



Richmond Cosom Floor Hockey Association

Official Rulebook

A guide for parents, players and coaches on RCFHA rules

Updated for 2025- 2026 season

To see the league regulation please refer to the regulation handbook



Rule Changes 2025/26 season

- Name change:
 - Mercy rule name changed to fair-play rule
 - Goals score by deflection are not counted towards the Fair play rule - at the Referees discretion
- Modify the OverCenter /Inference rule:
 - To allow a defensive player to cross the center line while in control of the puck and the not be called an over center interference penalty but only a face off at the center line. (like ice hockey offside)
 - Player can cross the center line more than a step or it will be a penalty.
- Re-wording of the OverCenter Interference rule:
 - To re-word the rule to follow current practices of allowing to play the puck as long as the players feet do not touch the line or any body part touch the opposing zone.
- Tapping of the stick
 - All tapping of the stick of the stick will be an abuse of equipment penalty. (tapping of the sticks have proven to be very hard the Burnett hardwood floor gym floor)



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RCFHA Code of Conduct:



At the start of each season, every parent, coach, assistant coach and team manager will be given a League Code of Conduct form which must be read, understood, signed and returned to your coach or team manager before your child will be allowed to play, or you as a volunteer may work with the league.

- No player, parent OR coach shall display any unsportsmanlike behaviour towards ANY other player, parent or coach.
- No player, parent or coach shall display any unsportsmanlike behaviour towards any referee, scorekeeper or timekeeper.
- All players, parents and coaches will maintain the RCFHA Philosophy before, during and after all games.
- All players, parents and coaches are invited to register valid complaints by letter or email addressed to the RCFHA Executive via the Referee-In-Chief, the President or the Vice President.

Any player, parent or coach who violates the RCFHA Code of Ethics will face disciplinary action at the discretion of the current RCFHA Executive. Disciplinary action may take the form of warning letter, suspension or outright expulsion from the league activities.

Playing Area:

- Any gym floor with a center line.
 - The line shall be extended through the entire center of the floor by tape
- The school supplies hockey nets.
- Referees to clearly mark face-off spots
 - Big gyms will consist of 7 face-off points (2 in each end zone, 3 on the centre line).
 - Small gyms will consist of 5 face-off points (2 in each end zone, 1 in the centre circle).
 - Faceoff spot will be indicated with a vertical one half (1/2) foot line in the middle of the faceoff spot area.
- Goal crease – Restraining line is marked by white tape: one and one half (1 ½) feet on each side of the goal posts (on the bottom of the goal line) and three and one half (3 ½) feet forward from the goal line.
- Teams must use the provided bench area as assigned by the League according to the posted Schedule.
 - Prior to game time, Coaches need to place their equipment by the net before their game starts to allow the previous team the opportunity to clear their corner (based on gym).
 - During the game, equipment must be placed within the team bench area.
- No equipment can be kept on top of the nets.
- See Appendix C for examples of proper gym setup.



- Mini-Mites (3-4 years old)



Affiliate Players:

An affiliate player is defined as a registered player who is temporarily included on the playing roster of a team in a higher division within the Association starting from the Junior Squirts Division and above. This rule may only apply to regular season games.

- Teams can only apply for permission to draw one Affiliate Player to bring its playing roster for the game in question to a roster maximum of 14 players.
- For a team to be eligible to use the Affiliate Player rule, they must be at least 6 or more points below the team they are playing, in the point standings.
- A player of a team of a lower division may play as an Affiliate Player for the same team in a higher division at any time to a maximum of three (3) regular season games.
 - Affiliate Players may play only one (1) game in a higher division in any given weekend.
 - Affiliate Players who participate in more than three (3) games with the same team will be deemed to be an ineligible player.
- A team of a higher division may not use an affiliated player prior to receiving consent of the team with which the affiliated player is registered to play, as well as consent of the division coordinator.
 - The league will manage this process by establishing a pool of registered Affiliate Players for teams in higher Divisions to draw from that have already received the consent of the team coaches from the lower Divisions.
 - Coaches may request for players who are not in the pool of registered Affiliate Players, but must receive consent from the team, both division coordinators, and the player's parents.
 - Affiliate players will be assigned by the division coordinators on a first come first served basis should two teams request the same player on the same weekend.
 - Registered Affiliate players will be categorized by the positions of forward, defense, or goalie.
- Affiliate player requests must be completed and communicated to the Referee-in-Chief by the coaches and confirmed by division coordinators by Friday at 11:59pm for Saturday games or Saturday at 11:59pm for Sunday games.
- Any violation of the above rules shall be reported to the RCFHA Executive Directors.

Teams & Players

Teams & Players



- Substitute players must be located in the designated team bench area during play of the game.
- All players must wear a clearly visible, numbered jersey, retained for the complete season.
- Teams play with a maximum of one centre, two forwards, two guards, and a goalkeeper.
 - Exception: (1) When a goalkeeper is removed and substituted, and (2) during Overtime.
 - Note: "Runner" will hereby represent any of the following: Centre, Guard, or Forward.
- **Centre:** Must use a striped stick and is the only player allowed to move full court.
 - Centre on the floor, at the time, may inquire about Referee's decisions between faceoffs, but may not delay the game.
- **Guards:** use standard sticks; cannot step over the center line into the offensive zone.
- **Forwards:** use standard sticks; cannot step over the centre line into the defensive zone.
- **Goalkeeper:** Must use a goal stick, is the only player allowed to remain in the goal crease and is the only player allowed to hold the puck.
 - The only player who is permitted to fall on, hold, pick up or gather puck into body and freeze it, provided he/she has some part of his/her body in the goal crease.
 - The Goalkeeper may leave goal crease to receive or intercept pass but loses all Goalkeeper privileges while out of the crease.
 - Goalkeeper may not cross the centre line (unless it is to substitute off the floor).
 - The Goalkeeper may be removed and substituted for (i.e. second Centre).
 - All goalkeeper equipment must be taken off and they must use a player's stick, if the goalkeeper would like to play as a "runner", to be eligible to participate in play across the centre line.
 - No other player has privileges of a Goalkeeper.

Minimum Player Rule:

- No team may start a game with less than four (4) "runners" on the floor, regardless of whether the team has a Goalkeeper or not.
 - Should Coaches agree to using 4 on 4 play, Overtime format is applicable.
- No team after the start of play will play with less than three (3) "runners" on the floor, regardless of whether the team has a Goalkeeper or not.
- If a subsequent player of any team shall be penalized while two players of the same team are serving penalties, the penalty time of the subsequent player shall not commence until the penalty time of one of the two players already penalized has elapsed
 - The subsequent penalized player must at once proceed to the penalty box.
 - This player (and his/her specific position) must be substituted for on the floor so as to



remain with no less than three (3) "runners" on the floor (regardless of the goalkeeper), and must take the specific position of the 1st penalized player.

- Once the first penalty has expired, the first penalized player must go directly to their bench, and the subsequent penalized player's penalty time can commence.
 - If teams receive coincidental penalties, but a team has three (3) players in the penalty box, the coincidental penalties shall start running once the 1st penalty has expired
 - See Appendix B for flow chart
- A team must forfeit the game in the event it cannot field enough players as a consequence of receiving penalties during the game

League Game Policies

Equipment

These equipment regulations are written in the spirit of "fair play." If at any time the RCFHA feels that this spirit is being abused, the offending equipment will be deemed ineligible for play until the Executive has ruled on its eligibility.

League Equipment:

League equipment will be supplied by the RCFHA and must not be altered in any manner.

- The type of equipment is detailed in Appendix D.
- Coaches must return all league equipment at the end of the RCFHA season.
- League equipment that is broken or needs to be repaired must be turned into the Equipment Manager for replacement. Coaches must not repair the equipment themselves.
- All sticks must be free of any metal content either inside or outside the stick and must not be altered from its' original shape (with the exception of the blade).
- Recommended stick lengths for each division are as follows: (measure from the butt end of the shaft to the lower securing point of the blade shaft)
 - Mites – 35-40" Junior Squirts – 41-42" Senior Squirts – 43-45" Pee Wee – 46-48"
 - Bantam – 50" +
- Jerseys will be provided for players.

Mandatory Player Equipment:

RCFHA requests all participants **MUST** wear to all practices and games:

- Laced and tied and/or fastened running shoes appropriate for gym use.
- Shin pads: may be worn outside clothing; not supplied by RCFHA.
- Knee pads: may be worn outside clothing (non-hard surfaced) not supplied by the RCFHA.



- League provided jerseys with their assigned number in order to play the game.
 - Appropriate tops for practices (not required to wear jerseys)
- Appropriate bottoms (i.e. shorts, athletic pants, etc.)

Optional Player Equipment:

Optional, but highly recommended, personal equipment that is approved by the RCFHA includes:

- Safety eye goggles
- Gloves
- Mouth guard
- Soft elbow pads (Phantom Sports brand only)
- Athletic support (i.e. cup/pelvic protector)

Mandatory Goalkeeper Equipment:

In addition to the mandatory player equipment above, additional equipment that is **MANDATORY** for Goal Keepers includes:

- League – provided goalkeeper jersey
 - Extra protection must not extend beyond natural body physique, and must not give extra assistance for the goalkeeper.
- Helmet and Throat Protector: only those approved by RCFHA are acceptable
- Mitts/Gloves/Blocker/Trapper: only those approved by RCFHA are acceptable
 - If Goal Keepers choose to use a blocker and/or trapper, they are limited to only one blocker and/or one trapper.

Optional Goalkeeper Equipment:

In addition to the optional player equipment above, additional optional equipment that is approved by the RCFHA includes:

- Chest protector: must be worn under jersey
- Girdle

League Reports and protocols

Injury Reports:

RCFHA requires an Injury Report for any injury occurring during team practice, league games, or sanctioned events. The Coach must complete the form [here](#) if their player is injured during practice, while a Referee completes it for injuries to any coach, referee, spectator, or player during a game. The form must be submitted to the Referee-in-Chief within 48 hours and will be reviewed by the Referee-in-Chief and the President. A physician's letter confirming the player is fit to return is mandatory before resuming play.



Incident Reports:

- Both Referees and/or Executive on Duty must submit an Incident Report [here](#) within 24 hours to the Referee-in-Chief and to the President under the following circumstances:
 - Any major penalty
 - Injuries requiring medical attention (an Injury Report form is to accompany the Incident Report form)
 - Entering floor during play (Coach, Assistant Coach, Manager, etc.)
 - Coach or Spectator is assigned a penalty
 - Incidents outside of game times (i.e. practice) – coach to complete
 - Other
- Incident Report forms will not be distributed. The Executive will retain the Incident Reports for recording keeping purposes.
 - If requested, the Disciplinary Committee will draft a statement, which the President will release on its behalf.

Forfeit Reports:

- The Lead Referee shall submit within 24 hours an Forfeit Report form to the Referee-in-Chief and President when team(s) forfeit a game.

r,,Protest:

A written protest may be made by a Coach or Assistant Coach who attended the game, within forty-eight (48) hours, to the President of RCFHA, care of the Secretary with a copy to the chairperson of the Rules Committee. The protest should contain the following information:

- Date, time, and place of game
- Teams involved in the game
- Names of Referees and Scorekeepers
- The rule under which the protest is made
- The decision that was made and all essential facts involved in the matter being protested.

The RCFHA Executive will:

- Determine the validity of the protest
- Determine action to be taken
- Advise Coach(es), appropriate Division Coordinator, and President of the RCFHA in writing of their decision.

A protest must be dealt with prior to the next scheduled game of any team involved in the protest. The RCFHA Executive has the authority to award or delegate goals, or at its option, have games replayed as a result of a protest. Decisions shall be based on the Referee's call and the protest presented by the Coach.

Forfeit Games:



Forfeit games are determined by the Lead Official and will be assessed to teams for the following reasons:

- Use of illegal or altered equipment
- Team receives two Major penalties in one game
- Team is not ready to play, or does not take face-off positions on the floor ten (10) minutes after Referee has indicated game start time.
- Coach, Assistant Coach, or someone designated by them states to the Lead Official that their team will not continue to play the game at hand.
- If a team during a game refuses to take face-off position on the floor when so directed by the Lead Official. A refusal shall occur either verbally or by lack of action to comply.
- Use of an illegal player. Illegal players are any player who does not comply with underwritten notice from the RCFHA Executive (i.e. suspension, discipline, or medical), is underage/overage for the division (without prior permission from the RCFHA Executive), or has failed to complete the registration requirements.
- Team receives a subsequent Fair-play rule after a 1st time warning against

Executive to review forfeit if they suspect foul play. Consequence: 5 min Bench Major and/or following game Forfeit

Should a forfeit occur as per above, the Lead Official shall note on the score sheet **and** on the Incident Report:

- Who made the statement in reference to discontinuance or refusal to play.
- That persons' status on the team (i.e. Coach, Assistant Coach, Team Captain, Assistant Captain, Player or other designate).
- Reason for forfeiture
- Time of forfeiture

All statistics pertaining to goals scored up to the time of the forfeiture will stand as recorded on the score sheet. All statistics pertaining to penalties handed out will stand as recorded on the score sheet.

- If the game failed to take place because of the forfeiture, the score will be recorded as 1 – 0, for the non – forfeiting team.
- If a team that is winning must forfeit during the game, the score will be recorded as a 1 – 0 win for the non – forfeiting team.
- A forfeit game will not be counted as a shutout for tie-breaker rules.

Standings:



- League standings will be kept for all divisions with points awarded as follows:
 - Win – 2 points
 - Tie – 1 point
 - OT Loss – 1 point
 - Regulation Loss – 0 points
- Teams tied with identical points at the end of the season will not play a tie breaker game. The following Tie Break rule below will be used to determine league standings in the case of a tie.
- Goal differential of six shall be the maximum score recorded.

Tie Break Rule:

During the tournament the team that breaks the tie will be the team with the:

1. Least Number of Fair-play rule Violations during Regular Season and Tournament
2. Least number of forfeits.
3. Most points in the least number of games played
4. Better record percentage (most wins) [OT Loss and Ties are worth the same]
5. Better head – to – head record in the tournament
6. Least number of goals against
7. Most number of goals for
8. Better head – to – head record in the regular season
9. Better record in the regular season
10. Least number of penalty minutes in regular season and tournament.
11. Most number of shutouts in both tournament and regular season.
12. Coin toss

Note: Regular season will follow the same tie break rules with the following exceptions:

- Tie Break #5 will be worded as: Better head – to – head record in the season
- Tie Break #8 will be omitted
- Tie Break #9 will be omitted

Fair-Play Rule:

- This rule shall be in effect during the regular season and tournament.
- Any team that reaches a 5-goal differential against an opponent (i.e. 5-0, 6-1, 7-2, etc.) will be given a warning by the Referee to make an effort to control their team. They must make an effort by placing stronger players on defense or in net, make a series of passes before shooting, making backhand shots only, etc.
- If the spread reaches a 6-goal differential (i.e. 6-0, 7-1, 8-2, etc.) the team will be assessed an Unsportsmanlike Conduct Bench Minor Penalty.



- If the spread reaches a 7-goal differential (i.e. 7-0, 8-1, 9-2, etc.) the team will lose their center position for the remainder of the game. The team must also start their next game against the same opponent with an Unsportsmanlike Conduct Bench Minor penalty.
- If the spread reaches an 8-goal differential (i.e. 8-0, 9-1, 10-2, etc.) the team will forfeit the current game.
- Intentional own goals will not count towards the Mercy Rule. If an intentional own goal is scored by any member of the team, the team is to be assigned an Unsportsmanlike Conduct Bench Major Penalty.
- The league executive will monitor all game scores and will determine if any further action is required.
 - After a 1st Fair-play rule offense (team losing their centre), a warning will be sent out to the team
 - After any subsequent Fair-play rule offenses, the game shall be played in its entirety, however, the offending team shall forfeit the game, and the score shall be written as 1-0 for the opposing team.

Tournament:

The following is subject to change depending upon venues availability.

All regular season rules apply with the following exceptions:

- There are no protests allowed for any tournament game.
- Teams without the minimum number of players required who are not ready to play within 2 minutes from the time the whistle is blown will be given a Delay of Game penalty.
- Each team will receive two (2) 30 second time outs for the entire game (may carry over time out into Overtime).
- Round Robin, Bracket, and Play-In Games will play OT according to Regular Season rules.
 - Goalies will remain on the same side as the 3rd period.
 - Additional 5 minute OT periods will be added until a goal is scored for Elimination games.
- The last Elimination Bracket games and Final games will consist of 15 minute Sudden Death Overtime (first to score) periods, if not decided after regulation time.
 - Teams will play 5 on 5 OT
 - Goalies will switch ends after every period.



RCFHA Referees

- The Referee's will referee all league games. One is designated as the Lead Referee. All will be wearing referee jerseys. The Lead Referee will be indicated on the Referee-in-Chief's Referee Schedule.
- The Lead Referee will have supervision of the game, players and other participants. In case of a dispute during a game, his/her decision is final.
- A third Referee may be used during a game to help control and monitor the game but must be on the floor to make any decisions. Note: during the tournament a third referee will be used the finals.

Attire and Equipment

- All Referees must have official jerseys, athletic pants/shorts, running shoes, approved whistles, and must adhere to player jewelry rules (exception: watch under sleeves of jersey).
- Referees shall be equipped with tape, tape measures, writing materials, and the appropriate materials needed to setup and start the games.

General Duties

- Referees should arrive at the gym at least twenty (20) minutes prior to scheduled game time.
- Prior to teams warming up, the Referees shall monitor the nets for any holes, maintain the taped lines/faceoff areas, make sure the playing area is maintained and is safe to play on, and indicate the official game start time.
- Prior to the start of the game, the Referees shall approach each bench and meet with the coaches and ensure the signatures of the Coaches are present on the scoresheet to verify each roster, see that the Timekeeper and Scorekeeper are in their respective places, ensure that the timing equipment is in order, and call teams onto the playing floor.
- Referees shall conduct faceoffs, determine goals/no goals, and enforce violations/penalties.
- Referees shall report to the Scorekeeper the player's jersey number for goal scorers and assists.
- At the whistle of a penalty called, Referees will immediately point to the player, and communicate the team colour, jersey number, and penalty. The Official will then proceed to directly in front of the scorekeeping box to report the penalty details.
- Any Referees may call time-out for injury, equipment repair, or to discuss with any on-the-floor Referees/Executive on Duty. They shall instruct the Timekeeper when to stop and start the time clock.
- The Lead Official of the game may add or take away time from the main clock at his/her discretion.
- The Referees shall remain on the floor at the conclusion of each period until all players have proceeded to their team bench. The officials are also responsible for monitoring and enforcing a sportsmanlike handshake at the conclusion of the game.



- All score sheets must be checked, reviewed and signed by all officials.

Pay Scale

- All referees have the option of volunteering their time instead of receiving pay
- Referees will be paid according to their experience and service level to the RCFHA
 - Referees may start participating in referee training starting at age 12 or older.
- To move up a pay scale, referees must have completed an entire season of refereeing.
- See RIC for current wage structure.

RCFHA Timing Rules

Regulation Time:

- A maximum of two (2) minutes for warm-up after the scheduled start time will be allowed.
- A Cosom Hockey game consists of regulation time:
 - Running three (3) fifteen (15) minute periods. **AND**
 - Two (2) minute rest break between periods.
- If the game remains tied after regulation time, sudden death Overtime will be played.
- Teams who have the minimum number of players required, must be ready to take the floor at game time within thirty (30) seconds and must provide a scorekeeper/timekeeper within one (1) minute of the indicated start time (see Delay of Game for more details). Teams not ready to play ten (10) minutes after indicated start time will forfeit the game and the unoffending team will be awarded two (2) points for a win.
- In the last two minutes of the 3rd period the clock will stop every time the whistle is blown, only if the score differential is within 2 goals.

Overtime (OT):

- All Cosom Hockey games will play an Overtime period of five (5) minutes, if the score is tied after regulation time.
- There will be a one (1) minute break between the 3rd period and OT.
- Teams will play 4 on 4 OT, using the following format:
 - 2 Forwards, 1 Centre, and 1 Defense
- The goalie will remain on the same side as in the 3rd period.
- Overtime will be conducted as a "Sudden Death" format, in which the first team to score will win the game.
- In the last two minutes of Overtime the clock will stop every time the whistle is blown.
- The winner (during OT) will receive two (2) points in the standings, while the team that lost in



OT will receive one (1) point in the standings.

- If the game remains tied after 5 minutes, each team receives 1 point in the standings, and the game ends as a tie.
- During Overtime, the flow of play will consist of the following when penalties are issued:
 - If a penalty is issued to a team with more than three players on the floor, the penalized team must remove one player. If the penalized team has three players, the opposing team may add an additional player to a maximum of five players.
- During the tournament, Round Robin Overtime will consist of 4-on-4 for one 5-minute period.
- Non-Elimination Bracket Overtime will consist of 4-on-4 for as many 5-minute periods as necessary.
- Elimination Bracket Overtime will consist of 5-on-5 for one 5-minute period, and if necessary, Overtime will continue as 4-on-4 for as many 5-minute periods as necessary.
- Semi-Finals and Finals Overtime will consist of 5-on-5 for as many 15-minute periods as necessary.

Time-Outs:

- Each team shall be allowed one (1) 30 second time out during regulation time.
- Each team shall be allowed an additional 30 second time out during Overtime.
 - Time outs may not carry over (i.e. Teams will only be allowed one (1) time out during Overtime, regardless of whether the team has used their regulation time out or not).
- The Coach, Assistant Coach or designated Team Captain may call the time out, during a regular stoppage of play. The time out does not start until the indication from an Official. During the time out, no spectators are allowed on the floor except with the Referee's consent.

Game Flow

Cosom Floor Hockey (General Play):

- The game starts with the two (2) Centres facing off at the center circle. Forwards and Guards will be in their respective zones.
- When the puck goes out of bounds or the goal keeper freezes the puck, a face-off takes place (see Faceoff Location for more details).
- After a goal is scored, the Referee's will report the goal to the Scorekeeper, and the play will be restarted at the center circle.
- When two (2) players are pursuing a loose puck, stick checking of the opponents stick is allowed, provided stick checking does not warrant a penalty, such as, but not limited to, "High Sticking" or "Slashing".



- Incidental minor body contact from the side is allowed provided players making such contact are moving in the same direction and are attempting to play the puck. Deliberate hip checking is not allowed and will be penalized under "Roughing".
- Players cannot hold the puck against the wall or move the puck along the wall, thereby blocking their opponent. The player who first reaches the puck at the wall should immediately play or pass the puck.
- Player substitution is allowed any time during the game but a Forward and a Guard already in play cannot change with each other. This may only take place at a stoppage of play. Sticks are not to be carried onto the floor when substitutions take place during play; rather they are "handed off" from player to player.
 - Players located in positions across the centre line from their team bench are permitted to place alternate sticks located in the first row of the bleachers for use if desired. The substitute player(s) and player(s) on the floor must ensure that the correct number of sticks are on the floor at all times. Extra sticks may not be carried onto the floor and must be returned to the original location they were placed at.
 - Applicable for PeeWee, Bantam and Adult divisions.

Goal Scoring:

- A goal shall be scored when the puck shall have been put between the goal posts by the stick of a player of the attacking side, from in front and below the crossbar, and entirely across the goal line, from one goal post to the other
- A goal shall be scored if the puck is put into the goal in any way by a player of the defending side
 - The attacking player who last touched the puck shall be credited with the goal.
- If an attacking player has the puck deflect into the net, off their foot or body, in any manner, the goal shall be allowed.
- A goal is allowed when a defender deliberately pushes the attacking player into the goal crease and a goal is scored. No penalty is assessed, unless such action constitutes a deliberate attempt to injure and therefore, requires a major penalty.
- A goal is disallowed when:
 - The Official has blown their whistle to stop play.
 - The puck has been directed, batted, or thrown into the net by an attacking player other than with a stick.
 - The puck has been kicked using a distinct kicking motion.
 - The puck has deflected directly into the net off an official.
 - A goalkeeper is pushed into the net together with the puck after making a save.
 - A penalty is committed by the attacking team, prior to or at the same time as a goal.
 - A stoppage in play is drawn, due to an Over Centre Offside.
 - The puck is inside the crease, and is struck into the net by an attacking player.



- Exception: When a goalie has been removed, the goal will be allowed (Crease rules do not apply when the goaltender is removed).
- The position of an attacking player has been established inside the crease.
 - Exception: When a goalie has been removed, the goal will be allowed.
 - Note: If an attacking player is in the goal crease at the moment the puck crosses the goal line (i.e. non – established position), and their position in no way affects the goaltender’s ability to make a save or play his position properly, the goal will count.

Awarded Goals:

- A goal will be awarded to the attacking team when all of the following happen:
 - The opposing team has taken their goalkeeper off the floor
 - An offensive player has possession and control of the puck in the offensive zone
 - There is no defending player between them and the opposing goal
 - Prevented from scoring as a result of an infraction committed by the defending team.

Stoppage of Play:

The official will blow their whistle and stop the play of the game for the following reasons; however the clock **must not** stop unless otherwise noted:

- Penalty is called.
- Puck is shot out of play.
 - Puck is out of play when it touches anybody outside the playing area, any part of the bleachers (except the front portion in contact with the floor), basketball hoops, or ceiling.
- Disallowed goal.
- Goalkeeper “freezes” the puck by trapping it against their body or covering the puck using the trapper, blocker, or gloves.
 - Play shall continue if the puck is not fully covered by the goalie outside the crease
 - If the puck continues to be loose inside the crease, wait until the goalie either covers the puck or has control of the puck for 2 seconds (i.e. realizes where the puck and/or possesses it without covering it)
- Goalkeeper trying to play the puck after trying to move it for two (2) seconds, subject to the Referee’s discretion.
- Should a scramble take place in front of the net and the puck be out of sight of the Official.
- Refusing to Play the Puck/Puck Unplayable (see relevant section)
- Violations (see relevant section)
- Attacking player playing the puck while it is in the crease.
- Minimum player rule.
- Injuries or equipment problems (other than shoe laces) [play and clock will stop].
 - Team official may enter the floor to tend to injury/equipment problem



Faceoff Location

- All face-offs must be conducted on one of the seven (7) face-off spots located on the floor
- When a stoppage of play has been caused by any player of the attacking side in the attacking zone, the ensuing face-off shall be made at the nearest face-off spot at the centre line.
 - Exception: If an Over Centre Offside, Throwing Over Centre, or Crease Violation is committed, the ensuing face-off shall be made in the defensive zone of the violator.
- When a defending player causes a stoppage of play in their defending zone, the face-off shall occur at the end zone face-off spot nearest to where possession of the puck last occurred
- When a goalie causes a stoppage in play due to a save or freezing the puck, the faceoff will take place in the defensive zone, on the side where the puck was shot from.
- When players are penalized so as to result in penalties to one team, the ensuing face-off shall be conducted at one of the two face-off spots in the offending team's end zone.
 - There are only two exceptions to this application:
 - When a penalty/Violation is assessed after the scoring of a goal – face-off at center;
 - When a penalty/Violation is assessed at the end (or start) of a period – face-off at center
- When an infringement has been committed by players of both sides in the play resulting in the stoppage, the ensuing face-off will be made at the nearest face-off spot in that area.
- When a goal is illegally scored by the attacking team by directing, batting, or kicking the puck into the goal, the resulting face-off shall take place in the defensive zone.
- When play is stopped for an injured player, the ensuing face-off shall be conducted at the face-off spot in the zone nearest the location of the puck when the play was stopped.
 - When the injured player's team has control of the puck in the attacking zone, the face-off shall be conducted at a faceoff point at the centre line.
- When a hand pass violation occurs, see Hand Pass rule.
- When the game is stopped for any reason not specifically covered in the official rules, or it is unclear as to which face – off location is the most appropriate, the puck must be faced-off at a face-off spot in the area nearest to where it was last played.

Faceoff Procedure

- Centres must take the opening face – off of each period, unless serving a penalty.
- Goal keepers may not take any face – offs.
- Players may not cross the centre line to take a faceoff (unless player is Centre position).
- Players must wait until the puck hits the floor to make a play on the faceoff.
 - Results in a face-off re – do
- All players are permitted to line up in any legal position, provided they are set at the puck drop.



- The puck shall be faced-off by the Official dropping the puck on the floor between the sticks of the players facing-off. Players facing-off will stand squarely facing their opponent's end of the floor, on – side, set and not moving.
- Stick placement of the blade must be on the floor and behind the indicated taped area.
- When the face-off takes place at centre, players must be outside the area marked by the circle.
- When the face – off takes place at any other location, players who are not facing – off must be at least three feet (3') away in every direction of the faceoff location.
- If a player taking the face – off is not at the designated face-off area once the five (5) second time limit has elapsed, the Official will drop the puck immediately.
- Players facing-off may not bat the puck with their hand, use their foot, or anything other than their stick to win the face-off.
 - Any attempt by either player to win the face-off by using anything other than their stick shall result in a minor penalty for Delay of Game (no warning shall be given, unlike the above faceoff rules).
 - Once the face-off is deemed complete hand passes shall be enforced as per the Hand Pass rule.

Refusing to Play the Puck/Puck Unplayable

- The purpose of this section is to enforce continuous action and Referees should interpret and apply the rule to produce this result.
 - When the puck is "frozen" between opposing players, the Official shall tell the players to play it, and if the puck is "frozen" for three (3) seconds after this, then the play shall be stopped, and a faceoff shall occur at the nearest location.
 - Repeated freezing of the puck by players that have been previously warned for the same occurrence shall result in a Delay of Game penalty to one or both of the players involved.
 - When a hand pass has been initiated by one player to a teammate and the teammate elects not to play the puck to avoid the stoppage of play, and the opposing team also abstains from playing the puck (perhaps to allow time to expire on a penalty), the Official shall stop the play (after 3 seconds) and order the resulting face-off at the nearest faceoff location to where the play was stopped for this violation.
 - When the Official signals the delayed calling of a penalty to one team and a player of that team intentionally abstains from playing the puck in order to allow additional time to expire on the game or penalty time clocks, the Official shall stop the play immediately.



Violations

Violations result in a stoppage of play and a face off, no penalty

Repeated, purposeful violations will result in a Delay of Game penalty.

Over Centre Offside:

Over Centre Offside is when a Guard or Forward steps, with the entire foot, or kneels over the centre line without touching a player or the puck on the other side of the center line.

- Exception: When Guard carries the puck over the center and cannot stop and touches the puck inside the offensive zone. This will be a face off not an over enter interference.
- A delayed offside (signalled with the Official's arm straight outward) until either of two (2) situations occur:
 - If a teammate of the player who is offside touches the puck, play will be stopped immediately.
 - This results in a face-off in the defensive zone of the violator.
 - If the player who is offside "tags up" and is no longer offside prior to a teammate touching the puck, play will be allowed to continue.

Throwing Over Centre:

The Goalkeeper is not permitted to throw the puck over the center line.

- This results in a face-off at the nearest face-off spot, where the puck was thrown from.

Wearing Jewelry

- Failure to remove or cover with tape, any metal or hard plastic jewelry including watches, necklaces, earrings, nose/eyebrow piercings and hats prior to game time.
 - Earrings/Piercings and Medic Alert Jewelry may be worn if taped
 - Rubber, paper, string type bracelets, sweat wristbands/headbands allowed.
- Play is stopped right away, subject to referees' discretion (i.e. if they are involved in the play). The player must be substituted and take off any jewelry before they can return to the game.

Crease:

- The goal crease is considered a three-dimensional space.
- If an attacking player establishes position in the crease, play will be stopped, and the ensuing faceoff will be in the defensive zone of the crease violator.
 - If the player immediately leaves the crease, play may continue (subject to Official's discretion).
- If an attacking player plays the puck while it is in the crease, play will be stopped immediately.



- An attacking player may run through the goal crease so long as they do not contact the goaltender.
- Any player may run through, establish position, or play the puck within their own crease.
- Absolutely no contact with the goaltender will be accepted if the goaltender is in the crease, and a minor penalty for Goaltender Interference will be called.
- Anytime a goalkeeper completely exits the crease, crease rules shall not be applied (only applied to the net without a goalkeeper).

Hand Pass Rule:

- A player, other than the Goalkeeper, may not direct the puck with their hand to a teammate, or allow their team to gain an advantage. The Official will indicate a delayed whistle. If another team member plays the puck, a stoppage in play will occur. If the other team or the initial player plays the puck subsequently, the play will continue, shown by a washout by the Official.
- When a hand pass occurs, the ensuing faceoff shall take place in the zone behind the initiator of the hand pass (i.e. If the hand passer was in the offensive zone, the faceoff takes place at a centre faceoff point nearest to that point).

Penalties

Penalties:

- All details must be shown on the score sheet.
- No other player(s) allowed in the penalty box other than penalized player(s).
- Penalized player is allowed back on the floor and resumes playing when:
 - He/she has served the full minor penalty **or**
 - The opposing team scores a goal, which then causes termination of the penalty with the least amount of time on the clock.
- Only if coincidental penalties are called, the penalized players must serve the entire penalty regardless of a goal being scored.
 - *Coincidental penalties:* occur when an equal number of penalties are assessed to both teams during the same stoppage in play, i.e when the whistle was blown and/or when the puck was dropped.
 - If a coincidental penalty is called:
 - Players go directly to their bench after the expiration of their penalty and even strength continues during the duration of the penalties.
 - And an additional non-coincidental penalty, the penalties will be served concurrently.

Minor Penalties:

- Players assessed a minor penalty must serve one minute and thirty seconds (1:30).
- Players assessed a double minor penalty must serve three minutes (3:00).



- Goalkeeper charged with a minor penalty may remain in the game, but a teammate must serve a bench minor (see below for definition).
- Timing of the penalty will start once the puck is dropped to commence play.
- Bench Minor penalties: served by the Centre on the floor at the time of the infraction (or Coaches' discretion if the Centre is already serving a penalty), off the floor, or after the game.
 - Goal Keepers charged with a minor penalty
 - Too Many Players
 - Unsportsmanlike Conduct – if the act occurred off the floor, by any player not holding a stick on the floor, by any Team Official, or every time a goal is scored if the goal differential is 9 or more
 - Delay of Game – Not ready to take a faceoff /having no score/time keeper after 1 minute
 - Delay of Game – Intentional Entry
 - Delay of Game – Changing on the Bleachers
 - Delay of Game – Failing to have mandatory equipment
- Penalty taker must serve the penalty in the position that the penalty was committed in. (Exception: if the penalty was committed by the goaltender, see Bench Minor penalty section above).
- Coaches' discretion penalties: served by any player on the floor at the time of the infraction.
 - Any Bench Minor penalty during which the Centre is already serving a penalty
- Players will be ejected for **either** of the following:
 - Receiving a combination of 3 Unsportsmanlike type and/or Dangerous Play type penalties
 - Denoted by a U or DP next to any penalty taken in an unsportsmanlike manner or causing a dangerous play (to the Referee's discretion). **OR**
 - Receiving a total of 5 minor penalties
- Unsportsmanlike and Roughing Penalties (including minor, double minor or major) after the game is over shall be served in the following game the player participates in.
- Players who are ejected for an accumulation of penalties are removed for the remainder of the game and must return to the team bench before the Coach can fill the position on the floor.

Major Penalties:

- A five (5) minute major penalty must be served in its entirety regardless of how many goals are scored by the opposing team.
- Players assessed a major penalty will serve five (5) minutes and receive a Game Misconduct (automatic ejection). The player is not allowed back on the floor to resume playing and is removed for the remainder of the game.
 - Once the penalty has expired, the Coach can fill vacant position on the floor.
- A Goalkeeper assessed a major penalty must serve the penalty. The Coach may replace the Goalkeeper with another player on the floor at the time of the penalty.
- If the Coach receives a major penalty, he/she is ejected from the building for the remainder of



the game. The team shall serve a Bench Major.

- If a Team receives a major penalty, the team shall serve a Bench Major.
- A Minor penalty may be upgraded to Major penalty if deemed necessary by the Referee's.
- After receiving a Major penalty, the player/team official may not stay on the bench, but may sit in the bleachers as a spectator. At the Referee's/Executive on Duty's discretion, the player/coach may be ejected from the building for being too hostile.
- If a player receives three Unsportsmanlike/Roughing/Dangerous Play minor penalties in one play, the minor penalties are upgraded to a Major penalty. If one of the penalties is not called as an Unsportsmanlike/Roughing/Dangerous Play minor penalty, the referee has discretion as to whether an upgraded Major Penalty is called or not.
- If a Major Penalty occurs during the 1st or 2nd period, the penalty duration will be served, and the player will be removed from the game.
- If a Major Penalty occurs during the 3rd period, the penalty duration will be served, and the player will be removed from game, in addition to an automatic full-game suspension during the next game.

Accumulation of Unsportsmanlike/Dangerous Play Penalties

- Players receiving a total of either (1) 10 Roughing, Unsportsmanlike penalties or any penalties deemed by the on-floor Referee's as dangerous/rough/unsportsmanlike type penalties, or (2) 5 Unsportsmanlike penalties, will be suspended for 1 game, pending review by the Disciplinary Committee.
 - On-floor Referee's will communicate with the Referee-in-Chief in regards to any dangerous/rough/unsportsmanlike penalties that were not designated as Roughing or Unsportsmanlike Conduct on the score sheet. Including, but limited to Boarding, Charging, Cross-Checking, Elbowing, and Spearing. Notification of these types of penalties will be given out to the relevant Team Official, if not already communicated during the game.
 - Double minor penalties will be counted as 2 and major penalties will be counted as 3
 - If a player receives one to three roughing/unsportsmanlike/dangerous play penalties and a major penalty, they will be suspended for one game. If a player receives four to five roughing/unsportsmanlike/dangerous play penalties and a major penalty, they will be suspended two game suspension pending review by the Disciplinary Committee.
 - The Disciplinary Committee shall keep a record of players' accumulation and will send a warning (as possible) when a player receives 5 and 9 of these types of penalties.
- If players exceed 10 of these types of penalties, every subsequent 2nd accumulation (i.e. 12, 14, etc.) will result in a 1 game suspension, pending review, with a warning on every subsequent 1st accumulation.



- During the tournament, this count shall reset, and the same rules shall apply, with the exception of the initial accumulation being a total of 5, with a warning when a player receives 3 and 4 of these types of penalties.

Calling of Penalties:

- If teams receive coincidental penalties, but a team has three (3) players in the penalty box, the coincidental penalties shall start running once the 1st penalty has expired.
 - See Minimum Player Rule on page 21 for calling of multiple penalties.
- Should an infraction of the rules which would call for a minor, double minor, or major penalty be committed by a player of the side in control of the puck, the Official shall immediately blow his/her whistle and penalize the offending player.
- Should an infraction of the rules which would call for a minor, double minor, or major penalty be committed by a player of the team not in control of the puck, the Official shall raise his/her arm to signal the delayed calling of a penalty
 - When the team to be penalized gains control of the puck, the whistle will be blown to stop play and impose the penalty on the offending player.
 - If there is an injury on the play, it will be the Referee's discretion whether to allow a scoring chance on a delayed penalty to continue or not.
- If the penalty to be imposed is a minor penalty and a goal is scored on the play by the non-offending side, the minor penalty shall not be imposed but major penalties shall be imposed in the normal manner regardless of whether or not a goal is scored.
- If two or more minor penalties were to be imposed and a goal is scored on the play by the non-offending side, the Captain of the offending team shall designate to the Official which minor penalty(ies) will be assessed and which minor penalty will be washed out as a result of the scoring of the goal.
- When the penalty to be imposed is a Double Minor penalty, and a goal is scored, only the second half of the penalty minutes of the appropriate penalty will be assessed to the offending player (considered a Double Minor, but only serves 1:30)
- If a goal is scored by the non – offending side on a delayed penalty, the play and clock will be stopped by the Official to record the penalty details (regardless of scoring, the penalty will still be recorded).
- Use of video is permitted, subject to Referees discretion, if the Referee suspects a Major Penalty has been committed.
 - Exception: Goals, Minor Penalties and Double Minor penalties will not be subject to video review.



List of Penalties

Minor Penalties

➤ Abuse of Equipment (AE):

- Banging of sticks on the floor subject to Referees discretion.
 - Applicable to all divisions
- Throwing of any equipment.
- Use of illegal or altered equipment; continuing to play with a broken or damaged stick
 - Immediately drop the broken stick and call the Referee's attention for a stoppage.
 - (Raise both arms vertically and call "Ref" until the play is stopped.)
- Observed intentional bending of the blade or shaft of a stick by any team member or Coach using anything other than hands to bend the sticks.
 - Players may bend their own sticks using only their hands
 - Players/coaches may not step on sticks to bend the blade.
 - Players must not high stick under any circumstances to bend their stick (Players will be called for a High Sticking minor penalty).
 - **Exception:** Players in Mites and Junior Squirt divisions will not be permitted to bend their sticks on the floor.
- Excessive bend in the blade of any stick in play. The "Dime Rule" will apply. (If a dime standing on edge can slide between the floor and the blade, a penalty will be issued.)

➤ Blocking (BL):

- Repeated contact initiated by the possessor of the puck, displacing the opposing player's position by blocking the attempt of an opposing player to get the puck.

➤ Boarding (BD):

- Deliberate contact with an opposing player causing the player to be thrown into the wall.

➤ Charging (CH):

- Intentionally jumping at or running into an opposing player in overly aggressive manner.

➤ Cross Checking (CC):

- Delivering a check with both hands on the stick.

➤ Delay of Game (DG):

- Holding/juggling the puck in his/her hand to gain advantage of the play (including the Goalkeeper while he/she is completely outside of the goal crease).
 - Closing the hand around the puck will not be enforced in PeeWee and Bantam unless concealing the puck has created a clear positional advantage. Subject to referees' discretion.
- Teams without the minimum number of players who are not ready to take face-off positions on the floor five (5) minutes after the Official has indicated game start time. Teams will serve a Bench Minor.



- Teams not ready (who have the required minimum number of players) to take face-off positions on the floor thirty (30) seconds after the Official has indicated the beginning or resumption of the game after intermission or time out, as indicated by his/her initial whistle and a warning to the team that thirty (30) seconds have been put on the timer **OR** teams who have not provided a scorekeeper/timekeeper within one (1) minute of the indicated start time. Teams will serve a Bench Minor.
- Failing to wear mandatory player's personal equipment, or failure to wear the equipment in the proper manner at the commencement of play. No warnings or reminders are required to be given. Teams will serve a Bench Minor.
 - Exception: Repairing of equipment which is worn properly; adjustments of straps
 - Neither play nor clock will be stopped for retying of shoelaces
 - Not a penalty, but must substitute the player immediately.
- Intentional entry onto the floor to approach an official by a team official or spectator during a game without the expressed permission of the Referee. Teams will serve a Bench Minor.
- Changing of players on the floor from the bleachers. Coaches and players must be in their team corner at all times and cannot sit or stand on the bleachers waiting to change.
 - Teams will serve a Bench Minor
 - Players on the floor trying to change with another player while play is coming directly at them may, at that time, step onto the bleachers so as to not interfere with the play, but must immediately return to the floor when the play has passed.
- Deliberate and repeated or unnecessary stoppages in play (subject to Official's discretion), i.e.:
 - Shooting the puck out of play
 - Violations
 - "Freezing" of the puck by players
 - "Freezing" of the puck by the goaltender (unless the goaltender is being checked or the opponent is in the vicinity)
 - Embellishment
 - Calling additional Time-Out when none are available
- Disregarding faceoff rules for using anything other than the stick to win a draw (no warning).
- A 2nd faceoff infraction after a warning for violating faceoff rules the 1st time
- Failing to update player jersey numbers into SportNinja. Teams will serve a Bench Minor.

➤ **Elbowing (EL):**

- Using an extended elbow in a manner that may or may not cause injury, which may impede the progress of a player.

➤ **Goaltender Interference (GI):**

- Interfering with the goaltender's ability to play his/her position, while a part of their body is inside the crease, whereby overt contact to any part of the goaltender's body is made



- Stick-to-stick contact will not be called, unless deemed as "Slashing"
- Any contact made with the goaltender within the crease shall be penalized
- If the puck is covered outside the crease, and a near simultaneous reaction of the offensive player hitting the goalie and the goalie covering the puck occurs, there shall be no penalty called, unless deemed Slashing, or the contact persists.
- Actions such as waving arms or stick in front of the goaltender for distraction purposes.

➤ **High Sticking (HS):**

- Carrying or using the stick that causes the blade of the stick or opponent's stick to come completely above the:
 - a) Lowest visible point of the players' jersey [applicable to Mites, Junior Squirt and Senior Squirt]
 - b) Crest of the jersey (i.e. logo of the jersey) [applicable to PeeWee, Bantam and Adult]
- The player initially causing the upward motion shall solely be penalized if the opposing player's stick was unavoidably raised to the offending level.
- The player whose stick rose above the level shall solely be penalized if it was avoidable, and the player made an insufficient effort to keep the stick down.
- Both players may be penalized at the discretion of the Referee.
- Exception: When the stick blade comes into contact with the neck, head or upper body area of another player, a High Sticking penalty will be issued, regardless of where the high stick line is.

➤ **Holding/Holding the Stick (HL):**

- Restraining or impeding the progress of an opposing player whether or not in possession of the puck by using hands, arms, or legs.
- Holding an opponent's stick

➤ **Hooking (HK):**

- Turning the stick around to "hook" an opponent and impeding their progress.

➤ **Interference (INT):**

- Intentionally interfering or impeding the progress of an opposing player by means of direct body/hand contact, or deliberate placement of a stick.
- Intentionally attempting to impede an opponent's stick with any part of his/her body.
- Playing his/her stick, foot, or other part of his/her body either deliberately or without due care to cause an opposing player lose balance
- Delivering a "pick", whereby one moves into an opponent's path without initially having body position, thereby taking the opponent out of the play.
- Undercutting the established body position of an opponent who is going for the puck in the corner/bleachers, so as to creating contact or a dangerous situation.
 - Note: If the player going into the corner is out of control, that player shall receive



a minor penalty for Charging

- Preventing a player who has dropped his/her stick from regaining possession of it.
- Shooting a dropped stick or other debris into the path of the puck or causing it to interfere with another player.
- Interfering with play in any manner while off the playing area for any reason (including serving a penalty). Players must have two feet on the playing area to establish legal positioning on the floor.
- Any prolonged physical contact after warning from an Official to remove contact.

➤ **Lifting the Stick (LS):**

- Intentionally lifting the opponent's stick without making a heel to toe sweeping motion.

➤ **Over Center Interference (OCI):**

- Crossing over the center line and playing the puck or causing interference with another player by contacting either an opposing player or their stick, including the follow-through of the shooting motion.
- Lying on the floor, while the above is committed will be deemed a penalty.
- **Exception: when a guard carries the puck over center while moving to the offensive zone shall be an over center offside violation not a OCI penalty**

➤ **Roughing (RO):**

- Participating in overly aggressive play, to the point where injuries could occur.

➤ **Slashing (SL):**

- Swinging in an aggressive manner with his/her stick at an opponent with or without the puck.

➤ **Sliding (SD):**

- Intentional sliding on the floor, by using both knees or sliding/diving across the floor (by leaving both feet).

➤ **Spearing (SP):**

- Using an object to impale, jab, or poke an opponent.

➤ **Too Many Players (TP):**

- Having more than 6 players on the floor at the same time, resulting in a Bench Minor.
 - During substitution, the player intentionally plays the puck with his/her stick, or any body part while in the process of entering or leaving the floor
 - During substitution, the player intentionally checks an opposing player while in the process of entering or leaving the floor
 - During substitution for a goalkeeper/extra attacker, the player leaving the floor and the player entering the floor must be within two feet (2') of the team bench while changing (the distance is roughly at the basketball sideline) but neither can be part of the play until the other is off the floor.



- If, during the substitution, the player entering/leaving the floor is struck by the puck, no penalty shall be enforced.
 - Players will not be assessed a 'Too Many Players' penalty when there is a stoppage in play and/or there is a time out called by either team.
- Goalkeeper may not cross the centre line (unless it is to substitute off the floor)
 - Will continue to remain "goalkeeper" until all goalkeeper equipment is off
- Conducting a shift change during play by carrying a stick onto the floor.
 - Exception: Removing the goaltender for an extra attacker.
- Not following the specified number of players in the appropriate positions.

➤ **Tripping (TR):**

- Playing his/her stick, foot, or other part of his/her body either deliberately or without due care to cause an opposing player to trip or fall.
 - Tripping will not be called if, in the judgment of the Referee, a player was legitimately attempting to only play the puck from the side or directly in front and inadvertently caused the trip.

➤ **Unsportsmanlike Conduct (UC):**

- Any player or Coach acting in an unsportsmanlike manner.
 - If the act occurs off the floor, the team shall serve a Bench Minor penalty.
- Fair-play rule
 - Every goal that is scored that results in a goal differential of 9 or more.
- Hitting or slamming the bleachers/walls/floor/goal posts with the stick.

Double Minor Penalties

Gym Setup and Teardown (GY):

- Failure to hold responsibility of setting up/tearing down the gym.
 - Coaches of the first games in any gym are required to show up 15 minutes early to help the Referees set up.
 - Coaches of the last game to play on any day are responsible for gym teardown.
 - This includes helping the referees and delegating parents to help with benches/bleachers, moving nets or any other equipment, and general clean up.
 - Served by a player in the starting line-up of the game to be played (set up) or the next game (tear down).
 - Gym Setup and Teardown will not be subject to coincidental penalty rules.

Unsportsmanlike Conduct

- Any player or Coach acting in an unsportsmanlike manner.
 - If the act occurs off the floor, the team shall serve a Bench Minor penalty.
- Mercy Rule



- Intentional own goals will result in a bench double minor to be assessed in the following game.

Upgraded Minor Penalty:

- If a typical minor penalty results in any visible injury to the opponent, the Offender may receive a Double Minor penalty, subject to the Referees' discretion of the injury.

Major Penalties

➤ Abuse (AB):

- Directing physical or verbal abuse (breaking the RCFHA Code of Conduct) [i.e. Swearing] at Referee's, Coaches, or players.

➤ Deliberate Attempt to Injure (AI):

- Any deliberate attempt to cause an injury, regardless of the severity.

➤ Fighting (FG):

- Punch or an attempt to punch an opponent.

➤ Illegal Team Official (IL):

- Any team official who is not authorized to be on the bench.



Referee's Signals



Hockey Officials' Signals



Blocking
Using both hands on the hips



Boarding
Strike the clenched fist of one hand into the open palm of the other hand directly in front of the chest.



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



Cross-Checking
A single forward and back motion with both fists clenched in front of the chest.



Delayed Calling of Penalty
Extend arm to upright position.



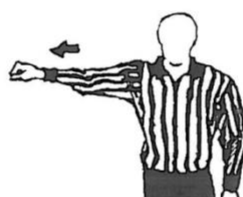
Delay of Game
The nonwhistle hand, palm open, is placed across the chest and then fully extended directly in front of the body.



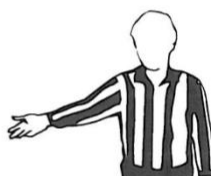
Elbowing
Tapping either elbow with the opposite hand.



Fighting/Punching
A double "punching" motion with fist clenched, fully extended in front of the body.



Roughing
Fist clenched, fully extending arm from the side.



Goal Scored
Point at the net with the nonwhistle hand, palm open.



Hand Pass
The nonwhistle hand (open hand) and arm are placed straight down alongside the body and swung forward and up once in an underhand motion.



High-Sticking
Holding both fists, clenched, one a short space immediately above the other to the side of the head.



Holding
Clasp wrist of whistle hand with the other hand well in front of the chest.



Hooking
A series of tugging motions with both arms, as if pulling something toward the stomach.



Interference
Crossed arms with fists clenched stationary in front of chest.



Misconduct
Hands should be moved once from sides down to hips. Thus, point to player first, hands to hips second.



Over Centre Interference
Extend open palm back and forth over imaginary line.



Penalty Shot
Arms crossed (fists clenched) above the head.



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



Slashing
One chop with the nonwhistle hand across the straightened forearm of the other hand.



Timeout/Unsportsmanlike Conduct
Using both hands to form a "T" in front of the chest.

Too Many Players
Point index finger downwards and rotate in a circle.



Tripping
Keep both feet on the floor when signaling, using right hand on the leg.



"Wash-out"
Both arms swung shoulder height, not waist height.



Supplemental Discipline

Ejections:

- Players will be ejected for receiving either of the following: (supplemental discipline will not apply, unless deemed necessary by the Disciplinary Committee)
 - Receiving a total of 3 Unsportsmanlike type and/or Dangerous Play type penalties
 - Receiving a total of 5 minor penalties
- Players/Team Officials will be ejected from the game for receiving a major penalty (will be subject to a review for supplemental discipline).
- Any Team Official or spectator directing physical or verbal abuse (breaking the RCFHA Code of Conduct) at Referee's, Coaches, or players are subject to 1 warning during a game
 - Any subsequent (or flagrant, initial) abuse will warrant an ejection from the building
 - Executive on Duty and/or Referees shall escort the Team Official/parent out
 - If there is resistance to leaving the building, further supplementary action may be enforced by the Disciplinary Committee



Scorekeeping/Timekeeping Manual

Scorekeeping Manual:

1. SET PERIOD LENGTH

- Type in 15:00

2. SCORING

- Hit + button beside GOALS
- Enter Time of Goal (use all digits)
- Select the Goal Scorer
- Select the Assisters (OPTIONAL)
- Click Confirm
- If wrong number selected, reselect number to remove it. Must be in order of displayed (i.e. remove assister before scorer).

3. PENALTIES

- Hit + button beside PENALTIES
- Enter Time of PENALTY (use all digits)
- Select the Penalty Taker
- Enter Length (2, 3, 5)
- Select the Penalty
- Click Confirm

4. MAKING CORRECTIONS

- To edit or delete a goal/penalty, click in the middle of what you want to edit (GOALS or PENALTIES)
- All of the selected will come up
- Click on the pencil on the side to edit goal or penalty
- Clicking the pencil will also allow you to delete goal or penalty

5. END PERIOD

- Click on END `\_\_\_\_` PERIOD



- Click YES
- Click START NEXT PERIOD
- Enter period length

Optional Features

6. CHANGING GOALIES

- Hit CHANGE GOALIE
- Hit + at the top right
- Enter time of goalie change
- Click which period
- Enter time of goalie change
- Click goalie coming in or EMPTY NET
- Confirm

7. KEEPING TRACK OF SHOTS

8. Hit the PLUS symbol beside SHOTS

Timekeeping Manual

Make sure to push down in the middle of the button. This is not a touchscreen.



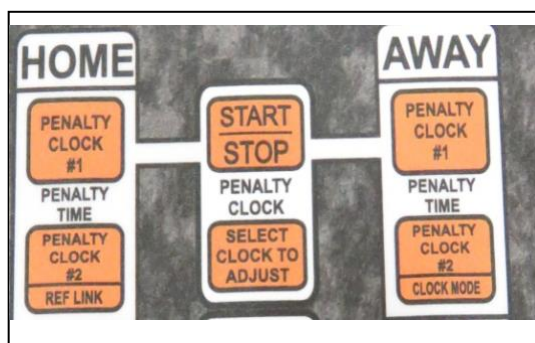
1. HOLD DOWN  to **start a new game.**

2. Press  to **Start or Stop the clock.**

3. Scoring

- Press **Blue +1 button**
 - LEFT (with "Horn mode") for Home
 - RIGHT (with "Brightness") for Away





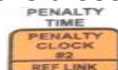
4. Penalties

- Wait until the puck is going to be dropped
- Press  on either the Home or Away

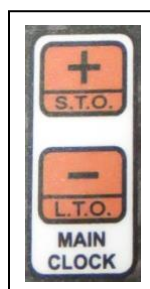
side, then press



- If there is a second penalty, repeat the above steps using



5. Timeouts



- Press  to stop the clock

- HOLD DOWN  until clocks shows 0:30, then press



- Press  to go back to the remaining time in the period.

6. Period Intermissions

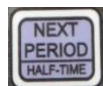
- **When period is over**, wait for horn to finish, then HOLD DOWN



- The clock will change to 2:00, then press



- When the 2:00 is over, press



to go to the next period.

Troubleshooting

1. Adjusting the time on the Main Clock

- Make sure the clock is stopped. Then use



and press



to add



or to subtract time (by 1 second increments).

2. Adjusting the time on the Penalty Clocks

- Make sure the clock is stopped.

- Press  and look up at the clock. Continue to press this button until the penalty clock you want to adjust is flashing.

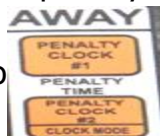


- Then use  and press  to add or  to subtract time.

Advanced Work

1. Clearing a penalty after a goal is scored and the player goes back on

- Make sure the penalty clock is still running. Determine which penalty clock

you want to clear and press that button (i.e.  or ).

2. Setting a Double Minor penalty/Setting a Major penalty

- This applies to all penalty clocks. i.e. If you press 

- Once: 1:30 will show up on the penalty clock
- Twice: 3:00 (Double Minor) will show up
- Three times: 5:00 (Major) will show up
- Four times: The penalty clock will go blank

3. Setting a timeout, while there is still a penalty

- Stop the clock. HOLD DOWN  . Press  and quickly press 

Scorekeeping Abbreviations

Minor Penalties:

1 minute 30 seconds per penalty

- 5 penalties and the player is out of game. **OR**
- 3 Unsportsmanlike type and/or Dangerous Play type penalties and the player is out of the game.

AE	Abuse of Equipment		INT	Interference
BD	Boarding		LS	Lifting the Stick
BL	Blocking		OCI	Over Center Interference
CC	Cross Checking		RO	Roughing
CH	Charging		SL	Slashing



DG	Delay of Game		SD	Sliding
EL	Elbowing		SP	Spearing
GI	Goaltender Interference		TP	Too Many Players
HL	Holding/Holding the Stick		TR	Tripping
HK	Hooking		UC	Unsportsmanlike Conduct
HS	High Sticking			

Double Minor Penalties:

3 minute penalty – Functions as two (2) minor penalties

GY	Gym Setup/Teardown			Any upgraded minor penalty
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Major Penalties

5 minute penalty – player is Out of the Game

AI	Deliberate attempt to injure		FG	Fighting
AB	Abuse		IL	Illegal Player



Appendices

Appendix A: Adult Floor Hockey Rules Exceptions

- All rules are to be followed under the RCFHA Rulebook, with the exception of the following:

Rule	Adult Division
Fair Play	Fair-play rule will not be enforced
Shin pads/knee pads	Not required for players
High Sticking	Crest of jersey (i.e. logo of jersey)
Hockey sticks	Any league supplied Cosom stick can be used
Goaltender Equipment	- Long sleeve not required to be worn - Personal equipment may be used (subject to League approval)
Sliding	Will not be enforced
Player Substitutions	A player can substitute another player on the floor with a stick if the change occurs within three feet of the team bench.
Mandatory Goalie Equipment	- Shin pads and knee pads required - Any goalie helmet can be worn (including non-CSA approved helmets) if a waiver signed
Delay of Game – Closing hand on puck	Will not be enforced unless concealing the puck has created a clear positional advantage. Subject to referees' discretion.
Abuse of Equipment	Tapping the stick will be enforced
Affiliate Player	There is no three (3) regular season game limit for a player of a team in Bantam to play as an Affiliate Player for the same team in the Adult Division
Penalty Clock Timing	All penalty clocks will stop every time the whistle is blown

Appendix B: Flow Chart for 3+ Penalties

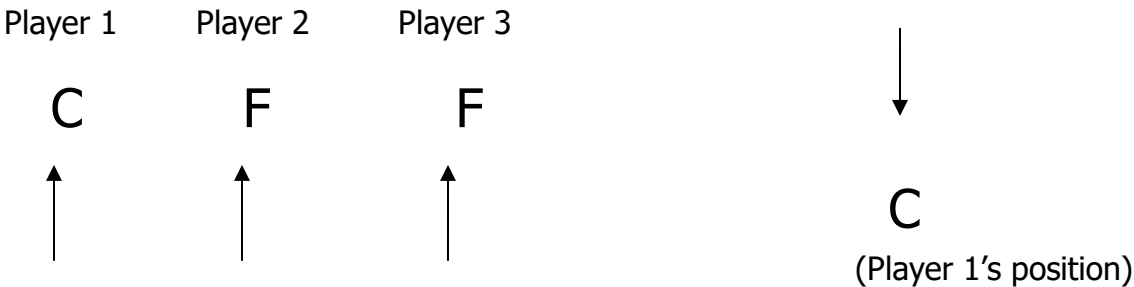
Regulation Time:

- Player 3 receives a penalty.
- Substitute from the bench goes on the floor with their own stick, **and** plays in Player 1's position
- Player 1 goes directly to the bench when their penalty expires.

Team A Penalty Box

Substitutes





Overtime:

- 1. Player 2 receives a penalty.
- 2. Substitute from the bench goes on the floor with their own stick, **and** plays in Player 2's position
- 3. Player 2 goes directly to the bench when their penalty expires.

