side of the body.





TRIPPING

Striking leg with either hand below the knee, keeping both skates on the ice.

UNSPORTSMANLIKE CONDUCT

Using both hands to form a "T" in front of the chest.



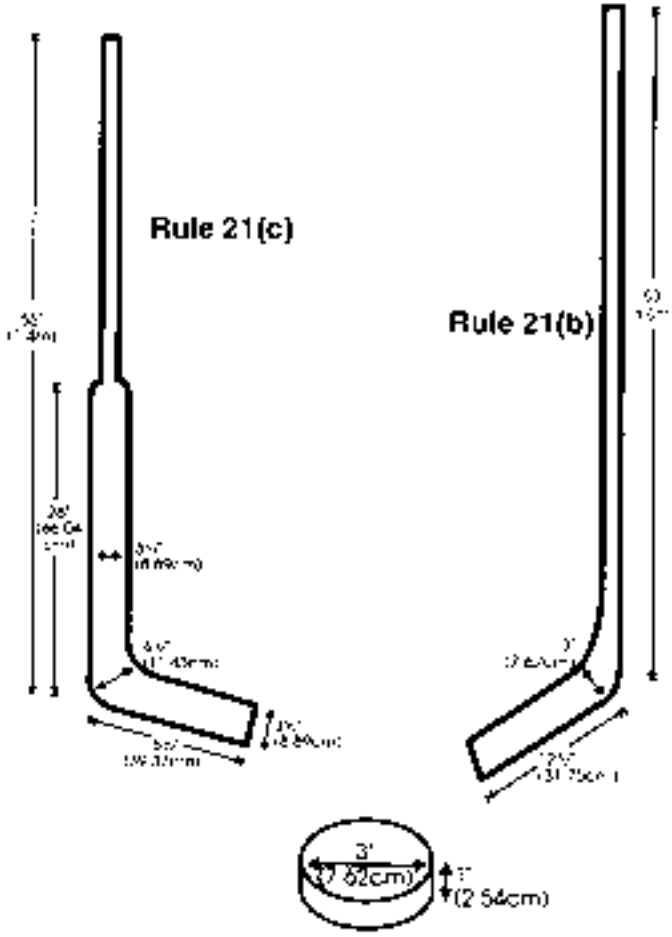


WASHOUT

A sweeping sideways motion of both arms across the front of the body at shoulder level with palms down. The signal is used:

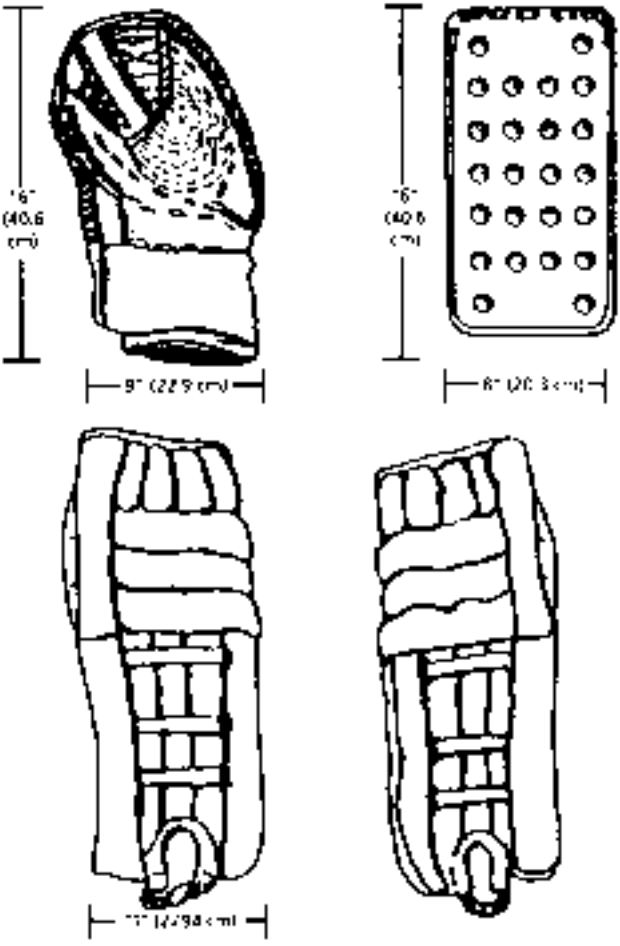
(a) by the referee to signal "no goal";
(b) by the Referee to signal "no icing" and in certain situations "no off-side".

GOALTENDER'S STICK, PLAYER'S STICK AND PUCK (To show measurements only)



5½ (156g) to 6 ozs. (170g)
(Rule 26)

Goalkeeper's Gloves and Pads



To show measurements only.
Refer to Rule 23 - Goalkeepers Equipment.

CARHA HOCKEY – CASE SITUATIONS

Rule 19(f) – Change of Players

SITUATION:

Under Deliberate Illegal Substitution – where a Penalty Shot is to be awarded.

(Note 1): The player entering or leaving the game must intentionally play the puck or intentionally check another player for the penalty shot to be imposed.

(Note 2): Incidental contact with the puck or an opposing player still allows for the imposition of the minor penalty for "Too many players on the ice".

Rule 28(d) - Minor Penalties / Penalty Shot

SITUATION:

Team "A" is playing shorthanded by reason of a Minor Penalty – a subsequent Penalty Shot is imposed on them – Team "B" scores on the Penalty Shot.

Question: is the original Minor Penalty to team "A" cancelled?
Answer: NO…

Rule 49 - Boarding and Body Contact

SITUATION(S)

1) Player "Bodychecks" an opponent at centre ice – What penalty may the Referee impose?

   A Minor or Major Penalty – at the discretion of the Referee – should an injury result from "intentional body contact" a Major penalty shall be imposed - or a Match penalty, if warranted.

2) Player "Bodychecks" an opponent into the boards – What penalty shall be imposed by the Referee?

A double Minor penalty shall be imposed – should a player be injured as a result of the incident a Major penalty shall be imposed – should the incident be of a serious nature the Referee may impose a Match penalty.

Rule 51 – Broken Sticks

SITUATION:

A goalkeeper breaks their stick. Are they allowed to continue playing, providing they drop the broken portion of the stick?

RULING: Yes

Rule 61 – Handling the Puck

SITUATION:

Player catches the puck, takes one stride with the puck in their glove, drops puck and begins to play with it.

RULING: Minor Penalty – as the player had gained an advantage on the opponent.

Rule 62 – High Sticks

SITUATION(S)

1) ***Player swings at puck with their stick above waist height of opponent – making contact with the player***

RULING: Minor Penalty

2) ***Player swings at puck with their stick – striking opponent above the normal height of the player's shoulder.***

RULING: Major Penalty (Note: should an injury occur as a result, the Automatic Game Misconduct shall be assessed.

Rule 65 – Icing the Puck

SITUATION:

Player, at equal strength, shoots puck from their own side of centre ice, crossing the opponents goal line

RULING: Referee shall immediately call "Icing the Puck" and proceed to take the "face off" in the end zone of the team shooting the puck.

Rule 66 – Interference / Protection of the Goalkeeper

SITUATION (A):

Player "Slashes" the stick out of the hands of the opponent.

RULING: Minor Penalty

SITUATION (B):

Attacking players enters opponents goal crease – Goal is scored…

RULING: Disallow the Goal (Note: While in the crease a player interferes with the goaltender. Procedure would be to disallow the goal and impose a Minor penalty for "interference with the goaltender."

Rule 72 – Off sides

SITUATION (A):

Player propelling the puck – skates backwards over the attacking blue-line – Is the play legal?

RULING: YES, providing the player has "Possession and Control" of the puck.

Rule 84 – Time of Match

(f) "Mercy Rule"

SITUATION:

Should there be less than ten minutes or less remaining in a game and a team is up by five or more goals

RULING: The balance of the game will be played under running time and will not revert back to stop time under any circumstance.

Rule 85 – Tied Games

NEW RULES PROCEDURE: Under "SHOOT OUT"

SITUATION:

During a "Shoot out" a player is serving a time penalty: Are they allowed to take part in the "Shoot out"?

RULING: No, any player with time remaining in their penalty at the beginning of the shoot out is not eligible to take part in the shoot out. Players who received a Game / Gross Misconduct – or a Match Penalty in the game are also not eligible.

Rule 86(b) - Tripping

SITUATION:

A player uses their feet to knock an opponents skates out from under them with a kicking motion from behind.

RULING: At the discretion of the Referee, a Match penalty shall be assessed to the offending player. If a player is in the process of falling or sliding along the ice, hits or knocks the puck from the opponent's stick prior to making actual body contact, the tripping shall be ignored.

League Code of Conduct

Dedicated to servicing and developing adult recreational and oldtimers hockey in Canada since 1975.

CARHA Hockey member league organizers acknowledge that they are responsible for ensuring that all games played under their jurisdiction are done so in a safe and respectful manner. Verbal and physical abuse, including sensitive subjects related but not limited to, racial, gender, transgender, will not be tolerated whatsoever between players and league officials, including Referees, timekeepers, volunteers and league executive members, and it is understood that should such situations arise and the league organizer does not take the deemed action, CARHA Hockey has the authority to impose the appropriate ruling and discipline.

Referee Code of Conduct

Dedicated to servicing and developing adult recreational and oldtimers hockey in Canada since 1975.

CARHA Hockey member referees are responsible for ensuring both safety and fair play on the ice at all times while possessing an ongoing devotion to demonstrating sportsmanship.

Furthermore, CARHA Hockey strongly recommends that all Referees:

- Enforce the CARHA Hockey Official Rule Book at all times;
- Immediately address any infraction that threatens the safety of another player;
- Emphasize fair competition in recreational hockey;
- Remain consistent throughout the entire game; whether it is the first period or the last minutes of overtime, a penalty should be called regardless of the time at which it occurs during the game;
- Be aware of the circumstances within each game;
- Remain unbiased at all times while on the ice, regardless of off-ice personal relationships with any player, coaches or managers from either of the participating teams;
- Assume the authority to ban any player who is, or appears to be, under the influence of alcohol and/or drugs.

CARHA Hockey Referees agree to the following Code of Conduct:

- Conduct themselves in a professional manner both on and off the ice;
- Be professional in their appearance on ice, and ensure that their equipment is in good condition, jerseys and pants should be clean with no tears;
- Have full authority and the final decision on all matters under dispute;
- Wear a CSA approved helmet, preferably black, with a 1/2 visor;
- Not engage players in verbal confrontation at any time;
- Not consume any alcoholic beverages prior to officiating, between games or between periods under any circumstances;
- Address and/or report any on ice safety issues that might endanger the participants.
- Report all Match Penalties to either the Referee in Chief or League Convenor as well as CARHA Hockey.

CARHA Hockey Referees must strictly adhere to the following procedures when assessing Match Penalties

- Immediately following the game, review the official game sheet to confirm that the Match Penalty is properly recorded in the Penalty Section;
- Complete a written report on the back of the game sheet or Match Penalty Form describing all events leading up to and following the assessment of the Match Penalty;
- Have your co-Referee witness your statement or enter their version on the back of the game sheet or the Match Penalty Form;
- Present the game sheet or the Match Penalty Form to the tournament chairman/league convenor;
- Notify the Referee-in-Chief of the Match Penalty call and the actions you have taken;
- Prepare a full statement and forward it to the CARHA Hockey office as soon as possible.

CARHA Hockey deals severely with players who have been assessed a Match Penalty. When you see a Match Penalty infraction, it is your responsibility to make the call.