



Rules Summary for New Coaches

Common Penalties to Explain:

1. High Sticking
 - Mites, Junior, and Senior Squirt: any time the stick rises above the **lowest point of the player's jersey**
 - PeeWee and Bantam: any time the stick rises above the **logo on the jersey**
2. Over Center Interference
 - Players without the striped stick cannot cross the center line. They will receive a penalty if they play the puck or interfere with play while crossing the center line.
 - If the player crosses without touching the puck or interfering with play, no penalty is called
 - A player's stick can cross the center line, but their feet or body cannot
3. Abuse of Equipment
 - Mites and Junior Squirt: Players may not bend their stick. You have to do it
 - Senior Squirt and above: Players can only use their hands to bend the stick
 - Only PeeWee and Bantam are allowed to tap their stick for the puck

Other Situations to be Aware Of:

1. Mercy Rule
 - **5 goal differential:** Warning
 - **6 goal differential:** Unsportsmanlike Conduct minor penalty (1:30 min)
 - **7 goal differential:** Unsportsmanlike Conduct major penalty (5 min), loss of center position (not the player) for entire game, Unsportsmanlike Conduct minor penalty for the next game against the same opponent
 - **8 goal differential:** Immediate forfeit of the current game

TIP: Call timeout at 5 goal differential and substitute players or switch positions.

2. Do **NOT** enter the floor during the game without expressed permission from the referee
3. All players must have shin pads and **soft-shelled** knee pads at all practices and games
4. Players cannot enter the goal crease or score a goal while in the crease.
5. **Remind players receiving penalties is a part of the game and it is okay.** The more animated you are about a penalty, the more the player is going to feel bad about what they did. Make it an encouraging environment and a learning experience for them.