

*this is not a substitute for any supplement; but simply a brief summary of some main points.



FO Location after a penalty

In the endzone of the offending team minus the 4 exceptions.

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Penalties

Head Contact, 2 minute minor or 4 minute double minor or 5+Game Misconduct or Match Penalty

Head Contact, 2 minute minor+10 min misconduct or 5+Game Misconduct or Match Penalty. Any Ejected Player must be turned over to a team executive.

Head Contact, 2 minute minor+10 minute Misconduct or 5+Game Misconduct or Match Penalty. A minor penalty for clipping will be assessed for hits below the waist. Slew Footing Minor "TR-SF". Major "RTH-SF"

Penalties ctd/Other

Slew Footing. Double Minor Game (standing still). Match (moving). Timeouts are 45 seconds.

Slew Footing. Double Minor Game (standing still). Match (moving).

1 minute break, first even strength whistle after the 10 minute mark. Not following a goal, during a powerplay, after an icing, or if 5 minutes has been reached.

Icing

No change icing is in effect. Changes are allowed if a change in on ice strength occurs, or if either team calls a timeout. A player can be substituted for a goalie.

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No change icing is in effect. Changes are allowed if a change in on ice strength occurs, or if either team calls a timeout. A player can be substituted for a goalie. Goalie leaving the crease nullifies an icing. If a team is trying to change illegally the coach can be assessed a bench minor penalty for delay of game.

Puck Out of Play

A puck played directly over the glass in the defending zone results in no change being allowed. A goalie playing the puck directly out of play remains delay of game. *Into the bench does not result in a penalty, over the glass behind the bench

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Overtime and Shootout

OT is played for 5 minutes at 4 on 4. A 2 man advantage plays as 5 on 3. SO: Home team has choice of shot. If no winner after the first 3 shooters for each team shooters can repeat, a shooter cannot shoot twice in a row.

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OT is played 5 minutes at 3 on 3. A 2 man advantage plays as 5 on 3. 2 minutes is placed on the clock as a break before OT. Ends are not switched. SO: Home team chooses first or second. 3 skaters per team before sudden death. All eligible must shoot before repeating. Ejected or players serving a penalty cannot shoot.

Warmups

Players must be off before the clock hits 0. Penalty will be a minor served by the captain. 3 players may remain to pick up

Horn will signal 1 minute remaining. The home team may remain to pick up pucks. If the visiting team is not off at 0:00, the visiting captain serves a 10 min misconduct.

Completely crossing over center ice results in a misconduct. At the conclusion of warmup teams have 1 minute to depart the ice. Report any remaining players to the commissioner.

Fighting

Hockey Canada Rules Apply

Hockey Canada Rules Apply. Turn over ejected players to team representative.

Hockey Canada Rules Apply. If an instigator is assessed and the opposing player fights to defend himself, he shall receive 5+GM. If he does not fight he does not receive a penalty. This instigator receives 2+5+GM.

*the 4 exceptions on face-offs after penalties are 1. End of period 2. After the scoring of a goal. 3. Defencemen in after the whistle 4. After an icing by the opposing team.

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Women



Men

FO location after a penalty

In the endzone of the offending team minus the 4 exceptions.

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In the endzone of the offending team, minus the 4 exceptions

Penalties

Head Contact, 2 minute minor+10 minute Misconduct or 5+Game Misconduct or Match Penalty

Head Contact, 2 minute minor or 4 minute double minor or 5+Game Misconduct or Match Penalty

Checking from Behind minor is 2+10.

Icing

No change icing is in effect. Changes are allowed if a change in on ice strength occurs, or if either team calls a timeout. A player can be substituted for a goalie. Should a goalie leave the crease in the direction of the puck, the icing shall be nullified.

Hybrid Icing. No change icing is in effect even if a team calls a timeout. A player can be substituted for a goalie. Should the goalie leave the crease towards the puck during an icing, or should the puck hit the goal frame and cross the line. The icing shall be nullified.

All icings are no change icings. No change allowed even if a time out is called. Should a goalie leave the crease in the direction of the puck the icing shall be nullified.

Overtime and Shootout

OT is played 5 minutes at 3 on 3. SO: Home team has the choice of first or second shot. 3 skaters per team. If still tied 1 on 1 sudden death shootout.

2 Minute break, change ends. 5 minutes 4 on 4. Two minute break, no end change. 5 minutes 3 on 3. SO: 3 player shootout, if still tied sudden death shootout. Anyone can then shoot, players can repeat. Home team chooses who shoots first. Players penalized unable to shoot. 3 swipe flood before

Teams play 5 minutes, 4 on 4. If still tied 5 minutes 3 on 3. SO: 3 players. Then sudden victory shootout. No shot repeats until all have shot. Only those serving misconducts are ineligible to shoot.

Fighting

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Puck Out of Play

A puck played directly over the glass in the defending zone results in no change being allowed. A goalie playing the puck directly out of play remains delay of game. *Into the bench does not result in a penalty, over the glass behind the bench does.

Pregame meeting with coaches will not occur. Handshake prior to game has returned. Teams are allowed a one minute promotional break, nearest the 10 minute mark of each period.

Other Notes

*the 4 exceptions on face-offs after penalties are 1. End of period 2. After the scoring of a goal. 3. Defencemen in after the whistle 4. After an icing by the opposing team.