

SHANGHAI HOCKEY CLUB OFFICIAL RULEBOOK

(Last updated Oct 1, 2015)

The current Hockey Canada / USA Hockey rules (where applicable), will govern all games, with the exception of a number of rules specific to SHC and / or Tournaments.

The addition, deletion, and modification of SHC rules will be made at the conclusion of each season and introduced at the beginning of the next.

League Executives and Officials assume no responsibility for any claims arising through the operation of the League. No allowances will be made for ignorance of the rules.

PREFIX 1 – CAPTAIN’S MEETING

Prior to each season, League Executives facilitate one (or more) team captain meeting(s) to discuss expectations, review rule or policy changes, introduce staff members, field questions and, if applicable, distribute a preliminary schedule. Attendance by the designated team captain (or alternate) is mandatory.

TABLE OF CONTENTS

Section One – The Arena and Buses

- 1.1 Arena Property
- 1.2 Alcohol, Containers & Smoking Policies
- 1.3 Illicit Drug Use
- 1.4 Personal Property
- 1.5 Notices
- 1.6 Accidents

Section Two – League Administration

- 2.1 Eligible Players
- 2.2 Player
- 2.3 Goaltender Injury
- 2.4 Goaltender Ejection
- 2.5 Team Jerseys
- 2.6 Divisional Structure
- 2.7 Skill Levels – Players
- 2.8 Captains
- 2.9 Draft
- 2.10 Ties in Standings – 2 or More Teams
- 2.11 (a) Suspensions
- 2.11 (b) Suspensions – Appeals
- 2.12 Executive Committee Rights
- 2.13 Referee Qualifications
- 2.14 Game Protests – Playoffs
- 2.15 Playoff Format
- 2.16 Off-ice Altercations

Section Three – Protective Equipment

- 3.1 Protective Equipment
- 3.2 Helmets & Goalie Masks
- 3.3 Facial Equipment
- 3.4 Neck Guards
- 3.5 Goaltender Skates
- 3.6 Mouth Guards
- 3.7 Goaltender Equipment

Section Four – Playing rules

- 4.1 Icing
- 4.2 Offside (Two-Line) Passes
- 4.3 Stick & Equipment Measurements
- 4.4 Defaulted Games
- 4.5 Procedure for Start of Games
- 4.6 Time Outs
- 4.7 Goal Crease
- 4.8 (a) Overtime – Regular Season
- 4.8 (b) Overtime – Playoffs
- 4.8 (c) Overtime – Shootout
- 4.9 Length of Game
- 4.10 Fifteen (15) Second Face-Off Rule
- 4.11 (a) Player Injury – Stop Time
- 4.11 (b) Player Injury – Blood Drawn
- 4.12 Goaltender Safety

Section Five – Penalties

- 5.1 Boarding / Body Checking / Charging
- 5.2 Butt-Ending
- 5.3 Checking from behind, Checking to the Head & Slew-footing

- 5.4 Cross-Checking
- 5.5 Delay of Game
- 5.6 Elbowing & Kneeing
- 5.7 High Sticking
- 5.8 Holding / Holding the Stick
- 5.9 Hooking
- 5.10 Interference
- 5.11 (a) Roughing
- 5.11 (b) Roughing – After the Whistle
- 5.11 (c) Roughing – Head Contact
- 5.12 Slashing
- 5.13 Spearing
- 5.14 Tripping
- 5.15 Unsportsmanlike Conduct
- 5.16 (a) Fighting
- 5.16 (b) Fighting – Off the Playing Surface
- 5.17 Game Ejection
- 5.18 Misconducts
- 5.19 Game Misconducts
- 5.20 (a) Gross Misconducts
- 5.20 (b) Gross Misconducts – Taunting
- 5.21 (a) Match Penalties – Involving a player
- 5.21 (b) Match Penalties – Involving a League Official
- 5.22 Disqualified / Ejected Players
- 5.23 Face-off Location – Penalties
- 5.24 Face-off Location – High Stick

SECTION ONE – THE ARENA AND BUSES

1.1 Public Property

Any damage to the Arena property or bus property will be paid for by the individual(s) responsible. The league will take no responsibility for this damage.

1.2 Alcohol, Containers & Smoking Policies

Alcoholic beverages are permitted in the Arena and on the buses. Absolutely no alcoholic beverages will be consumed on the ice surface, regardless if it is in use or not. Failure to comply with this policy will result in disciplinary action against the offending individual(s), including possible suspension from the League. This rule applies to all members of the SHC, including referees.

In accordance with the agreement set forth between the Arena and the SHC, smoking is not permitted in any facility. Individual(s) in violation of this no smoking policy may be given a written warning for the first offence, and face possible suspension for any further offenses.

Cigarette smoking, while not banned from the bus, is not recommended. If one feels that they must smoke inside the bus, please be mindful and courteous of others around you.

Players may be asked to voluntarily withdraw from any League game if any League Official (Executive, Referee, or Captain) suspects that a Player is under the influence of alcohol or drugs (before or during a game) and deems them unfit to participate. This initiative is in place for the safety and well being of the Player and those around him/her. If this Player refuses to leave the playing surface, the game will be temporarily stopped

until the Player in question withdraws from the game. Failure to comply may result in the offending Player's Team forfeiting the game. Supplementary discipline may be levied against the Team and / or Player(s) involved.

1.3 Illicit Drug Use

Illicit drug use inside the Arena and on the buses is **strictly prohibited**. Teams or individuals found in violation of this policy may be expelled from the League.

No refund will be issued.

1.4 Personal Property

The League accepts no responsibility for lost or stolen personal property. We strongly suggest that no valuables be taken into the Arena or left on the bus. Locks may not be provided for dressing room doors.

1.5 Notices

All Players should check the SHC website for any postings concerning game changes, standings and League news. Team Captains are encouraged to check in regularly and communicate all concerns to the League Executives.

1.6 Accidents

All accidents and injuries must be reported to League Executives immediately. The League Executive receiving the report must document the incident.

SECTION TWO – LEAGUE ADMINISTRATION

2.1 Eligible Players

Only Players registered with the League may participate. All players should legibly sign their own names on each official game sheet.

It is the responsibility of the Team Captain to ensure all Players have signed their names on the game sheet and that all Players are eligible for participation in the game.

Captains who are informed ahead of time by any late Players may sign on their behalf.

2.2 Player Registration

All Players participating in the SHC are required to register online at icehockeyshanghai.com, which includes reading, understanding, and accepting the waiver before they participate.

2.3 Goaltender Injury

If a Goaltender goes to the Players' bench due to an injury, he / she shall retire from the ice and his place shall be taken by an alternate Goaltender and no warm-up will be permitted.

If no alternate Goaltender is found or if the alternate Goaltender is deemed unfit to participate (see Rule 1.2), the game will be rescheduled. The teams may remain on the ice for the allotted time period if they wish.

2.4 Goaltender Ejection

If a Goaltender is ejected from a game for incurring a Game Misconduct, Major (except accidental high sticking) or Match penalty, the alternate Goaltender process in rule 2.3 will be followed.

2.5 Team Jerseys

All Players must wear matching jerseys, which will be provided as included in the league fees. Each jersey should be uniquely numbered.

2.6 Divisional Structure

SHC divisions currently include:

A Division

B Division

Should divisions be added in the future, this rulebook will be amended to include divisional considerations.

2.7 Skill Levels – Players

Players are rated at the beginning of each season by League Executives and Team Captains for drafting purposes. These ratings are based on perceived performance history. Players who will be participating in their first season in the SHC must attend an evaluation skate, along with League Executives and Team Captains, prior to draft day.

2.8 Captains

The League Executives will appoint Team Captains for all teams in the upcoming season from a list of voluntary candidates. It is the responsibility of the League Executives to appoint Captains using criteria in the best interest of the league. Whenever possible, Captains should be among the top rated players in the SHC.

After the top candidates have been chosen, team assignment precedence will go to returning captains for their team, and then former members of that team.

2.9 Draft

Prior to each season, a snake-format draft will be held to form SHC teams. Draft order will be determined by random draw, and draft methodology will be executed so as to be as balanced as possible. Methodology will be determined by League Executives prior to draft day. (ex: 1 rating must draft 1.5, and 1.5 rating must draft 1 first, etc.)

2.10 Ties in Standings – 2 or more teams

In the event of a tie in the standings the following steps (a – f) will be used to break the tie:

- a) Best record in head-to-head games amongst the tied Teams
- b) Most Wins
- c) Largest Goal Differential (Goals For minus Goals Against)
- d) Least Goals Against
- e) Least Penalty Minutes (Average per Game)
- f) Coin Toss

Note 1: *If there are still Teams tied after a step (no single Team is advanced), only the tied Teams from that step move on to the next step of the procedure.*

Note 2: *Goal differential shall not exceed +7 in any playoff game.*

Note 3: *If all tied Teams have not played head-to-head, 2.10 a) will be skipped and the process will begin with 2.10 b).*

Note 4: *If more than 2 teams are tied, step "A" (best record in head-to-head games amongst tied teams) is not applicable.*

2.11 (a) Suspensions

All infractions occurring before, during and after any scheduled game are subject to review by League Executives. The League Executive Committee has the authority to levy suspensions in accordance with the minimum

standards and, at their discretion, increase or decrease suspensions due to extenuating circumstances.

Offense	Minimum Recommended Suspension
Game Ejection	Balance of game
Game Misconduct	Balance of game and review by League Executives
Game Misconduct (last 10 minutes of regulation)	1 Game and review by League Executives
Major Penalty (First Offense)	1 Game and review by League Executives
Major Penalty (Second Offense)	2 Games and review by League Executives
Major Penalty (Third Offense)	3 Games and review by League Executives
Fighting (First Offense)	1 to 3 Games (depending on severity, instigator, aggressor, Referee's report, etc.)
Fighting (Second Offense)	3 Games to Balance of season pending review by League Executives
Gross Misconduct	Automatic indefinite suspension pending review by League Executives
Match Penalty	Automatic indefinite suspension pending review by League Executives

Any Player knowingly participating in a League game while under suspension will automatically have their suspension length doubled (at minimum). If the Team Captain knowingly permits a suspended or ineligible Player to participate in a League game they too will face

disciplinary action. There is zero tolerance for Players who participate while under suspension.

Players are not permitted on the bench (or near the bench) area during games while under suspension.

All suspensions will be noted in the SHC suspension record, and an excess of suspensions could result in further disciplinary action.

2.11 (b) Suspensions – Appeals

A Team Captain, on behalf of a Player, may appeal a suspension of three (3) or more games by filing a written submission with the League Executive Committee. The appeal letter must be submitted to the League Manager within 48 hours of the suspension's issue. A suspension appeal may only be made by the Team Captain. The letter must outline the basis for the appeal (e.g. Player's penalty history, comparable suspension length for a similar incident, etc.)

Upon receipt of the appeal letter, the League Executive Committee Disciplinarian will carefully consider the facts and terms within, also taking into account any League evidence (e.g. Referee's report, other League Executive witness recounts, etc.)

2.12 Executive Committee Rights

The League Executive Committee reserves the right to suspend or remove Players or Teams that are deemed irrational or a danger to others on the ice surface, or in and around the Arena.

A League Executive on hand makes the final decision on whether a game is defaulted due to one of the Teams not having enough Players to play.

Referees are to consult with an off-ice League Executive for final ruling. If an off-ice League Executive is not available, the final decision will be made by the Referee NOT the by an on-ice League Executive.

In extreme circumstances, The League Executive Committee has the authority to make decisions if it's in the best interest of the league, sportsmanship, and safety.

2.13 Referee Qualifications

Every Referee will be required to attend any Referee seminars to be held throughout the season.

2.14 Game Protests – Playoffs

Game Protests must be made immediately after the conclusion of the scheduled playoff game. It is the responsibility of the Team Captain to verbally notify the League Executive Committee of a protest immediately following the game.

Game calls such as a missed penalty, offside, icing or a disallowed goal are not eligible grounds for a protest.

The League Executive Committee will consult with the Team Captain, and at least one of the Referees involved in the game (if it is deemed that their participation necessary). Attendance by the opposing Team Captain is optional.

Note: Game protests are not permitted during the regular season, playoffs only.

2.15 Playoff Format

Playoff format will be determined and Team Captains notified no later than one month prior to the first playoff game.

Note: The League Executive Committee may alter the standard format due to exceptional circumstances.

2.16 Off-ice Altercations

Any physical altercations or verbal / non-verbal taunts, insults or intimidation based on, but not limited to, discriminatory grounds (race, ethnicity, religion, gender, sexual orientation, language) during any SHC organized or SHC sanctioned event (games, shinnies, parties, Hockey Night in Shanghai, etc.) will result in the indefinite suspension of all Players involved.

The League will not tolerate this behaviour and suspensions may or may not be lifted, at the discretion of the League Executive Committee.

First time offenders may be suspended for a maximum of the remainder of the season depending on severity. If the altercation occurs after the end of the regular season, the maximum suspension may include the full-length of the next season, including playoffs.

Repeat offenders will not be granted any maximum suspension leverage and, depending on severity, may be permanently banned from the SHC at the discretion of the current League Executive Committee.

SECTION THREE – PROTECTIVE EQUIPMENT

3.1 Protective Equipment

All protective equipment shall be worn in accordance with the manufacturer's original design and in a manner to ensure player safety. If after one warning by an official (Referee or League Executive), a player either refuses to correct his / her equipment deficiency or continues to wear the equipment apart from its original design intent, a misconduct penalty will be assessed to the offending player.

3.2 Helmets

Helmets are mandatory and must be worn by all Players and Referees. Helmets are recommended to be CSA approved (e.g. no Gretzky / Jofa shell helmets) and chinstraps must be properly fastened. Chinstraps must be authentic (e.g. you cannot make a chinstrap out of hockey tape).

A Minor penalty for Illegal Equipment will be assessed to any Player that does not have his / her helmet chinstrap fastened properly. This rule will be enforced by the Referees and League Executives for all games.

3.3 Facial Equipment

The use of facial protection is **MANDATORY**. All players must wear the minimum of a half-visor. If a Player does not have facial protection he/she will be ordered off the ice and may not return until they have proper facial protection.

Every league referee will be required to wear a half visor.

3.4 Neck Guards

Neck guards are recommended for all Players but is not mandatory.

Goaltenders are strongly encouraged to wear a CSA approved neck guard in all League games.

3.5 Goaltender Skates

An Official or Player, other than a Goaltender, shall not be permitted to use Goaltender skates.

3.6 Mouth Guards

Mouth guards are strongly recommended for all Players.

3.7 Goaltender Equipment

In the SHC a goaltender must wear protective equipment specifically designed for ice hockey goaltenders and be complete with approved; Mask, Leg, Guards (Pads), Chest Protection and Gloves designed for use by goaltenders.

SECTION FOUR – PLAYING RULES

4.1 Icing

Icing the puck is completed the instant the puck crosses the goal line of the non-offending Team. (Non-touch icing)

All icing calls will be initiated by any Team, equal or superior in numerical strength, shooting, batting or deflecting the puck into the defending zone from behind the center red line.

If a Goaltender leaves the crease area to play the puck, the icing will be nullified.

4.2 Offside (Two-Line) Passes

The center red line is not in play for offside passes.

4.3 Stick & Equipment Disputes

Stick and equipment disputes will not be permitted. However, if in the opinion of an Official, any stick or equipment poses a threat to the safety of other Players, the Player will be asked to remove it from the game.

4.4 Defaulted Games

The following situations will result in a defaulted game:

- a) If either Team does not have a minimum of 5 Players and a Goalie on the ice by the 10 minute mark of the first period.
- b) If a Player who has been ejected from the game for any reason does not leave the ice in a timely manner (discretion of Referee or off-ice Official). It is the Team's responsibility to ensure their ejected Player leaves the ice surface and returns to their assigned dressing room (see Rule 5.22).

- c) If either Team cannot field the minimum number of Players at any point during the game due to penalties or Players being ejected.
- d) If either Team refuses to continue the game for any reason other than safety concerns (agreed to by the Referees and League Executives).
- e) In the event that one (or both) team(s) cannot immediately replace players that have been assessed coincidental penalties, the Referee(s) can allow the game to continue in a 4 on 4 format. Under no circumstances will the game continue in a 3 on 3 format if the teams are unable to ice a team after this concession.

Referees and Timekeepers are required to stay on the ice once the game has been declared a default. The game result will be listed as a 5-0 win for the non-offending Team. The game will not be rescheduled, but the allotted ice time will be used for an exhibition game in which SHC players may be allowed as substitutes. Stats will count for members of the original two scheduled teams only.

Team Captains are responsible for notifying the League Executive Committee if they are not able to field a team 2 hours before the start of the first game on game night.

In a situation where both Teams default, both Teams will receive a loss and no compensation shall be awarded.

Forfeited games will not be replayed.

4.5 Procedure for Start of Games

The following procedure will be in place for the start of all games:

At the start of the scheduled ice time or once the ice resurfer doors close (whichever comes last), the warm-up time will start running down. The buzzer will sound (or the Referee will blow their whistle) with one minute remaining to make Players aware that the warm-up session is nearly complete. Teams must then send their starting lineup onto the ice and prepare for the opening face-off.

Note: The clock will stop if there is no Referee present at center ice to start the game at the advertised first period time.

In situations where one or both Teams are unable to field the minimum 5 Players at the end of the warm-up, are not ready for the face-off, the following procedure will apply:

- a) The clock will continue to run into the game time.
- b) After eight (8) minutes have elapsed, the offending Team will receive a two-minute Minor penalty for Delay of Game
- c) After ten (10) minutes have elapsed, the offending Team will receive another two-minute Minor penalty for Delay of Game.
- d) After twelve (12) minutes have elapsed: the game will be defaulted (see Rule 4.4).

If the offending Team manages to meet the minimum Player requirement during this process, the game will be started immediately. Game time will not be added back onto the clock. If both Teams are unable to meet the minimum Player requirement during this process, the Minor penalties in b) and c) will not apply.

Note: If one Team becomes ready during this process, the penalties against the other Team will be taken from that point in the process and onward. For example, if one Team manages to get enough Players after 9

minutes, the other Team will receive a Delay of Game penalty at the 10 minute mark, but since the 8 minute mark is already passed, that penalty is not in effect.

In the event that a Team does not have a Goaltender ready to begin the game, the game clock will still begin to run on time.

4.6 Time Outs – Playoffs

Each Team is permitted one thirty (30) second time out per playoff game. Both Teams are not permitted to take their time out during the same stoppage in play.

4.7 Goal Crease

Players in the offensive zone are not permitted to enter the crease area under any circumstance before the puck enters the crease area. If a Player's skate(s) enters the crease voluntarily and impedes the play in any manner, or a Player "parks" himself in the crease (3 or more seconds) the Referee has the discretion to blow down the play, and a face-off will take place at the nearest spot in the neutral zone.

Only if, in the opinion of the Referee, the defending Team has clear possession and control of the puck, with a clear path to moving out of the zone, shall the Referee allow play to continue.

4.8 (a) Overtime – Regular Season

There will be a three minute 3v3 overtime during the regular season, with the winning team receiving 2 points for a win, and the losing team receiving 0 points for an OT loss. Games not decided in OT will go directly to sudden victory shootout (refer to Rule 4.8c), with the winning team

receiving 2 points for a win, and the losing team receiving 1 point for a shootout loss.

4.8 (b) Overtime – Playoffs

All round robin playoff games tied after regulation will go to a three minute 3v3 OT period. If no goal is scored, the game will go to a sudden victory shootout.

All elimination playoff games tied after regulation will be decided by a 5 on 5, sudden victory, five (5) minute run time period. Undecided games will continue with a shootout to determine a winner (refer to Rule 4.8c).

4.8 (c) Overtime – Shootout

Should the game remain tied following the conclusion of an overtime period in a regular season game, or an overtime period in a playoff game, a shootout will be conducted to determine a winner. For the shootout the following will occur:

- a) Each team will provide 1 player to participate in a sudden victory shootout round.
- b) Once a Player has attempted his / her shot, they shall move to the side of the rink opposite the Players' bench.
- c) The team that shoots first will be decided by coin flip
- d) Referees use Hockey Canada / USA Hockey procedures for penalty shot

If the game remains tied following the first round, sudden victory will decide the game winner (i.e. one Team scores, the other does not).

Every eligible Player must shoot once before any Player takes a second shot. The deciding factor will be the smaller bench strength, before a Player takes a second shot.

4.9 Length of Game

Each game shall consist of three (3) periods. Each period will be seventeen (17) minutes in length, and will be run time.

If the game is within a two (2) goal spread, the remaining two (2) minutes of the game shall be stop time.

In the event that a game is being played in an unsafe manner, the Referee or off-ice League Executive, at his / her discretion, can end the game at any point. A full report must be forwarded to the League Executive Committee.

4.10 Fifteen (15) Second Face-Off Rule

After each stoppage in play, the 15-second face-off rule will be used. The Referee will use the following procedure: ten (10) seconds following any stoppage in play, the Referee administering the face-off will blow his / her whistle to indicate that in five (5) seconds the puck will be dropped. Teams should line up at the face-off location accordingly.

4.11 (a) Player Injury – Stop Time

If a Player is injured during a game, the clock will stop when the referee blows the whistle, and start again once the puck is dropped for the ensuing face-off

4.11 (b) Player Injury – Blood Drawn

If a Player is cut during a game and blood is drawn, the Player must leave the ice to clean and bandage the wound prior to being allowed to return.

4.12 Goaltender Safety

In the event that a Goaltender is struck in the head with a shot, the play shall be blown dead by the Referee. If the Goaltender is uninjured and able to continue, the face-off will be in the same zone and nearest dot from which the shot originated.

If a shot hits the goaltenders mask and deflects into the net (directly or otherwise) the goal shall count.

SECTION FIVE – PENALTIES

In the SHC, the following infractions are assessed as Double Minor penalties (i.e. four minutes).

- Boarding
- Butt-Ending
- Body Checking
- Charging
- Spearing

In the event the non-offending Team scores with the man advantage during the first two minutes of the above infractions, the original penalty will be reduced on the penalty time clock to two minutes (2:00).

5.1 Boarding / Body Checking / Charging

A Double Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any Player who boards / body checks / charges or attempts to board / body check / charge an opponent.

If injury results, a Major penalty and Game Misconduct penalty shall be assessed, depending on the intent of the offending Player. If the infraction is deemed to be accidental, a Major penalty and Game Ejection penalty will be assessed. Any incidental collisions or accidental contact will be judged by a Referee based on the Hockey Canada / USA Hockey definition of checking.

A Match penalty shall be assessed to any Player who deliberately injures or attempts to injure an opponent by boarding / body checking / charging.

Deliberate boarding / body checking / charging is not permitted anywhere on the ice.

Any Player receiving a 2nd Major penalty for boarding / body checking / charging in one season will receive an automatic two (2) game suspension and must attend an interview with The League Executive Committee before returning to play.

Head Shots: If the official deems that the “Body Check” involved a “Head Shot” they are permitted to call a “Major” or “Match” penalty.

5.2 Butt-Ending

A Double Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any Player who buttends or attempts to butt-end an opponent.

If injury results, a Major penalty and Game Misconduct penalty shall be assessed, depending on the intent of the offending Player. If the infraction is deemed to be accidental, a Major penalty and Game Ejection penalty will be assessed.

A Match penalty shall be assessed to any Player who deliberately injures or attempts to injure an opponent by butt-ending.

5.3 Checking From Behind, Checking to the Head & Slew-Footing

A Major penalty and a Game Misconduct penalty or, at the discretion of the Referee, a Match penalty shall be assessed to any Player who checks from behind, checks to the head or slew-feets an opponent. Any Player that persists in committing these infractions will be removed from the League.

5.4 Cross-Checking

A Minor penalty, Double Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any Player who cross-checks an opponent.

Any Player who strikes an opponent above the normal height of his / her shoulders with a cross-check shall be assessed a Major penalty and a Game Misconduct penalty, whether or not injury results.

A Match penalty shall be assessed to any Player who deliberately injures or attempts to injure an opponent with a cross-check.

5.5 Delay of Game

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

If any Player(s) enters the ice surface before the resurfacers doors are closed, their Team will be issued a Minor penalty for Delay of Game.

If a defending player shoots the puck out of play and the origin of the shot is in the defensive zone, the player shall be assessed a Minor penalty for Delay of Game. The only exception to this rule is if the puck goes out of play inside the benches.

5.6 Elbowing & Kneeing

A Minor penalty or, at the discretion of the Referee, a Major Penalty and a Game Misconduct penalty shall be assessed to any Player who fouls an opponent in any manner with his / her elbow or knee.

If injury results, a Major penalty and Game Misconduct penalty shall be assessed, depending on the intent of the offending Player. If the infraction is deemed to be accidental, a Major penalty and Game Ejection penalty will be assessed.

A Match penalty shall be assessed to any Player who deliberately injures or attempts to injure an opponent by elbowing or kneeling.

5.7 High Sticking

A Minor penalty, Double Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any Player who contacts an opponent above the normal height of his / her shoulders with a high stick.

If injury results, a Major penalty and Game Misconduct penalty shall be assessed, depending on the intent of the offending Player. If the infraction is deemed to be accidental, a Major penalty and Game Ejection penalty will be assessed.

A Match penalty shall be assessed to any Player who deliberately injures or attempts to injure an opponent by high sticking.

It is the responsibility of all players to be in care and control of their stick at all times during the game.

5.8 Holding / Holding the Stick

A Minor penalty, or at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any Player who holds an opponent or the opponent's stick with his / her hands, stick or any other manner.

5.9 Hooking

A Minor penalty, or at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any Player who impedes or seeks to impede the progress of an opponent by “hooking” or “butt-end hooking” with his / her stick.

5.10 Interference

A Minor penalty, or at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any Player who:

- a) Interferes with or impedes the progress of an opponent who is not in possession of the puck, or
- b) Deliberately knocks the stick out of an opponent’s hand, or
- c) Prevents an opponent who has lost or dropped his / her stick from regaining possession of it.

5.11 (a) Roughing

A Minor penalty, or at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any Player who is guilty of unnecessary rough play.

If injury results, a Major penalty and Game Misconduct penalty will be assessed.

A Match penalty shall be assessed to any Player who deliberately injures or attempts to injure an opponent by roughing.

Any Player with cumulative rough play penalties will be reviewed by The League Executive Committee and may be suspended.

5.11 (b) Roughing – After the Whistle

The Player first identified of engaging in rough play after the whistle shall be penalized. If retaliation occurs, then the Player first identified as causing the unnecessary rough play after the whistle may be assessed four minutes (two for roughing and two for unsportsmanlike conduct) while the retaliator is assessed a Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty.

If injury results, a Major penalty and Game Misconduct penalty will be assessed.

A Match penalty shall be assessed to any Player who deliberately injures or attempts to injure an opponent by roughing after the whistle.

5.11 (c) Roughing – Head Contact

Any player who makes intentional contact with an opponent’s head shall receive an automatic misconduct in addition to any other penalty being assessed by an official.

Note: The assessment of the misconduct is not a discretionary rule in application by the official, this is an automatic call.

5.12 Slashing

A Minor penalty, or at the discretion of the Referee, a double Minor penalty or Major penalty and a Game Misconduct penalty shall be assessed to any Player who swings their stick at an opponent (whether out of range or not, whether actually striking him / her or not) or who, on the pretext of playing the puck, makes a wild swing at the puck with the aim of intimidating their opponent.

A Minor penalty, or at the discretion of the Referee, a double Minor penalty or Major penalty and a Game Misconduct penalty shall be assessed to any Player who impedes or seeks to impede the progress of an opponent by slashing with his / her stick.

If injury results, a Major penalty and Game Misconduct penalty shall be assessed, depending on the intent of the offending Player. If the infraction is deemed to be accidental, a Major penalty and Game Ejection penalty will be assessed.

A Match penalty shall be assessed to any Player who deliberately injures or attempts to injure an opponent by slashing.

5.13 Spearing

A Double Minor penalty, or at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any Player who pokes or jabs (or attempts to jab) an opposing Player with the toe of the blade of the stick.

A Match penalty shall be assessed to any Player who deliberately spears or deliberately attempts to spear by jabbing forcefully with the toe of the stick blade, or who injures an opponent by any spearing action.

5.14 Tripping

A Minor penalty, or at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any Player who trips an opponent.

5.15 Unsportsmanlike Conduct

A minor penalty shall be assessed to any Player or Team Captain who challenges or disputes the rulings of any Official during the game or who displays unsportsmanlike conduct. If a Player persists, he shall be assessed a Misconduct penalty and any further disputes will result in a Game Misconduct penalty being assessed to the offending Player. A Misconduct penalty shall be assessed on any Player who:

- a) Uses obscene, profane or abusive language or gestures to any person
- b) Persists in disputing or shows disrespect for the ruling of an Official
- c) Intentionally knocks or shoots the puck out of reach of an Official who is retrieving it.

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

5.16 (a) Fighting

If a Player or Players drop their glove(s) and do not continue an altercation, an automatic Game Ejection will be assessed. Dropping the gloves is subject to further review by The League Executive Committee and may result in suspension.

All first offence Fighting Majors will result in a minimum 1 to 3 game suspension.

Any subsequent Fighting Major (with the same Team or any other during the same season) will result in the repeat offender(s) being suspended for the balance of the season (regular season plus playoffs) and may result in permanent suspension (see Rule 2.11a).

5.16 (b) Fighting – Off The Playing Surface

A Major penalty plus Game Misconduct penalty shall be assessed to any Player who is involved in a fight with another Player off the playing surface.

The League will not tolerate this behaviour and an indefinite suspension of all Players involved will occur, pending a review by the League Executive Committee.

5.17 Game Ejection

A Player incurring a Game Ejection penalty in accordance with the rules shall be ordered to the dressing room for the remainder of the game.

Any Player receiving three (3) Minor penalties, two (2) double-minor infractions or any combination of three (3) penalties (of any duration) in one game will receive an automatic Game Ejection penalty.

Any player who in the opinion of an official engages in conduct that is deliberately reckless or endanger his/her opponent's safety, may be assessed a Game Ejection penalty and ruled off the ice for the remainder of the game.

A repetition in Game Ejections for any Player can result in suspension.

5.18 Misconducts

Any Player, except a Goaltender, incurring a Misconduct penalty, shall be ruled off the ice for a period of ten (10) minutes actual playing time. A substitute for the penalized Player shall be permitted immediately.

A Player serving a Misconduct penalty shall remain on the penalty bench until the first stoppage of play following the expiration of their penalty.

Any Player who is assessed a second Misconduct penalty in the same game shall automatically be assessed a Game Misconduct penalty. An automatic (minimum) one (1) game suspension will be assessed.

All Misconduct penalties are subject to review by the League Executive Committee. No Player shall be required to serve a Misconduct penalty for another Player.

5.19 Game Misconducts

Any Player or Team Captain incurring a Game Misconduct penalty shall be ordered to the dressing room for the remainder of the game and shall be reported to The League Executive Committee for further action. If this penalty is assessed in the last ten (10) minutes of regulation time, an automatic (minimum) one (1) game suspension will be assessed. All Game Misconduct penalties are subject to review (and possibly further suspension).

5.20 (a) Gross Misconducts

Any Player or Team Captain incurring a Gross Misconduct penalty shall be ordered to the dressing room for the remainder of the game and shall be reported to The League Executive Committee for further action. This penalty will be assessed to any Player, Coach, or Team Captain who conducts themselves in such a manner as to make a travesty of the game.

Examples:

- Where a player or team official becomes involved in a fight with a team official or spectator.

- Any player or team official who sprays water on or at an official
- Any player or team official who engages in verbal taunts based on discriminatory grounds (race, ethnicity, religion, gender, sexual orientation)

5.20 (b) Gross Misconducts – Taunting

Any Player or Team Captain who engages in verbal or non-verbal taunts, insults or intimidation based on discriminatory grounds (race, ethnicity, religion, gender, sexual orientation, language) shall be assessed a Gross Misconduct and be suspended according to the rules of the League.

There will be no tolerance for this type of behaviour and the League will be very harsh with their assessment of suspensions. Should the Player committing the offense not be discovered, the Team Captain is expected to aid League Management in the discovery process. Should the Team Captain refuse to be of assistance, he / she will be automatically indefinitely suspended, pending a review by League Executives.

5.21 (a) Match Penalties – Involving a Player

This penalty will be assessed when any Player physically abuses another Player with intent to injure (whether or not injury occurs). A Match penalty will result in an automatic indefinite suspension from the League. There is no minimum suspension.

An attempt to injure is an automatic Match penalty, regardless of whether it causes injury or not, and will be reviewed by the League Executive Committee. The results of the injury will be considered by the League Executive Committee when determining the length of the suspension and whether additional penalties are to be handed out.

5.21 (b) Match Penalties – Involving a League Official

This penalty will be assessed when a Player, or Team Captain verbally or physically threatens or abuses any League Official (Executives, Referees, Timekeepers, etc). A Match penalty will result in an automatic indefinite suspension from the League. There is no minimum suspension. Any Player(s) or Team Captain(s) that strikes, trips, pushes or body-checks a Referee, or off-ice Official before, during or after a game shall be assessed a Match penalty and shall be reported to the League Executive Committee.

A Match penalty will result in an automatic indefinite suspension from the League. Such Player or Team Captain may be suspended for one year or more.

5.22 Disqualified / Ejected Players

Any Player that receives a Game Ejection, 2nd Misconduct (same game), Game Misconduct, Gross Misconduct or Match penalty shall be ordered to the dressing room for the remainder of the game. Teams are responsible for ensuring that Players who are disqualified or ejected from any game, for any reason, immediately leave the playing surface and retire to the Team's dressing room. The Team Captain is additionally responsible for ensuring the ejected Player remains in the dressing room for the balance of the game (unless otherwise permitted to watch the remainder of the game by The League Executive Committee).

Ejected Players who remain at rink side or who refuse to retire to the dressing room after being asked to do so may be subject to further suspension and / or possible expulsion from the League. In this situation,

League Officials can end the game prematurely and charge the offending Team with a default (see Rule 4.4 b).

Any Player who has been ejected from a game that returns to the ice surface will face an automatic indefinite suspension pending review by The League Executive Committee.

5.23 Face-off Location – Penalties

Any penalty (excluding coincidental) will automatically result in a face-off in the offending team's zone.

5.24 Face-off Location – High Stick

In the event that a player makes contact with the puck above the normal height of the shoulders, a player from the non-offending team must be the first to gain possession and control of the puck. In the event the puck is directed out of play or a player from the offending team is first to gain possession of the puck, the official shall signal the play dead and a face-off will be conducted at the nearest face-off dot in the offending team's zone.

In the event no player from the non-offending team makes an attempt to play a puck that has been "high sticked" the official shall signal the play dead. A face-off will be conducted at the nearest location from where the high stick contact was made with the puck.