

**SHOOT OUT SPORTS
INLINE HOCKEY
OFFICIAL PLAYING RULES**

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SECTION I - THE RINK

RULE 101 - RINK

(a) Roller hockey shall be played on a plastic tiled floor which shall be in good condition.

(b) The rink shall be marked according to the diagram included with these rules, taking into consideration the dimensions indicated herein.

(c) Dimensions of the rink surface may vary between 70 to 90 feet in width and 160 to 210 feet in length. It is recommended that the corners be uniformly rounded in the arc of a circle with a radius in proportion to the length and width of the playing surface.

RULE 102 - GOAL POSTS AND NETS

(a) The goals will consist of NHL style nets. They may be metal or PVC pipe frames, with the pipes a minimum diameter of 2". They must be covered with netting strong enough to withstand any shot. Goals should be 6' wide and 4' tall, but they may be 5'1" wide by 3'5" tall as well. The goal posts should be painted red or blue. Optionally, the upright posts and front cross bar should always be red or blue but all other exterior surfaces can be white. The back inside post, which rests on the floor, should be padded.

If possible, the goals should be affixed to the floor with Velcro, or by flexible pegs. These pegs should not exceed 6" in length.

RULE 103 - GOAL CREASE

(a) In front of each goal, a Goal Crease area shall be marked by a red or blue line 2 inches wide.

(b) The goal crease shall be laid out as follows for goals, which are 6' by 4'. A semicircle 6 feet in radius and 2 inches in width and red or blue in color shall be drawn using the center of the goal line as the center spot. In addition, an L-shaped marking of 5" in length (both lines) at each front corner will be painted or taped on the floor. The location of the L-shaped marking is measured by drawing an imaginary 4' line from the goal line to the edges of the semicircle. At that point the arrow may be drawn. If any other size goals are used, these dimensions should be adjusted proportionally.

(c) At each end of the rink, a 2-inch red or blue line, referred to as the goal line, shall be marked completely across the width of the rink. This line should be a minimum of 12 feet to a maximum of 15 feet from each end of the rink. The goal line should be painted in such a manner that it extends vertically up the sideboards.

RULE 104 - FACE-OFF SPOTS

(a) One 12" face-off spot shall be at the exact center of the floor. A 15-foot radius circle shall be marked in red or blue around this face off spot. On both sides of the circle, there shall be two lines, red or blue in color, 2 feet long, 2 inches wide and 4 feet apart.

The game will be started with a face-off from this spot, as well as the beginning of the second half, after each goal is scored, and before sudden death overtime (if applicable).

(b) In both end zones along an imaginary line, 20 feet out from each goal line and parallel to it at a point that is measured from the side boards at a length of 25% of the total width of the floor, face-off circles with a radius of 12 inches will be drawn on the floor in red or blue. A 15-foot radius, 2-inch wide circle, should be drawn around the face off spots in red or blue paint or tape. On both sides of the circle, there shall be two lines, red or blue in color, 2 feet long, 2 inches wide and 4 feet apart.

RULE 105 - PLAYER BENCHES

(a) Each rink should have seats or a bench for the use of each team, to be known as the player benches. Each player bench shall accommodate at least 10 persons and shall be placed immediately alongside the playing surface in the neutral area as near as possible to the center of the rink and convenient to the dressing rooms. All doors that open to the rink surface shall swing away from the playing surface.

(b) Only players in uniform, the Manager, Coach and Trainer shall be permitted to occupy the player benches. A total of no more than four (4) non-players may be on the player bench at any time.

(c) During a game, Coaches, Trainers, and Managers will be confined to the player bench unless a game official allows otherwise. Violation of this rule may result in the assessment of a Bench Minor Penalty.

(d) Teams will maintain the same bench for the entire game.

(e) Since games are comprised of two periods, each team must start the game defending the goal, which is at the opposite end of the rink from their player bench. Teams will switch ends at halftime, allowing them to defend the goal at the same end of the rink as their player bench for the second period. Teams will switch ends for overtime periods.

RULE 106 - PENALTY BENCH

(a) Each rink will have seats or benches to be used for the seating of penalized players, Game Timekeeper and Official Scorer. The penalty bench should be located a substantial distance from the players' bench. The recommended location for the penalty benches is at the opposite side of the rink from the players' bench.

RULE 107 - REFEREE'S CREASE

(a) A line in the shape of a semi-circle and with a 10 foot radius, 2 inches wide, shall be marked on the floor in red or blue paint or tape directly in front of the Timekeeper's seat. This area shall be known as the "Referee's Crease".

SECTION II – TEAMS

RULE 201 - COMPOSITION OF TEAM

(a) A roller hockey team will consist of no more than 15 players.

(b) All players must have a signed Shout Out Sports release of liability. Any player participating in a game without a signed release of liability is ineligible, his or her team will automatically forfeit the game, and the team captain will be suspended for that team's next scheduled game.

(c) Teams must start a game with four skaters and a goaltender on the floor if at full strength.

(d) High-School League only. Spring Session is the only session recognized by Schools. For the Spring Session all players must submit a photocopy of their student ID prior to play, and can only play for the High School they attend.

(e) Each team is required to provide an adult 21 years of age or older on the bench at all times.

(e) Player Coaches are allowed in Division 1, Women's, Senior, and 35 & Over.

RULE 202 - TEAM CAPTAIN

(a) One Captain shall be appointed by each team, and that player alone shall have the privilege of discussing with the Referees any question relating to interpretation of rules which may arise during the progress of a game. He/she shall wear the letter "C," approximately 3 inches in height and in contrasting color in a conspicuous position on the front of the jersey.

(b) Alternate Captains (not more than two) shall be accorded the privileges of the Captain. Alternate Captains shall wear the letter "A," approximately 3 inches in height and in a contrasting color in a conspicuous position on the front of the jersey.

(c) The Referees or official scorer shall be advised prior to the start of each game, the name of the Captain of the team, also the identity of the players who will serve as Alternate Captains when the Captain is off the floor.

(d) No goalkeeper or playing Coach shall be entitled to exercise the privileges of Captain or Alternate Captain on the floor.

(e) Only the Captain or Alternate Captain on the floor at the time of the stoppage of play (but not both) shall have the privilege of discussing with the Referees any point relating to the interpretation of rules. Any Captain, Alternate Captain or player who comes off the bench and makes any protest or intervention with the Referees for any purpose may be assessed a misconduct penalty.

A complaint about a penalty is NOT a matter “relating to the interpretation of the rules”, and a minor penalty shall be imposed against any Captain or other player making such a complaint.

RULE 203 - UNIFORMED PLAYERS

(a) At the beginning of each game, the Manager, Coach, or Captain of each team shall list on the official game roster, the players, with goaltender(s) identified who shall be eligible to play in each game of each game.

(b) The names and numbers of all eligible players must be posted online prior to the start of the team’s first game. A teams roster must be finalized by the third game, and any further changes will not be allowed.

(c) Each team shall be allowed one goaltender on the floor at one time. The goaltender may be removed and another "player" substituted. Such substitute shall not be permitted the privilege of the goaltender.

(d) Any substitute goaltender entering the game for any reason shall not be permitted a warm up.

RULE 204 - STARTING LINE-UP

(a) A team must have a fully dressed and equipped goaltender and four fully dressed and equipped skaters on the floor at the end of the warm-up to start any game. If this requirement cannot be met, then a loss of that team’s time-out, delay of game penalty, or even a forfeit may be declared by the Referees or League Directors against the team not able to field a goaltender and four skaters.

RULE 205 - CHANGE OF PLAYERS

(a) Players may be changed at any time from the player benches, provided that the player or players leaving the floor shall always be within 5 feet of the bench before substitutions may come on the floor.

(b) A player serving a penalty on the penalty bench, who is to be changed after the penalty has been served, must proceed at once by the way of the floor and be within 5 feet of his/her own player bench before any change can be made.

(c) For any violation of this rule, a Bench Minor Penalty shall be imposed.

NOTE 1: If, in the course of making a substitution, either the player entering or leaving the game deliberately plays the puck or makes any physical contact with an opposing player while the retiring player is actually on the floor, then the infraction of “too many players on the floor” will be called. If, in the course of a substitution, the puck accidentally strikes either player, the play will not be stopped and no penalty will be called.

NOTE 2: When a goaltender leaves his/her goal area for the purpose of a player change, and the substitution is made prematurely, the violation when called will be either a face off at center or a face off in the defensive zone, depending upon where the offending team touches the puck, and no penalty will be called.

NOTE 3: If there are less than two minutes remaining in either regulation time or anytime during overtime, and a penalty is imposed for a deliberate illegal substitution, a penalty shot shall be awarded to the non-offending team.

(d) During a stoppage of play, especially during running time, player changes must be made immediately after the whistle, stopping play. The referee may hold the clock and issue a warning to a team deliberately delaying the game. Any subsequent delay after this will result in a bench minor penalty. Any subsequent delay by a Coach causing the clock to wind down unnecessarily may be penalized with a bench minor. (In effect the first warning will hold the clock until the puck has been dropped.)

RULE 206 - INJURED PLAYERS

(a) When a player, other than a goaltender, is injured or compelled to leave the floor during a game, he/she must leave the game and play must continue immediately.

(b) If a goaltender sustains an injury or becomes ill, he/she must be ready to resume play immediately or be replaced by a substitute goaltender, and NO additional time shall be allowed by the Referees for the purpose of enabling the injured or ill goaltender to resume his/her position. No warm-up shall be given to the replacement goaltender.

(c) The substitute goaltender shall be subject to the regular rules governing goaltenders and shall be entitled to the same privileges. When a substitution for the regular goaltender has been made, such regular goaltender shall not resume his/her position until the first stoppage of play thereafter.

(d) If an injured player receives a minor penalty, the penalized team shall place a substitute player on the penalty bench before the penalty expires and no other replacement for the penalized player shall be permitted to enter the game except from the penalty bench. For violation of this rule a Bench Minor Penalty shall be imposed. The penalized player who has been replaced on the penalty bench shall not be eligible to play until his/her penalty has expired.

(e) When a player is injured so that he cannot continue play or go to his/her bench, the play shall not be stopped until the injured player's team has secured possession of the puck. If the player's team is in possession of the puck at the time of injury, play shall be stopped immediately, unless his/her team is in a scoring position. The Referees may stop the clock during such injury.

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

(g) If a player is obviously bleeding, play shall be stopped immediately and the injured player shall be ruled off the playing surface. The player will not be permitted to return to play until the bleeding has been stopped and the wound covered. If any blood is present on the uniform of any player, such player must leave the floor and not return until the blood is removed from uniform, or the uniform is changed.

NOTE 1: In a case where it is obvious that a player has sustained a serious injury the Referees may stop the play immediately regardless of who is in possession of the puck.

SECTION III- EQUIPMENT

NOTE 1: A request for the measurement of equipment shall be limited to one per team at a stoppage of play.

RULE 301 - STICKS

(a) Sticks shall be made of wood or other approved material and must not have any projections extending from the stick. Tape may be wrapped around the blade of the stick.

However, if house rules prohibit the use of any type of tape on the stick blade, use of such tape may be subject to an equipment minor penalty.

(b) No stick shall exceed 63 inches in length from the heel to the end of the shaft and no more than 12 1/2 inches from the heel to the end of the blade. The curvature of the blade of the stick shall not be restricted. The blade of the floor players' stick must be a minimum of 2 inches and may not exceed 3 inches in width at any point.

(c) The blade of the goaltender's stick may not exceed 3 1/2 inches in width at any point except at the heel where it must not exceed 4 1/2 inches in width, nor shall the goaltender's stick exceed 15 1/2 inches in length from the heel to the end of the blade. The widened portion of the goaltender's stick extending up the shaft of the blade shall not extend more than 26 inches from the heel and shall not exceed 5 inches in width.

(d) A minor penalty shall be assessed any player, including the goaltender, for using a stick which does not conform to the provisions of this rule. Any illegal stick is to be kept by the Referees or League Director until the game is over.

(e) Should a player refuse to surrender his/her stick for measurement, that player shall be assessed a minor plus a misconduct penalty.

RULE 302 - SKATES

(a) No projections on skates other than those designed by the manufacturer are permitted.

(b) All axle openings must contain an axle and a wheel. (Ex: A four-wheel frame must contain four axles and four wheels.)

(c) Any player found on the floor breaking any of the above rules may receive a minor penalty and may not return to play until the fault is corrected.

(d) The use of speed skates or any skate so designed that it may cause injury is prohibited.

(e) The use of quad skates is allowed, but not recommended.

RULE 303 - GOALTENDER EQUIPMENT

(a) With the exception of skates and sticks, all equipment worn by the goaltender must be constructed solely for the protection of the head or body, and must not include any garment or contrivance, which would give the goaltender any undue assistance in tending goal.

(b) The goaltender's blocker glove shall not exceed 8 inches in width or 16 inches in length at any point.

(c) The maximum length of a goaltender's catching glove shall not exceed 17 inches. The cuff shall not exceed 9 inches in width. Any bar or attachment between the cuff and the thumb shall only extend in a straight line. Any other pocket or pouch added to the glove by a manufacturer or otherwise is not acceptable and makes the glove illegal.

(d) Abdominal aprons extending down the thighs or the outside of the pants are prohibited.

(e) The goaltender's leg pads may not exceed 12 inches in width, and may not be altered in any way.

(f) It is mandatory for all goaltenders to wear a HECC or CSA approved helmet designed for hockey goaltenders with helmet strap properly fastened and a HECC or CSA approved full-face mask designed for hockey goaltenders. All goaltenders must wear chest protection. Throat protection is highly recommended.

(g) Violation of the goaltender equipment rule will result in a minor penalty and removal of the goaltender from the game until the equipment in question is adjusted to meet the correct specifications.

RULE 304 - PROTECTIVE EQUIPMENT

(a) Each participant is personally responsible to wear protective equipment for all games and warm-ups. Recommended equipment for all players is: internal mouth guard, hip pads, padded long hockey pants, chest protection, and throat protection. Mandatory equipment for players under 18 years of age is: HECC or CSA approved helmet with chin strap properly fastened, HECC or CSA approved full face mask fastened properly to the helmet, elbow pads, hockey gloves, hockey shin pads, protective cup or pelvic protector.

Mandatory equipment for players 18 years of age and older is: Helmet designed for ice hockey with helmet strap properly fastened, elbow pads, hockey gloves, hockey shin pads, protective cup or pelvic protector.

(b) All protective equipment except gloves, head gear or goaltender leg pads, must be entirely under the uniform. After one warning by the Referees, a minor penalty shall be imposed on the offending player for violation of this rule.

(c) All players in the Junior Division, regardless of age, must wear a HECC or CSA approved full facemask.

(d) Eyeglass wearers must have plastic, not glass lenses in their eye wear.

(e) A glove from which all or part of the palm has been worn out or cut to permit the use of bare fingers shall be considered illegal equipment, and if any player wears such a glove in play a minor penalty shall be imposed on him/her.

(f) Violation of the protective equipment rule will result in a minor penalty and removal of the player from the game until the equipment in question is adjusted to meet the correct specifications.

RULE 305 - DANGEROUS EQUIPMENT

(a) The use of pads or protectors made of metal or any other material likely to cause injury to a player is prohibited. The wearing of casts or splints made of hard or unyielding materials is prohibited, even if padded.

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

RULE 306 - PUCK

(a) The official puck used for all games is the IDS Puck.

RULE 307 - UNIFORMS

(a) Teams are permitted to solicit commercial sponsors that may supply competitive uniforms, equipment & off-rink wear. The team uniform may include identification of the sponsor's name or logo, without restriction to size or shape. However, Shoot Out Sports reserves the right to black out any sponsor's name due to sponsorship conflicts with Shoot Out Sports.

(b) All players participating in Shoot Out Sports games must be uniformed and have matching jerseys with long sleeves. Full-length hockey pants or sweat pants must be worn. Short pants are not allowed.

(c) All players shall wear identifying numbers not less than 10" on the backs of their jerseys. All numbers assigned must be whole numbers only between 1 and 99 (no fractions, decimals etc.). No two members of the same team will be assigned or permitted to wear the same number. One team Captain and two Alternate Captains shall have a small "C" or "A" on the right shoulder of their jersey.

(d) It will be the responsibility of the visiting team to change its jerseys if the colors of the competing team conflict. The decision in this matter shall be left to the Referees in charge of the game. The home team is to wear a predominately lighter color jersey. The League Director or Referee, however, may request that a team change jerseys at any time to avoid conflict.

(e) Each player's jersey, including goaltenders, on a particular team must match in color.

(f) Should a player report for play wearing a uniform bearing illegal inscriptions, the Referee is required to cause the offending inscription to be removed or covered. If refused, the offender shall be barred from the game or contest, or in any matter participating in the event and the matter must be reported to Shoot Out Sports League Directors.

SECTION IV - PENALTIES

RULE 401 - PENALTIES

(a) Penalties shall be divided into the following classes:

1. Minor Penalties
2. Bench Minor Penalties
3. Major Penalties
4. Misconduct Penalties
5. Match Penalties
6. Penalty Shot

(b) When play is not actually in progress and any player commits an offense, the same penalty shall apply as though play were actually in progress.

(c) The minimum number of players a team may have on the floor due to penalties is 3: (2 skaters and 1 goaltender, or 3 skaters).

RULE 402 - MINOR PENALTIES

(a) Minor penalties are 2 minutes in length.

(b) For a Minor Penalty assessed to any player other than a goaltender, such player shall be ruled off the floor for 2 minutes, during which time no substitute shall be permitted. The player may leave the penalty bench upon expiration of his/her penalty or upon the scoring of a goal by the opposing team. If a Minor Penalty is assessed to a goaltender, a player on that team that was on the floor at the time of the infraction must serve the penalty.

(c) A "Bench Minor" penalty involves the removal from the floor of one player of that team for two minutes. Any player on the team may be designated to serve the penalty by the Coach or playing Captain and such player shall take his/her place on the penalty bench promptly and serve the penalty as if it was a minor penalty imposed upon him/her.

NOTE 1: If running time is being played and a minor or bench minor penalty terminates during a stoppage of play, allowing the team to have an additional player on the floor, the player so penalized shall remain in the penalty bench until the ensuing faceoff is conducted.

(d) If while a team is short-handed by one or more minor or bench minor penalties, the opposing team scores a goal, the first of such penalties shall automatically terminate.

NOTE 1: "Short-handed" means that the team must be below the numerical strength of its opponents on the floor at the time the goal is scored. The minor or bench minor penalty which terminates automatically is the first non-coincidental minor penalty assessed. Thus, coincident minor penalties to both teams do NOT cause either side to be "short-handed". Although each team is playing short, they are at equal strength.

If a goal is scored on a penalty shot against a team that is already shorthanded because of one or more minor or bench minor penalties, such penalties shall not automatically terminate and no penalized player shall be permitted to return to the surface.

(e) If the referee signals an additional minor penalty(s) against a team that is already shorthanded because 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, the delayed penalty(s) shall be assessed and the first non-coincidental minor penalty already being served shall terminate.

(f) When a player receives a major penalty and a minor penalty at the same time, the major penalty shall be served first by the penalized player except if the major penalties are coincident, in which case the minor penalty shall be served first.

(g) When either team is short handed by two players and coincidental penalties are imposed upon players of each team, the penalized players shall take their places in the penalty bench and such players shall not leave the penalty bench until the first stoppage of play following the expiration of their respective penalties. Immediate substitution shall be made for players so penalized.

(h) A team may not be deprived of a man advantage situation in a game due to any minor penalties already being served. If such a scenario arises, the players serving any minors with the most time remaining will be substituted for, and such players shall not leave the penalty box until the first whistle after their penalties expire.

NOTE 1: This included the scenario where a player on one team receives a double minor penalty, and two players on the opposing team are assessed minor penalties at the same stoppage with less time remaining in the game than is needed to serve the penalty(s) in full.

(l) Any player receiving three (3) minor penalties in one game will receive a game misconduct and game ejection penalty.

These situations have been added for a point of clarification.

Situation #1

With 3:30 remaining, player A1 is assessed a minor penalty and player B1 is assessed a double minor penalty. The penalty to A1 and one of the penalties to B1 are coincident, thus Team A will play at full strength and Team B will play shorthanded by one player. Team B must properly place a player on the penalty bench to serve the non-coincident penalty assessed to his teammate.

Situation #2

With 3:30 remaining, player A1 receives a minor penalty and player B1 receives a minor penalty. With 2:30 remaining, player A2 is assessed a minor penalty. Team B scores at 2:00. The penalty to player A2 shall expire and will be permitted to return to the surface.

Situation #3

The following penalties are on the penalty clock:

Team A#14 a Minor at 1:35 Team B#22 a Minor at 1:35

Team A#22 a Minor at 1:05 Team B#13 a Minor at 1:24

Team A #23 then receives a Minor Penalty at: 53.

Team B would immediately place a player on the floor to start their power play. It would then make the minors at 1:35 to play come off the clock and they would wait for whistle to return if over-time was required. Team B would then have 4 skaters and a goalie versus team that would have 3 skaters and a goalie. The key to this scenario is that the coincidental penalties lead to the power-play needing to take effect. If both teams had all four minor penalties assessed at different times then the power-play would not have to be created because it was not a case of a power-play being negated by a coincidental penalty situation.

RULE 403 - MAJOR PENALTIES

(a) Major penalties are 5 in length.

(b) For a major penalty, the offender, except the goaltender, shall be ruled off the floor for 5 minutes, during which time no substitute shall be permitted.

(c) When coincidental penalties of equal duration including a major penalty are imposed upon a player of each team, the penalized players shall take their places on the penalty bench and such players shall not leave the penalty bench until the first stoppage of play following the expiration of their respective penalties. Immediate substitution shall be made for the players so penalized and their penalties shall not be taken into account for the purpose of the delayed penalty.

(d) When coincidental penalties of unequal duration, including a major penalty, are imposed upon a player of each team, the penalized players shall take their places on the penalty bench and such players shall not leave the penalty bench until the first stoppage of play following the expiration of their respective penalties.

1. A player on the team of the penalized player shall serve the penalties, which created the disparity in total penalty time between the players penalized, first in the normal way.

2. Account shall be taken of the penalties, which create the disparity in the total penalty time awarded to the players affected for the purpose of the delayed penalty.

(e) When a major penalty and a minor penalty are imposed upon players of different teams during the same stoppage of play and the major penalty cannot be served in its entirety (during the last five (5) minutes of the second period or at any time during overtime), the difference in penalty time will begin immediately, being served as a major penalty by a player of the offending team, and the penalized players will return to play at the first whistle after the expiration of their respective penalties.

(f) Any player receiving a second game misconduct during the same season will be suspended the next two (2) scheduled games.

(g) Any player receiving a third game misconduct during the same season will be suspended for the remainder of the season and playoffs. This suspension will be a minimum three (3) game suspension. Any suspension not served during a season will automatically carry over into the next season.

This situation has been added for the purpose of clarification.

Situation #1

With 4:59 or less to go in a game, a player on Team A receives a Major penalty and a player on Team B receives a Minor penalty. As the difference cannot be served in its entirety, the 3-minute power play will start at 4:59 to go in the 2nd half. Had the penalty been called at 5:00 mark or more to play in the 2nd half, then the 3-minute difference would have been able to be served and no alteration would have been needed.

RULE 404 - MISCONDUCT PENALTIES

(a) "Misconduct Penalties" to all players except the goaltender, involve removal from the game for a period of ten minutes each. A substitute player is permitted to immediately replace a player serving a misconduct penalty. A player whose misconduct penalty has expired shall remain in the penalty box until the next stoppage of play. A misconduct penalty assessed to a goaltender must be served by a player on the goaltender's team that was on the floor at the time of the infraction.

The Shoot Out Sports League Directors shall review any misconduct penalty incurred at the end of a game, and at that time may choose to shorten or lengthen any suspension.

(b) When a player receives a minor penalty and a misconduct penalty at the same time, the penalized team shall immediately put a substitute player on the bench and he shall serve the minor penalty without charge.

(c) A "Game Ejection Penalty" involves the suspension of a player for the balance of the game. Such player will also be subject to further sanctions by Shoot Out Sports if they deem it necessary.

(d) A "Game Misconduct Penalty" involves the suspension of a player for a minimum of the balance of the game and the next game. The suspended player shall be reported to the Shoot Out Sports League Directors who shall have full power to impose such further penalty as they may deem fitting.

(e) When a player receives a major penalty and a misconduct, major penalty and a game ejection, or major penalty and a game misconduct penalty at the same time, the penalized team shall place a substitute player on the penalty bench to serve the major penalty, and no replacement for the penalized player shall be permitted to enter the

game except from the penalty bench. Any violation of this provision shall be treated as an illegal substitution under Rule 205 (a), calling for a bench minor penalty.

NOTE 1: For all Game Ejection and Game Misconduct penalties regardless of when imposed, a total of 10 minutes shall be charged in the records against the offending player.

(f) A player or Team Official who is assessed a game misconduct penalty, may not be near the team bench, or in any way attempt to direct the play of the team. Any player assessed a game misconduct penalty may be barred from the rink for the duration of the game if the Referees or League Director deems it necessary.

(g) A Gross Misconduct penalty involves the suspension of a player or Team Official for the balance of the game, but another player is permitted to replace a player so removed.

(h) The Scorekeeper and Referees are required to report all gross misconduct penalties and the surrounding circumstances to Shoot Out Sports League Directors immediately following the game. Shoot Out Sports shall have full power to impose further sanctions. A player who has been assessed a gross misconduct penalty shall be suspended from participating in any additional games until the case has been dealt with by Shoot Out Sports.

NOTE 1: For all Gross Misconduct penalties regardless of when imposed, a total of 10 minutes shall be charged in the records against the offending player.

(i) Any player receiving two 10-minute misconduct penalties in the same game will be assessed a game misconduct penalty.

RULE 405 - MATCH PENALTIES

(a) A Match penalty involves the suspension of a player for the balance of the game and the offending player shall be ordered to the dressing room immediately. The penalized team shall immediately place a non-penalized player, other than a goaltender, on the penalty bench to serve the five-minute time portion of the penalty and such player may not be changed.

(b) The Scorekeeper and Referees are required to report all match penalties and the surrounding circumstances to Shoot Out Sports League Directors immediately following the game. Shoot Out Sports shall have full power to impose further penalties. A player who has been assessed a match penalty shall be suspended from participating in any additional games until the case has been dealt with by Shoot Out Sports.

(c) A player who is assessed a match penalty, may not be near the team bench, nor in any way attempt to direct the play of the team. Any player assessed a match penalty may be barred from the rink for the duration of the game.

NOTE 1: For all Match Penalties, regardless of when assessed, a total of 10 minutes shall be charged in the records against the offending player.

(d) When coincident match penalties have been assessed or when any combination of coincident major and match penalties have been assessed to a player or players of both teams, rules 403 (c & d) covering major penalties shall be applicable with respect to player substitutions.

RULE 406 - PENALTY SHOT

(a) Any infraction of the rules which calls for a "Penalty Shot" shall be taken as follows: The Referees will name the player designated by him/her or selected by the team entitled to take the shot (as appropriate) and shall then place the puck on the center face-off spot.

The player taking the shot will, on the whistle of the Referee, play the puck from there and shall attempt to score on the goaltender. The goaltender must stay in the crease until the player touches the puck. The player taking the shot must keep the puck in motion towards the opponent's goal line and once it is shot the play shall be considered complete.

No goal can be scored on a rebound of any kind and any time the puck crosses the goal line the shot shall be considered complete.

(b) The goaltender may attempt to stop the shot in any manner except by throwing his/her stick or any other object or by committing a foul, in which case a goal shall be awarded.

NOTE 1: See Rule 639 (a).

(c) In cases where a penalty shot has been awarded under Rule 629 (g), (illegal entry into the game), under Rule 639 (a), (throwing stick), under Rule 643 (c), (fouling from behind), or Rule 610 (e), (deliberately displacing the goal post during the course of a breakaway), the Referees shall designate the player who has been fouled as the player who takes the penalty shot.

In cases where a penalty shot has been awarded under Rule 614 (c), (falling on the puck in the crease), Rule 610 (e), (deliberately displacing the goal post), or Rule 617 (e), (picking up the puck from the crease area), the penalty shot shall be taken by a player selected of the non-offending team from the players on the floor at the time when the foul was committed. Such selection shall be reported to the Referees and cannot be changed.

If by reason of injury the player designated by the Referees to take the penalty shot is unable to do so within a reasonable time, a player selected by the Captain of the non-

offending team from the players on the floor when the foul was committed may take the shot. Such selection shall be reported to the Referees and cannot be changed.

(d) Should the player in respect to whom a penalty shot has been awarded himself commit a foul in connection with the same play or circumstances, either before or after the penalty has been awarded, be designated to take the shot, he/she shall first be permitted to do so before being sent to the penalty bench to serve the penalty, unless the penalty is a game ejection, game misconduct, gross misconduct, or a match penalty, in which case the shot shall be taken by a player who was on the floor at the time of the infraction, to be selected by the Captain or Coach of the non-offending team.

(e) If at the time a penalty shot is awarded and the goaltender of the penalized team has been removed from the floor to substitute another player, the goaltender shall be permitted to return to the floor before the penalty shot is taken.

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

(g) Should a goal be scored from a penalty shot, a further penalty to the offending player shall not be applied unless the offense for which the penalty shot was awarded was such as to incur a major or match penalty, in which case the penalty prescribed, for the particular offense, shall be imposed.

(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 minor penalty shall be served.

(i) 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 expiration of the regular playing time in any period.

(j) All players, except the player taking penalty shot, must go to the player bench.

(k) If an opposing player other than the goaltender interferes with a player taking a penalty shot, a goal will be automatically awarded whether or not a goal was made.

(l) The time required for the taking of a penalty shot will not be included in the regular playing time of any stopped time game or overtime.

RULE 407 - GOALTENDER PENALTIES

(a) A goaltender shall not be sent to the penalty bench for an offense which incurs a minor, major, or misconduct penalty, but instead the penalty shall be served by a player to be designated by the Coach or Captain of the offending team through the playing

Captain that was on the floor at the time of the infraction, and such substitute shall not be changed.

(b) Should a goaltender incur a game misconduct penalty, his/her place then will be taken by a member of his/her own team, or by a regular substitute goaltender who is available and such player will be allowed the goaltender's full equipment.

(c) Should a goaltender incur a match penalty his/her place will then be taken by a member of his/her own team, or by a substitute goaltender who is available, and such player will be allowed the goaltender's equipment. No time period shall be allowed for this change. However, any additional penalties as specifically called for by the individual rules covering match penalties, will apply, and the offending team shall be penalized accordingly.

NOTE 1: All penalties imposed on a goaltender regardless of who serves the penalty or any substitution, shall be charged in the records against the goaltender.

(d) If a goaltender participates in the play in any manner when he/she is beyond the center floor line (or where a line would divide the floor into two equal halves), a minor penalty shall be imposed on him/her.

RULE 408 - DELAYED PENALTIES

(a) If a third player of any team shall be penalized 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 shall have elapsed. Nevertheless, the third player penalized must, at once, proceed to the penalty bench but may be replaced by a substitute until such time as the penalty time of the penalized player shall commence.

(b) When any team has three players serving penalties at the same time and due to the delayed penalty rule, a substitute for the third offender is on the floor, the first of the three penalized players on the penalty bench may not return to the floor until play has been stopped. When play has been stopped, the player whose full penalty has expired may return to the play.

(c) When the penalties of two players of the same team will expire at the same time, the Captain or Coach of that team will designate to the Referees which of such players will return to the floor first, and the Referees will instruct the Penalty Timekeeper accordingly.

(d) When a major and a minor penalty are imposed at the same time on players of the same team, the Penalty Timekeeper will record the minor as being the first of such penalties.

NOTE 1: This also applies to the case where the penalties are imposed on different players of the same team.

RULE 409 - CALLING OF PENALTIES

(a) Should an infraction of the rules which would call for any penalty is committed by a player of the side in possession of the puck, the Referee shall immediately blow his/her whistle and assess the penalties to the appropriate players. The resulting face-off shall be made at the place where the puck was last played or at center floor as not to disadvantage the non-offending team.

(b) Should an infraction of the rules which calls for a minor, major, or match penalty be committed by a player of the team not in possession of the puck, the Referees shall signify the calling of a delayed penalty by raising his/her arm. The Referee will blow his/her whistle once the offending team gains possession and the penalty will be assessed to the offending player. Should the infraction call for a misconduct, game misconduct, or gross misconduct penalty, the Referee shall not raise his/her arm, but shall wait until the offending team gains possession before stopping play.

(c) If the penalty to be imposed is a minor penalty, and a goal is scored on the play by the non-offending team, the minor penalty shall not be imposed, but major and match penalties shall be imposed in the normal manner regardless of whether a goal is scored or not.

NOTE 1: The puck must have come into the possession and control of an opposing player or has been "frozen". This does not mean a rebound off the goaltender, the goal or any accidental contact with the body or equipment of an opposing player.

NOTE 2: If after the Referee has signaled a penalty but before the whistle has been blown, the puck shall enter the goal of the non-offending team as the direct result of the action of a player of that team, the **goal shall be allowed** and the penalty assessed in the normal matter.

NOTE 3: If when a team is "short-handed" by reason of one or more minor or bench minor penalties the Referee signals a further minor penalty against the "shorthanded" team and a goal is scored by the non-offending side before the whistle is blown then the delayed penalty shall be served and the first of the minor penalties already being served shall automatically terminate.

(c) Should the same offending player commit other fouls on the same play either before or after the Referees has blown his/her whistle, the offending player shall serve such penalties consecutively.

(d) When using a running game clock or a stop game clock, the penalty time will always be the same as the game clock time. In the situation of a running game clock the

penalty time will start when the Official drops the puck to restart the game and continue to coincide with the game clock from that point on.

RULE 410 - SUPPLEMENTARY DISCIPLINE

(a) In addition to the suspensions assessed under these rules, Shoot Out Sports may, at the conclusion of the game, at their discretion, investigate any incident that occurs in connection with any game and may assess additional suspensions for any offense committed before, during or after any game by a player or Team Official, whether or not such offense has been penalized by the Referees.

(d) Should a player receive a suspension in any other hockey organization (Ex: NARCh, any Michigan Facility house league, open league, etc), such player may be subject to sanctions by Shoot Out Sports. Shoot Out Sports reserves the right to refuse entry into any game to any player or team for any reason.

SECTION V - OFFICIALS

RULE 501 - APPOINTMENT OF OFFICIALS

(a) All Referees will be appointed by Shoot Out Sports. There should be two Referees on the floor at all times.

RULE 502 - REFEREE

(a) The Referees are the official representatives Shoot Out Sports. They shall be in full control of players on and off the floor.

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

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

(d) The Referees shall assess all penalties as prescribed by the rules for the infractions thereof.

(e) The Referees shall have the final decision on all goals, disputed or not. The Referees may consult with the Goal Judge, if one is present, before giving his/her final decision.

(f) Before starting the game, the Referees shall see that the appointed Game Timekeeper, Penalty Timekeeper, Official Scorer, and Goal Judges are in their respective places.

(g) The Referees 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) After each game, the Referees shall check and sign the official game report and return it to the Official Scorer.

(i) If a Referee cannot appear for any game, the League Director shall appoint a Referee.

(f) If the regularly scheduled appointed Officials appear during the progress of the game they may replace the temporary Officials at the next break in the game.

(k) All Referees shall be dressed in black pants and a long sleeved black and white striped shirt or attire approved by Shoot Out Sports. They shall not wear crests of any organization while officiating any Shoot Out Sports match.

(l) Referees are required to report on the official game report all game misconduct, gross misconduct and match penalties immediately following the game, to Shoot Out Sports.

RULE 503 - ASSISTANT OFFICIAL

(a) In certain age categories at Shoot Out Sports Final events, Shoot Out Sports reserves the right to use an assistant official.

(b) The primary job of the assistant official is to conduct all face-offs, and position him/herself in order to assist with any disputed goals.

(c) The Assistant Official may report to the Referees any infraction of the rules not seen by the Referees, and penalties may be assessed if deemed appropriate.

RULE 504 - GOAL JUDGES

(a) The use of Goal Judges is optional in all Shoot Out Sports games.

(b) There shall be one Goal Judge behind each goal. They shall not be members of either competing team nor shall they be replaced during the progress of the game, unless the Referees feel that he/she is biased in some way, in which case, he/she will be replaced immediately.

(c) Each Goal Judge must be stationed in the designated area behind the goal for the duration of the game and shall not change ends at any time after the game begins. Their jurisdiction is limited to that game only.

(d) In the event of a goal being claimed, the Goal Judge of that goal shall decide whether or not the puck has passed between the goal posts and entirely over the goal line. His/her decision will simply be goal or no goal.

NOTE 1: Refer to Rule 502 (e).

(e) The use of Goal Judges and their positioning will be at the discretion of the League Director.

RULE 505 - 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 of the unfinished time of his/her penalty.

(b) If a player leaves the penalty bench before his/her time has expired the Penalty Timekeeper shall note the time and signal the Referees who will stop the 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 and the penalty assessed.

RULE 506 - OFFICIAL SCORER

(a) The Official Scorer shall enter into the official game report a correct record of the goals scored, who scored, and to whom credit is given for assists, if any. He/she 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 the penalty was assessed.

(b) At the completion of each game the Official Scorer shall sign the official game report him/herself and have the Referees sign it. He/she shall then forward the game report to the offices of Shoot Out Sports.

RULE 507 - GAME TIMEKEEPER

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

(b) The Game Timekeeper shall signal the Referees for the commencement of the game, the start of the second period, and for each overtime period.

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

(d) The Game Timekeeper will record all times in minutes and seconds.

SECTION VI - PLAYING RULES

RULE 601 - ABUSE OF OFFICIALS AND OTHER MISCONDUCT

(a) Any player who challenges or disputes the ruling of an Official, uses abusive language towards an Official, attempts to incite an opponent or create a disturbance during the game shall be assessed a minor penalty for unsportsmanlike conduct. If the player persists in such conduct, a misconduct penalty shall be assessed and any further persistence by the same player shall result in the assessment of a game misconduct penalty. Referees are advised to use each penalty leading up to a Game Misconduct, but have the authority to issue Misconduct before issuing a Minor and/or a Game Misconduct before issuing Misconduct.

In the case of a Coach or other Team Official, a bench minor penalty shall be assessed first and if such conduct continues, a game misconduct penalty shall be assessed.

(b) Any player who shoots the puck after the whistle shall be assessed a minor penalty, if in the opinion of the Referees the player had sufficient time after the whistle to refrain from taking the shot.

(c) If any player or Team Official does any of the following, the team shall be assessed a Minor or Bench Minor penalty:

1. After being penalized, does not proceed directly to the penalty bench or dressing room when ordered to do so by the Referees. Equipment shall be delivered to the penalty bench or dressing room by a teammate.
2. Throws anything onto the playing surface from the players' bench or penalty bench.
3. Interferes with any Game Official, (non-physically) in the performance of their duties.
4. When an altercation occurs, if not involved, does not proceed immediately to the players' bench, or, in the event that the altercation takes place at the players' bench, does not proceed to his/her team's defensive zone.

(d) If any player or Team Official does any of the following, the player shall be assessed a Misconduct penalty or Game Misconduct Penalty for:

1. Uses obscene, profane or abusive language to any person before, during or after a game or persists in disputing or shows disrespect for the ruling of an official.
2. During a stoppage of play, intentionally shoots or throws the puck out of the reach of an Official who is retrieving it.
3. Enters and remains in the Referees' Crease, when asked to leave, except for the purpose of skating to the penalty bench.
4. Touches or holds any Game Official with the hand or stick.
5. Intentionally bangs the boards, protective glass or goal with a stick at any time.
6. Shows disrespect to an Official by means of language or gestures.

(f) If any player or Team Official does any of the following, a Gross Misconduct penalty shall be assessed:

1. Deliberately inflicts or attempts to inflict physical harm to a Game Official or a Team Official in any manner.

2. Behaves in any manner, which is critically detrimental to the conduct of the game including, but not limited to, spitting at an opponent, Game Official or Team Official.
3. Uses obscene gestures or racial slurs anywhere in the rink before, during or after the game.

RULE 602 - ADJUSTMENT TO CLOTHING AND EQUIPMENT

(a) Play shall not be stopped, nor the game delayed by reason of adjustment of clothing, equipment, skates or sticks. For an infringement of this rule, a minor penalty shall be given.

(b) The responsibility of maintaining clothing and equipment in proper condition shall be upon the player. If adjustments are required, the player shall retire from the floor and play shall continue without interruption using a substitute.

NOTE 1: In the event a player loses his/her helmet in the "process of a play", that player should not continue to make a play until him/her has placed the helmet back on their head. If the player makes a play without a helmet on, the play shall be whistled dead and that player will be given a minor penalty for "improper equipment". The face off will ensue at the nearest face-off square.

(c) A goaltender, after a stoppage of play, with the permission of the Referees, may be allowed to make adjustments or repairs to clothing, equipment, shoes or skates. A goaltender may also be permitted by the Referees to replace his/her mask but no time shall be allowed for repair or fitting a mask.

(d) For an infraction of a rule by a goaltender, a minor penalty shall be imposed.

RULE 603 - ATTEMPT TO INJURE

(a) A match penalty shall be imposed on any player who deliberately attempts to injure any opponent, in any manner, and the circumstances shall be reported to Shoot Out Sports for further action. A substitute for the penalized player shall be permitted at the end of the fifth minute.

RULE 604 - BODY CHECKING

(a) A minor penalty or major penalty, at the discretion of the Referees shall be imposed on any player who intentionally body checks an opponent, with or without the puck.

(b) A minor penalty or major penalty, at the discretion of the Referees, shall be assessed to any player who makes physical contact with an opponent after the whistle has been blown, if in the opinion of the Referees, the player had sufficient time to avoid such contact.

(c) When a player injures an opponent as the result of body checking, the Referees shall have no choice but to assess a major penalty to the offending player.

(d) Any major penalty assessed for body checking may also include a game ejection or game misconduct penalty at the Referee's discretion.

(e) A major penalty and automatic game misconduct shall be imposed on any player who checks an opponent from behind.

(f.) Body Checking may also be treated as a match penalty under Rules 603 and 611.

NOTE 1: It is not intended that there be no body contact between two opposing players who are actively in pursuit of the puck. The act of riding an opponent off the puck or meeting the opponent head-on, WHILE ATTEMPTING TO PLAY THE PUCK, shall not be considered roughness. However, this does not imply that players NOT in possession of the puck may throw their bodies into an opponent in order to achieve possession.

RULE 605 - BOARDING

(a) A minor penalty or major penalty, at the discretion of the Referees based upon the degree of violence of the impact with the boards, shall be assessed to any player who fouls an opponent in such a manner that caused the player to be violently thrown into the boards.

NOTE 1: "Rolling" an opponent (if he is the puck carrier) along the boards where he/she is endeavoring to go through too small an opening is not boarding, but may be penalized as roughing.

(b) When a player injures an opponent as the result of boarding or body checking, the Referees shall have no choice but to assess a major penalty to the offending player.

(c) Any major penalty assessed for body checking or boarding may also include a game ejection or game misconduct penalty at the Referee's discretion.

(d) Boarding may also be treated as a match penalty under Rules 603 and 611.

RULE 606 - BROKEN STICK

(a) A player whose stick is broken may participate in the game provided he/she immediately drops his/her stick. A minor penalty shall be imposed for an infraction of this rule.

NOTE 1: A broken stick is one which, in the opinion of the Referees, is unfit for normal play.

(b) A goaltender may continue to play with a broken stick until stoppage of play or until he/she has been legally provided with a stick.

(c) A player whose stick is broken may not receive a stick thrown on the floor from any part of the rink, but must obtain one from the player bench. A goaltender whose stick is

broken may not receive a stick thrown on the floor from any part of the rink but may receive a stick from a teammate without proceeding to his/her player bench. A minor penalty shall be imposed on the player or goaltender receiving a stick illegally under this rule.

RULE 607 - BUTT-ENDING

(a) A major penalty shall be imposed on a player who "butt-ends" or attempts to "butt-end" an opponent.

NOTE 1: An attempt to butt-end shall include all cases in which a butt-end gesture is made, regardless of whether body contact is made or not.

(b) Any penalty assessed for attempting to "butt-end" may also include a game ejection penalty at the Referee's discretion.

(c) A major penalty and automatic game misconduct shall be imposed on any player who makes contact with an opponent by butt ending.

(d) Butt-ending may also be treated as a match penalty under Rules 603 and 611.

RULE 608 - CHARGING

(a) A minor penalty or major penalty at the discretion of the Referees shall be imposed on a player who runs, jumps into or charges an opponent.

(b) A minor penalty or major penalty at the discretion of the Referees shall be imposed on a player who charges a goaltender while the goaltender is within his/her goal crease.

(c) When a player injures an opponent as the result of charging, the Referees shall have no choice but to assess a major penalty to the offending player.

NOTE 1: A goaltender is not "fair game" just because he/she is outside the goal crease area. A penalty for interference or charging (minor or major) should be called in every case where an opposing player makes unnecessary contact with a goaltender.

(d) Any major penalty assessed for charging may also include a game ejection or game misconduct penalty at the Referee's discretion.

(e) Charging, may also be treated as a match penalty under Rules 603 and 611.

RULE 609 - CROSS CHECKING

(a) A minor or major penalty at the discretion of the Referees, shall be imposed on a player who "cross checks" an opponent.

(b) A major penalty shall be imposed on any player who injures an opponent by cross checking.

(c) A minor or major penalty shall be imposed on a player who cross checks a goaltender while the goaltender is within his/her goal crease.

(d) Any major penalty assessed for cross checking may also include a game ejection or game misconduct penalty at the Referee's discretion.

(e) Cross checking may also be treated as a match penalty under Rules 603 and 611.

RULE 610 - DELAYING THE GAME

(a) A minor penalty shall be imposed on any player or goaltender that delays the game by deliberately shooting or batting the puck with his/her stick outside the playing area.
NOTE 1: This penalty shall apply also when a player or goaltender deliberately bats or shoots the puck with his/her stick outside the playing area after a stoppage of play.

(b) A minor penalty shall be imposed on a goaltender that shoots the puck directly (non-deflected) outside of the playing area, except when a location is not protected by glass or screen.

(c) A bench minor penalty shall be assessed to any team, which after a warning by the Referees, fails to place the correct number of players on the playing surface, thereby causing a delay in any manner.

(d) A minor penalty shall be assessed to a player who, after a warning by the Referees, fails to maintain a proper position during the face off.

(e) A minor penalty shall be imposed on any player (including the goaltender) who delays the game by deliberately displacing the goal post from its normal position. If such an infraction occurs with less than 2 minutes remaining in the 2nd half or at any time during overtime, a penalty shot shall be awarded against the offending team.

1. If the goal post is deliberately displaced during the course of a breakaway, a penalty shot shall be taken by the last player of the non-offending team in possession of the puck.

2. In the event that the goal post is deliberately displaced by a defending player or goaltender immediately prior to the puck crossing the goal line, the Referees may assess a minor penalty, a penalty shot, or award a goal.

(f) A bench minor penalty shall be assessed to a team requesting an equipment measurement that is unsubstantiated (deemed to be legal).

RULE 611 - DELIBERATE INJURY OF OPPONENTS

(a) A match penalty shall be imposed on a player who deliberately injures an opponent in any manner. The incident shall be reported to Shoot Out Sports for further action.

(b) No substitute shall be permitted to take the place of the penalized player until five minutes actual playing time shall have elapsed, from the time the penalty was imposed.

RULE 612 - ELBOWING

(a) A minor penalty or major penalty shall be assessed to any player who uses the elbow in such a manner as to foul an opponent, in any way.

(b) A major penalty shall be imposed on any player who injures an opponent as the result of a foul committed by using his/her elbows.

(c) Any major penalty assessed for elbowing may also include a game ejection or game misconduct penalty at the Referee's discretion.

(e) Elbowing can also be treated as a match penalty under Rules 603 and 611.

RULE 613 - FACE-OFFS

(a) One player from each team shall stand on their own defensive side of the face-off circle with their sticks held on the floor outside of the face-off spot. The attacking team must put his/her stick down first. All other players shall stay on their respective defensive side of the face-off spot until the Referee or Assistant Official drops the puck on the face-off spot and play begins.

(b) Players facing-off will stand facing their opponent's end of the rink approximately one stick length apart with the blade of their stick on the floor.

(c) Sticks of both players facing-off shall have any part of the blade touching the floor and properly aligned on the tape. All other players must be at least fifteen feet away from the player's facing-off and they must be onside.

NOTE 1: If, after a warning by the Referee or Assistant Official, either of the player's fail to take his/her proper position for the face-off promptly, the Referee or Assistant Official shall replace the offending player or players with another player on the floor. If either player or players still fail to take their proper position the Referees may assess a delay of game penalty against the offending player or players.

(d) In the conduct of any face-off anywhere on the playing surface no player shall make any physical contact with his/her opponent's body by means of his/her own body or by his/her stick except in the course of playing the puck after the face-off has been completed.

For violation of this rule, the Referees may impose a minor penalty or penalties on the player(s) whose action(s) caused the physical contact.

NOTE 1: A face-off commences when the Referee or Assistant Official designates the place of the face off and takes up a position to drop the puck.

(e) A second violation of any of the provisions or sub-selection(s) hereof during the same face-off may be penalized with a minor penalty to the player who commits the second violation of this rule.

(f) When an infringement of a rule has been committed or a stoppage of play has been caused by any player of the attacking side, the ensuing face-off shall be made at the center face-off spot.

NOTE 1: This includes stoppage of play caused by a player of the attacking side shooting the puck on to the back of the defending team's net without any intervening action by the defending team.

(g) When an infringement of a rule has been committed by players of both sides in the play resulting in the stoppage, the ensuing face-off will be made at the place of such infringement or at the place where play is stopped in cases where play is permitted to be completed unless otherwise expressly provided by these rules.

(h) When stoppage occurs between the end of face-off spots and near the end of the rink, the puck shall be faced-off at the end face-off spot on the side where the stoppage occurs, unless otherwise expressly provided by these rules.

(i) When a goal is disallowed as a result of the puck being deflected off the Official directly into the net, the face-off shall be at either of the end face-off spots in that zone.

(j) When the game is stopped for any reason not specifically covered in the official rules, the puck must be faced-off where it was last played.

(k) The Referee or Assistant Official is under no obligation to wait for the players to get to the face-off. It is the player's responsibility to get there as quickly as possible. If one team is lined up and the other team is procrastinating, the Referee or Assistant Official can start the play by dropping the puck, or can assess a bench minor penalty to the team causing the delay.

NOTE 1: Once a team is in face-off position, the puck can be put into play within three seconds.

RULE 614 - FALLING ON PUCK

(a) A minor penalty shall be imposed on a player other than the goaltender who deliberately falls on or gathers a puck into the body.

NOTE 1: Defensemen who drop to their knees to block shots should not be penalized if the puck is shot under them or becomes lodged in their clothing or equipment, but any use of the hands to make the puck unplayable should be penalized promptly.

(b) A minor penalty shall be imposed on a goaltender who (when his/her body is entirely outside the boundaries of his/her own crease area and when the puck is behind the goal line) deliberately falls on or gathers the puck into his/her body, or who holds or places the puck against the boards.

(c) No defending player except the goaltender will be permitted to fall on the puck, hold the puck, or gather the puck into the body or hands when the puck is within the goal crease. For infringement of this rule play shall immediately be stopped and a penalty shot shall be ordered against the offending team but no other penalty shall be given.

NOTE 1: This rule shall be interpreted so that a penalty shot will be awarded only when the puck is in the crease at the instant the infraction occurs. However, in cases where the puck is outside the crease, Rule 614(a) may still apply and a minor penalty may be imposed even though no penalty shot is awarded.

If the goaltender has been removed from the playing surface when the infraction occurs, a goal shall be awarded to the non-offending team in lieu of the penalty shot.

RULE 615 – FIGHTING AND ROUGHING

(a) A major penalty and automatic game misconduct shall be imposed on any player who engages in a fight.

Any player deemed by the Referees to be the instigator of the altercation shall be additionally assessed a minor penalty and is subject to additional suspension by Shoot Out Sports.

Any player removing his/her sweater before or during a fight will be treated as the instigator, even if both players do. That player(s) will receive an additional minor penalty for instigating as well as being subject to further suspension.

(b) A minor penalty shall be imposed on a player who having been struck shall retaliate with a blow or attempted blow. However, at the discretion of the Referees, a major or double minor penalty may be imposed if that player continues the altercation.

NOTE 1: The Referees are provided very wide latitude in the penalties, which they may impose under this rule. This is done intentionally to enable them to differentiate between the obvious degrees of responsibility of the participants either for starting the fighting or persisting in continuing the fighting. The discretion provided should be exercised realistically.

NOTE 2: Referees are directed to employ every means provided by these rules to stop brawling.

(c) A game misconduct shall be imposed on any player involved in fighting off the playing surface or with another player who is off the playing surface.

(d) A player who drops his/her gloves in an aggressive or threatening manner shall receive an automatic game misconduct penalty. A player who drops his/her gloves and throws a punch shall receive a game misconduct with a minimum suspension of three games, subject to review by Shoot Out Sports.

(e) Any player or goaltender deemed to be the first to intervene in an altercation already in progress, including any player entering as a peacemaker, shall receive a game ejection penalty.

(f) When an altercation occurs, all players not engaged shall immediately proceed to the area of their players' bench. In the event the altercation takes place at the players' bench, the players on the surface must go to their team's defensive zone. Failure to comply will result in a bench minor penalty assessed to the team(s) not observing this rule.

NOTE 1: Refer to Rule 601 (c (4)).

(g) Any player or goaltender that resists an official in the discharge of their duties shall be assessed a misconduct or game misconduct penalty.

NOTE 1: Refer to Rule 601 (d & f).

(h) A minor penalty shall be assessed to a goaltender that leaves the immediate vicinity of the goal crease to participate in an altercation. This penalty shall be in addition to any penalty incurred during the altercation.

RULE 616 - GOALS AND ASSISTS

(a) It is the responsibility of the Referees to award goals and assists, and such decision is final. In cases of an obvious error in awarding a goal or an assist, it should be corrected promptly. Changes shall not be made on the scoring summary after the Referees have signed the official score sheet.

(b) A goal shall be scored when the puck has been put between the goal posts by the stick of a player of the attacking side from in front, and below the cross bar and entirely across the goal line.

(c) A goal shall be scored if the puck is put into the goal in any way by a player of the defending side. The player of the attacking side who last played the puck shall be credited with the goal but no assist shall be awarded.

(d) If an attacking player kicks the puck and it is deflected into the net by any player, the goal shall not be allowed.

(e) If the puck has been deflected into the goal by a shot of an attacking player by striking any part of the person or a player of the same side, a goal shall be allowed. The player who deflected the puck shall be credited with the goal. The goal shall not be allowed if the puck has been kicked, thrown or otherwise deliberately directed into the goal by any means other than a stick.

(f) If a goal is scored as a result of a puck being deflected directly into the goal off an official, the goal shall be disallowed.

(g) Should a player legally propel a puck into the goal crease of the opponent's team and the puck should become loose and available to another player of the attacking side, a goal scored on the play shall be allowed.

(h) A goal scored by a player who strikes or deflects the puck above the normal height of the shoulder shall not be allowed, except by a player of the defending team. The determining factor shall be where the puck made contact with the player's stick in relation to his shoulder.

(i) Any goal scored other than as covered by the official rules shall not be allowed.

(j) If at any time a player of the attacking team positions himself in the goal crease, holds his stick in the goal crease or skates through the goal crease, and the puck should enter the goal while such a condition prevails and the player's position in no way interferes with or impedes the goaltender's ability to defend his goal, the goal shall be allowed.

(k) A goal shall be credited in the scoring records to a player who shall have propelled the puck into the opponent's goal. Each goal shall count as one point in the player's record. An assist shall be credited to the player taking part in the play immediately preceding the goal, but no more than one assist shall be credited on any goal.

RULE 617 - HANDLING PUCK WITH HANDS

(a) If any player, including the goaltender, closes his/her hand intentionally on the puck the play shall be stopped and a face-off will take place. However, if the puck is dropped immediately, play shall be allowed to continue.

(b) Upon the goaltender making a save, the play shall be stopped and a face-off shall follow. However, after an initial warning by the Referees, a goaltender that holds the puck unnecessarily shall be given a minor penalty for delay of game.

(c) A goaltender shall not deliberately drop the puck into his/her pads or onto the goal net, nor deliberately pile up obstacles at or near his/her net, that in the opinion of the Referees would tend to prevent the scoring of a goal. The penalty for infringement of this rule by the goaltender shall be a minor penalty.

NOTE 1: The object of this rule is to keep the puck moving continuously, and any action taken by the goaltender, which causes an unnecessary stoppage, must be penalized.

(d) A minor penalty shall be imposed on a player except the goaltender who, while play is in progress, picks up the puck off the floor with his/her hands.

(e) If a defending player, except the goaltender, picks up the puck from the floor in the crease area or holds the puck in the crease area while play is in progress, the play shall be stopped immediately and a penalty shot shall be awarded to the non-offending team.

(f) A player shall be permitted to stop or "bat" a puck in the air with his/her open hand, or push it along the floor with his/her hand, and the play shall not be stopped unless in the opinion of the Referees he has deliberately directed the puck to a teammate, in which case, the play shall be stopped and the puck faced off at the center face-off spot. This rule is disregarded if these actions are executed in the defensive zone.

NOTE 1: The object of this rule is to ensure continuous action and the Referees should NOT stop play unless he/she is satisfied that the directing of the puck to a teammate was in fact deliberate. The puck may not be batted with the hand directly into the net at any time, and a goal shall not be allowed when the puck been legally batted and is deflected into the goal off a defending player including the goaltender.

RULE 618 - HEAD-BUTTING

(a) A major penalty shall be imposed on a player who head-butts or attempts to headbutt an opponent.

NOTE1: An attempt to head-butt shall include all cases in which a head-butt gesture is made, regardless of whether contact is made or not with an opponent.

(b) A major penalty and automatic game misconduct shall be imposed on any player who makes severe contact with an opponent by head butting.

(e) Head-butting may also be treated as a match penalty under Rules 603 and 611.

RULE 619 - HIGH STICKS

(a) The carrying of sticks above the normal height of the waist is prohibited, and a minor or major penalty may be imposed on any player violating this rule, at the discretion of the Referees.

(b) When a player carries or holds any part of his/her stick above the normal height of his/her waist so that injury to the face or head of an opposing player results, the Referees shall have no alternative but to impose a double minor penalty for accidental contact, or a major penalty for careless contact on the offending player.

(c) Any major penalty assessed for high sticking must also include a game ejection or game misconduct penalty at the Referee's discretion.

(d) High sticking may also be treated as a match penalty under Rules 603 and 611.

NOTE 1: Exception to this rule: At the beginning and ending of a slap shot the stick may be above shoulder height. But if the stick is above that point longer than necessary to take the shot, a penalty may then be imposed.

NOTE 2: No contact on an opponent needs occur to call a high sticking penalty.

(e) Batting the puck above the normal height of the shoulders with the stick is prohibited and when it occurs there shall be a whistle when the offending team gains possession of the puck, and the ensuing face-off shall take place at one of offending team's end zone face-off spots unless:

1. The defending player batted the puck to an opponent in which case the play shall continue.

2. A player of the defending side batted the puck into his/her own goal in which case the goal shall be allowed.

(f) A goal scored from a stick so carried shall not be allowed, except by a player of the defending team.

RULE 620 - HOLDING AN OPPONENT

(a) A minor penalty shall be imposed on a player who holds an opponent with his/her hands, legs, feet or stick or in any other way.

(b) A major penalty shall be assessed to a player who holds the facemask of an opponent with the hand.

(c) When a player injures an opponent as the result of holding the facemask, the Referees shall assess a major penalty and automatic game misconduct to the offending player.

RULE 621 - HOLDING AN OPPONENT'S STICK

(a) A player is not permitted to hold an opponent's stick. A minor penalty shall be assessed to a player who holds an opponent's stick.

NOTE 1: A player is allowed to protect him/herself by holding an opponent's stick to remove it from said player's body.

NOTE 2: When a player's stick is caught in the equipment or sweater of his/her opponent, no penalty shall be assessed, unless that opponent intentionally placed the stick there.

RULE 622 - HOOKING

(a) A minor penalty shall be imposed on a player who impedes or seeks to impede the progress of an opponent by hooking with his/her stick.

(b) A major penalty shall be imposed on any player who injures an opponent by hooking.

(c) Any major penalty assessed for hooking may also include a game ejection or game misconduct penalty at the Referee's discretion.

RULE 623 - ILLEGAL PUCK HANDLING

(a) Stick handling the puck with the tip, toe or the heel of the stick into the center of the puck shall be considered illegal and a minor penalty shall be imposed on the player doing so. This is often referred to as "spearing" the puck.

RULE 624 - INTERFERENCE

(a) A minor penalty shall be imposed on a player who interferes with or impedes the progress of an opponent who is not in possession of the puck or who deliberately knocks a stick out of an opponent's hand, who prevents a player who has dropped his/her stick from regaining possession of it or who knocks or shoots any abandoned or broken stick or illegal puck or other debris towards an opposing puck carrier in the attacking zone in a manner that could cause him/her to be distracted.

NOTE 1: The last player to touch the puck, other than a goaltender, shall be considered the player in possession. In interpreting this rule the Referees should make sure which of the players is the one creating the interference. Often it is the action and movement of the attacking player, which causes the interference since the defending players are entitled to "stand their ground" or "shadow" the attacking players. Players of the side in possession shall not be allowed to "run" deliberate interference for the puck carrier.

(b) A minor penalty shall be imposed if any player on the player bench or on the penalty bench who by means of his/her stick or body interferes with the movement of the puck of any opponent on the floor during the progress of play. A penalty shot shall be awarded if this action occurs during a breakaway.

(c) A minor penalty shall be imposed on a player who, by means of his/her stick or body, interferes with or impedes the movements of the goaltender by actual physical contact while he/she is in the goal crease area.

(d) The purpose of this rule is to ensure that a team in possession of the puck and unchallenged by the opposition does not pass or carry the puck backward into its defending zone solely for the purpose of delaying the game, except when the team in possession is short-handed. Although players are allowed to regroup behind their own goal, they must seek to advance the puck. If an official deems their actions to be intentional and deliberate, he shall attempt to verbally caution the offending team during play.

(e) If a player of the attacking side has been physically interfered with by the action of any defending player so as to cause him/her to be in the goal crease, and the puck should enter the goal while the player so interfered with is still within the goal crease, the goal shall be allowed.

(f) If when the goaltender has been removed from the floor, any member of his/her team not legally on the floor including any Team Official interferes by means of his/her body or stick or any other object with the movement of the puck or an opposing player, the Referees shall immediately award a goal to the non-offending team.

NOTE 1: The attention of Referees is directed particularly to three types of offensive interference, which should be penalized.

1. When the defending team secures possession of the puck in its own end and the other players of that team run interference for the puck carrier by forming a protective screen against fore checkers.

2. When a player facing-off obstructs an opponent when the opponent is not in possession of the puck.

3. When the puck carrier makes a drop pass and intentionally makes body contact with an opposing player.

NOTE 2: All offensive or defensive players may attempt to establish positional territory in front of either goal. The incidental contact that occurs in so doing shall not be considered interference or unnecessary roughness. However, should a player from either team run at his/her opponent, or make a body check, the Referees, at his/her discretion, may assess a minor penalty for interference, charging or unnecessary roughness. Should a player crosscheck an opponent, a minor or major penalty can be called.

RULE 625 - INTERFERENCE BY SPECTATORS

(a) In the event of a player being held or interfered with by a spectator, the Referees shall blow the whistle and play shall be stopped, unless the team of the player interfered with is in possession of the puck at the time, then the play shall be allowed to be completed before blowing the whistle, and the puck shall be faced-off at the spot where last played at the stoppage.

(b) Any player who physically interferes with a spectator shall be assessed a gross misconduct penalty and the circumstances shall be reported to Shoot Out Sports for possible further action.

(c) In the event that objects are thrown on the floor, which interferes with the progress of the game, the Referees shall blow the whistle and stop the play, and the puck shall be faced-off at the spot where play is stopped.

RULE 626 - KICKING PLAYER

(a) A match penalty shall be imposed on any player who kicks or attempts to kick another player, but a substitute shall be permitted at the end of the fifth minute. Refer to Rules 603 and 611.

RULE 627 - KICKING THE PUCK

(a) Kicking the puck shall be permitted in all zones, but a goal may not be scored by the kick of an attacking player.

(b) A goal cannot be scored by any attacking player who kicks any article of equipment (i.e. stick, helmet, glove, etc.) at the puck, causing the puck to enter the net.

RULE 628 - KNEEING

(a) A minor penalty or major penalty shall be assessed to any player who uses the knee in such a manner as to foul an opponent, in any way.

(b) A major penalty shall be imposed on any player who injures an opponent as the result of a foul committed by using his/her knees.

(c) Any major penalty assessed for kneeing may also include a game ejection or game misconduct penalty at the Referee's discretion.

(d) Kneeing may also be treated as a match penalty under Rules 603 and 611.

RULE 629 - LEAVING PLAYER OR PENALTY BENCH

(a) No player may leave the player bench at any time to enter an altercation. A game misconduct penalty is to be imposed on any player violating this rule. The Referees will report all such infractions to Shoot Out Sports for possible further sanctioning.

(b) At the end of each period, no penalized player may, at any time, leave the penalty bench.

(c) A penalized player who leaves the penalty bench before his/her penalty has expired, whether play is in progress or not, will receive an additional minor penalty to be served after serving the un-expired penalty.

(d) Any penalized player leaving the penalty bench during the stoppage of play, and entering an altercation shall incur a minor penalty plus a game misconduct penalty, after serving the un-expired time, in addition to any other penalties incurred.

(e) If a player leaves the penalty bench before his/her penalty is fully served, the Penalty Timekeeper shall note the time and signal the Referee who will immediately stop the play unless, the non-offending team is in the process of a scoring opportunity, at which the referee would allow the play to continue until the scoring chance was completed.

(f) In the case of a player returning to the floor before his/her time has expired through an error by the Penalty Timekeeper, he/she is not to serve an additional penalty, but must serve his/her un-expired time.

(g) If a player of an attacking side in possession of the puck shall be in such a position as to have no opposition between him and the opposing goaltender, and while in such position he/she is interfered with by a player of the opposing side who shall have illegally entered the game, the Referees shall award a penalty shot to be taken by the player so interfered with.

(h) If the opposing goaltender has been removed and an attacking player in possession of the puck shall have no player of the defending team to pass, and a stick or a part thereof is thrown by an opposing player, or the player is fouled from behind, thereby being prevented from having a clear shot on an open goal, a goal shall be awarded against the offending team.

(i) When the opposing goaltender has been removed from the floor, and a player of the side attacking the unattended goal is interfered with by a player who shall have entered the game illegally, the Referees shall immediately award a goal to the nonoffending team.

(j) Any Team Official who gets on the floor after the start of the game without permission of the Referees shall automatically receive a bench minor penalty, and possibly a game ejection or game misconduct. A team official who attends to an injured player and uses this opportunity to argue a call or discuss a matter may also be penalized for "abuse of an official".

(k) If a penalized player returns to the floor from the penalty bench before his/her penalty has expired by his/her own error or the error of the Penalty Timekeeper, any goal scored by his/her own team while he/she is illegally on the floor shall be disallowed, but all penalties imposed on either team shall be served as regular penalties.

RULE 630 - MERCY RULE

(a) Should a team score enough goals to make an eight (8) goal differential between them and their opponents, the game shall be ended, and the team scoring ten more goals than their opponent shall be awarded a victory. All individual statistics for that game will count as if it was a completed game.

RULE 631 - PUCK MUST BE KEPT IN MOTION

(a) The puck must be kept in motion at all times.

(b) Except to carry the puck behind the goal, once a team has possession of the puck in its own defense area shall always advance the puck towards the opposing goal, unless

players of the opposing side prevent them from doing so, or if the offensive team is shorthanded.

1. For the first infraction of this rule, play shall be stopped and a face-off will be taken at the spot adjacent to the goal of the team causing the stoppage. The Referees shall warn the Captain or Alternate Captain the offending team of the reason for the face-off, for a second violation by any player of the same team in the same period, a minor penalty shall be imposed on the player violating the rule.

Shoot Out Sports RULE CLARIFICATION

The purpose of this rule is to ensure that a team in possession of the puck and unchallenged by the opposition does not pass or carry the puck backward into its defending zone solely for the purpose of delaying the game, except when the team in possession is short-handed. Although players are allowed to regroup behind their own goal, they must seek to advance the puck. If an official deems their actions to be intentional and deliberate, he shall attempt to verbally caution the offending team during play.

(c) A minor penalty shall also be imposed on any player who deliberately holds the puck against the boards in any manner to deliberately delay the game.

(d) Should the puck remain on the net for longer than three seconds, play shall be stopped and the face-off shall take place at the nearest end zone face-off spot, except when the stoppage is caused by a player of the attacking team, in which case the ensuing face-off shall be conducted at the center face-off spot.

(e) If the puck comes to rest on top of the goal frame, the play shall be stopped immediately.

(f) If the puck comes to rest on top of the boards surrounding the playing area, it shall be considered to be in play and may be played legally by the hand or stick.

RULE 632 - PUCK OUT OF BOUNDS OR UNPLAYABLE

(a) When the puck goes outside the playing area to either end, or either side of the rink, or strikes any obstacles above the playing surface other than the boards or glass, it shall be faced-off from where it was shot or deflected, unless otherwise expressly provided in these rules.

(b) When the puck becomes lodged in the netting on the outside of either goal so as to make it unplayable, or if it is frozen between opposing players intentionally or otherwise, the Referees shall stop the play and face-off the puck at either of the adjacent face-off spots unless in the opinion of the Referees, the stoppage was caused by a player of the attacking team, in which case the resulting face-off shall be conducted at center floor.

NOTE 1: This includes stoppage of play caused by the player of the attacking side shooting the puck onto the back of the defending team's net without any intervening action by the defending team.

NOTE 2: The defending team and/or the attacking team may play the puck off the net at any time. However should the puck remain on the net for longer than three seconds play shall be stopped and a face off shall take place in the end face-off zone except when the stoppage is caused by the attacking team, then the face off shall take place on the face-off spot at center floor.

RULE 633 - PUCK OUT OF SIGHT AND ILLEGAL PUCK

(a) Should a scramble take place and a player accidentally falls on the puck or the puck is out of sight of the Referees, the Referees shall immediately blow his/her whistle and stop play. There will be a face-off at the point in which play was stopped, unless otherwise provided for in these rules.

(b) If at any time while play is in progress a puck other than the one legally in play shall appear on the playing surface the play shall not be stopped but shall continue with the legal puck until the play in progress is completed by change of possession.

NOTE1: At the Referee's discretion, if the illegal puck has interfered with play, play shall be stopped immediately.

RULE 634 - REFUSING TO START PLAY AND FORFEITURE

(a) If when both teams are on the floor and one team for any reason shall refuse to play when ordered to do so by the Referees, he/she shall warn the Captain or Alternate Captain and allow the team so refusing fifteen seconds within which to begin the game or resume play. If, at the end of that time, the team shall still refuse to play, the Referees shall impose a bench minor penalty for delay of game to the offending team. Should there be a repetition of the same incident, the Referees shall have no alternative but to declare that the game be suspended and the case shall be ruled on by the League Director for action, which may include forfeiting the game to the non-offending team. Any such incident shall be reported to Shoot Out Sports, who reserves the right to sanction such team as they see fit.

(b) If a team, when ordered to do so by the Referees through its Manager or Coach, fails to go on the floor and start play, the game shall be suspended and the case shall be ruled on by the League Director for action, which may include forfeiting the game to the non-offending team. Any such incident shall be reported to Shoot Out Sports, who reserves the right to sanction such team as they see fit.

(c) A forfeiture of a game may be declared for the following reasons:

1. At the start of a game, (Referee's whistle to call teams to opening faceoff) a team does not have four skaters and a goaltender on the floor in full and required uniform.

2. By the Team Official submitting in writing and accepted by the League Director that his/her team will not be able to play a particular game. In this event the opposing team does not need to suit up or make an appearance at the game, but shall still be awarded the victory.
3. Due to injury or illness during the game a team cannot field (when at full strength) four skaters and a goaltender to continue the game.

NOTE1: All players must be dressed and ready to play ONE HALF HOUR prior to their scheduled playing time or the game can be forfeited.

(d) In the event of a forfeit, the following scoring statistics shall be awarded:

1. The forfeiting team shall be awarded zero points (a loss) for the game. The opposing team shall be awarded two points (a victory for the game). The score of the game shall be recorded as 1 to 0.
2. The Captain of the victorious team shall be awarded one goal. This may not be substituted to any other player. There shall be no assist awarded.
3. The goalies of either team shall not be assessed a shot, save, or goal against.
4. The high scorer award in a division that a forfeit occurs will be based on AVERAGE points per game. (Not including the forfeited game for the non-offending team).

RULE 635 - SLASHING

(a) A minor or major penalty shall be imposed on any player who impedes or seeks to impede the progress of an opponent by "slashing" with his/her stick.

(b) A major penalty shall be imposed on any player who injures an opponent by slashing.

NOTE1: Referees should penalize as slashing any player who swings his/her stick at any opposing player (whether in or out of range) without actually striking him/her, or where a player on the pretext of playing the puck makes a wild swing at the puck with the object of intimidating an opponent.

(c) Any player who swings his/her stick at another player in the course of any altercation shall be subject to a match penalty under Rules 603 and 611.

(d) Any player not in possession of the puck cannot have any stick contact upon the goaltender, in the goal crease, who has covered or caught the puck, regardless of whether or not the Referees has stopped the play. A minor penalty shall be assessed.

(e) Any major penalty assessed for slashing may also include a game ejection or game misconduct penalty at the Referee's discretion.

(f) Slashing may also be treated as a match penalty under Rules 603 and 611.

RULE 636 - SPEARING

(a) A major penalty shall be imposed on a player who spears or attempts to spear an opponent.

NOTE 1: Attempt to spear shall include all cases where a spearing gesture is made regardless of whether bodily contact is made or not.

(b) Any penalty assessed for attempting to "spearing" may also include a game ejection penalty at the Referee's discretion.

(c) A major penalty and automatic game misconduct shall be imposed on any player who makes contact with an opponent by spearing.

(d) Spearing may also be treated as a match penalty under Rules 603 and 611.

RULE 637 - START OF GAME AND PERIODS

(a) The game shall be commenced at the time scheduled by a "face-off" at the center face-off spot, and shall be resumed promptly for the second half in the same manner. No delay shall be permitted by reason of any ceremony, exhibition, demonstration, or presentation unless consented to reasonably in advance by Shoot Out Sports.

(b) Players will start the game defending the zone opposite their player bench.

(c) During the pre-game warm-up and before the commencement of play in any period, each team shall confine its activity to its own end of the rink.

(d) All players must be in full uniform, INCLUDING HELMETS, to take the floor for warm-up and until they have left the floor at the conclusion of the game.

RULE 638 - THROWING STICK

(a) When any player or Team Official of the defending team deliberately throws or shoots a stick or any other object at the puck in the defending zone, the Referees shall allow the play to be completed and if a goal is not scored, a penalty shot shall be awarded to the fouled player.

If, however, the goal is unattended and the attacking player has no defending player to pass and has a chance to score on an open goal, and a stick or any other object is thrown or shot at the puck by a member of the defending team, thereby preventing a shot on the open goal, a goal shall be awarded to the non-offending team.

(b) A minor penalty shall be assessed to any player on the playing surface who throws or shoots a stick or any other object in the direction of the puck in any zone except when such act has been penalized by a penalty shot or awarded a goal.

NOTE 1: When a player discards a broken stick by tossing it to the side of the rink (and not over the boards) in such a way that shall not interfere with play or an opposing player, no penalty shall be assessed for doing so.

(c) A 10-minute misconduct, game ejection or game misconduct penalty shall be assessed to any player who throws a stick or any part thereof outside the playing area at or in the direction of any spectators.

RULE 639 - TIED GAMES

(a) If at the end of the three periods the score shall be tied there will be a three player shootout to decide the winner. However, if it is a playoff game a single overtime period with a shootout will take place

(b) If a format calls for a single overtime period with a shootout, the following shall take place:

1. The teams shall not change ends.
2. A five-minute overtime period shall be played.
3. The game shall terminate upon the scoring of a goal and the team scoring the goal shall be declared the winner.
4. If no team scores during the overtime period, a shootout shall take place as follows:
 - A. Only four skaters shall be allowed to shoot for each team.
 - B. The rules of play will be the same as a penalty shot. (See Rule 406 (a, b, j & k))
 - C. Teams will alternately take a penalty shot, with the visiting team shooting first, until a winner is determined.
 - D. Each round of the shootout shall consist of four shots and no player may shoot more than once in each round. For each round after the first, the order of the players shooting may be changed, but must be the same four players as the first round.
 - E. After the first round, the winner is determined by sudden death (one shooter per team).
 - F. No player who has any un-expired penalty time at the end of the game may participate in the shootout.

RULE 640 - TIME OF GAME

(a) The game shall be played in three periods. A one-minute rest shall be permitted between each period. In the event that the game is tied or within a "two-goal" differential in the last two minutes of the game, the game will go to a "stopped clock" scenario until the goal differential is three or more.

(b) Game time out may be called by the Referees at any time during the game.

(c) Any overtime period shall be considered a part of the game and all un-expired penalties shall remain in force.

(d) The Referees may order the game to be suspended anytime the playing area is deemed to be in an unsafe condition. The game shall remain suspended until such condition is corrected.

RULE 641 - TIME OUTS

(a) A time-out may be called only during a stoppage of play by a player on the floor.

(b) When there is a time-out, the teams may go to the player bench, but penalized players are not permitted to leave the penalty bench.

NOTE1: Each team is allowed one time-out per game, thirty-seconds long.

A second time-out, by the opposing team, may be called during a stoppage of play only if it is called immediately before the first time-out. Teams may not call their time-out once the teams are ready to take the face-off.

(c) A time-out may not be used to warm up a goaltender.

(d) Any violations of the above rule may result in a two-minute bench minor penalty.

RULE 642 - TRIPPING

(a) A minor penalty shall be imposed on any player who, with his/her stick, knee, foot, arm, hand or elbow, causes his/her opponent to trip or fall.

NOTE1: If in the opinion of the Referees a player is unquestionably hook-checking the puck and obtains possession of it thereby tripping the puck carrier no penalty shall be imposed.

(b) Any player who deliberately dives onto the playing surface, except to block a shot, and contacts an opponent causing the player to trip or fall, shall be assessed a minor penalty.

(c) A major penalty shall be imposed on any player who injures an opponent by tripping. This includes but is not limited to the act of "slew footing".

(d) Any major penalty assessed for tripping may include a game ejection or game misconduct penalty at the Referee's discretion.

(e) When a player in control of the puck in the attacking zone and having no other opponent to pass other than the goaltender, is tripped or otherwise fouled from behind preventing a reasonable scoring opportunity a penalty shot shall be awarded to the non-offending side. Nevertheless, the Referees shall not stop the play until the attacking side has lost possession of the puck to the defending side.

NOTE 1: The intention of this rule is to restore a reasonable scoring opportunity, which has been lost by reason of a foul from behind when the foul is committed in the attacking zone.

NOTE 2: "Control of the puck" means the act of propelling the puck with the stick. If, while it is being propelled, the puck is touched by another player or his/her equipment or

hits the goal or goes free, the player shall no longer be considered to be “in control of the puck.”