

RCFHA Rules FAQ

Q. Why can't all players play both ends of the floor?

A. This concept is unique to Cosom Hockey that has long been in place. The gyms are much smaller than surfaces used for Ball Hockey and Ice Hockey. By spreading the players out, it prevents potential injuries from occurring in corners where players could be bunched up. This prevents some of our younger players from crowding around the puck all the time.

Q. Why does Cosom Hockey have a high sticking penalty at waist level?

A. Since our players don't wear helmets, it would be dangerous to allow sticks to be swinging at the shoulder level. If we loosen up on this rule, players will just continue to raise their sticks higher and higher.

Q. Why do we receive penalties for failing to tuck in our jerseys?

A. The reason for tucking in the jersey is so that referees are able to create a standard of determining where the waist is, which makes calling high sticking penalties fair for all – sized players.

Q. Why does Cosom Hockey have a Lifting the Stick penalty?

A. Since our players don't wear gloves, it would be dangerous to allow players to lift opponents' sticks, as the motion often strikes exposed fingers.

Q. Are goalies allowed to play the puck outside the crease?

A. Yes, goalies can leave their crease and play the puck, but they are considered regular players if they leave. This means goalies can receive penalties for things like high sticking or covering the puck outside the crease.

Q. What is Blocking?

A. Blocking is a minor penalty called when a player initiates contact and backs into their opponent. However if a player is backing up, the opponent is allowing it, **and** there is no contact, this penalty will not be called.

Q. What happens if I cross the centre line (and I'm not Centre)? Do I get a penalty or a running foul?

A. It depends! If you touch the puck or interfere with a player then you receive a penalty. If you just cross the centre line (and don't touch the puck or interfere) then you receive a running foul.

Q. Why is Sliding a penalty?

A. Sliding is only called when an intentional, overt slide is seen. You may go down to block a shot, but cannot slide, as it can lead to serious injuries by potentially sliding into the bleachers or other players.