

# SAN DIEGO FLOOR HOCKEY LEAGUE RULE BOOK

15 July 2015

## **PREFACE: Spirit of the League/Code of Conduct**

Please remember the following when playing each week:

Learn the following rules and play by them.

- This is a friendly, but competitive, league, where every player has an equal opportunity to play. Play for fun and work hard to improve your skills.
- Play safe. This is non-checking league with a huge range in players' heights, weights, and skill levels.
- Show respect to your teammates. Be a team player.
- Show respect to the officials. They are volunteering their time and are doing their best. Never argue with their decisions.
- This is a community league played at a community park. Show respect to everybody at the rink and the surrounding park. Do not taunt, complain, use profane language or gestures, slam your equipment, or engage in any other sort of unsportsmanlike conduct.
- If you have any complaints, talk to your Captain, and they will speak with the officials or contact the League, if warranted.

The SDFHL is a recreational league, and you should play with joy in your heart and enough levity in the air to joke and laugh with your teammates AND opponents in the course of play. It should not be played with reckless, malicious "intensity" or a "win at any cost" attitude. You WILL respect your teammates, your opponents, and the officials. You WILL bear in mind that this is a TEAM game, and that we all need to contribute in order for us to truly win. This means sharing playing time as equitably as possible, incorporating all of your teammates in the play as much as possible, supporting and encouraging each other at all times, and HAVING FUN above all else.

The following rules cannot cover every situation that may arise. In case of any disputes, the NHL rule book will be used to the extent that it is consistent with our current rules.

If you have any questions about interpretations of the current rules or suggestions for rules changes, please submit them electronically by email to [sdfhl@sdfhl.org](mailto:sdfhl@sdfhl.org) or through the online form on the <http://sdfhl.org> web site.

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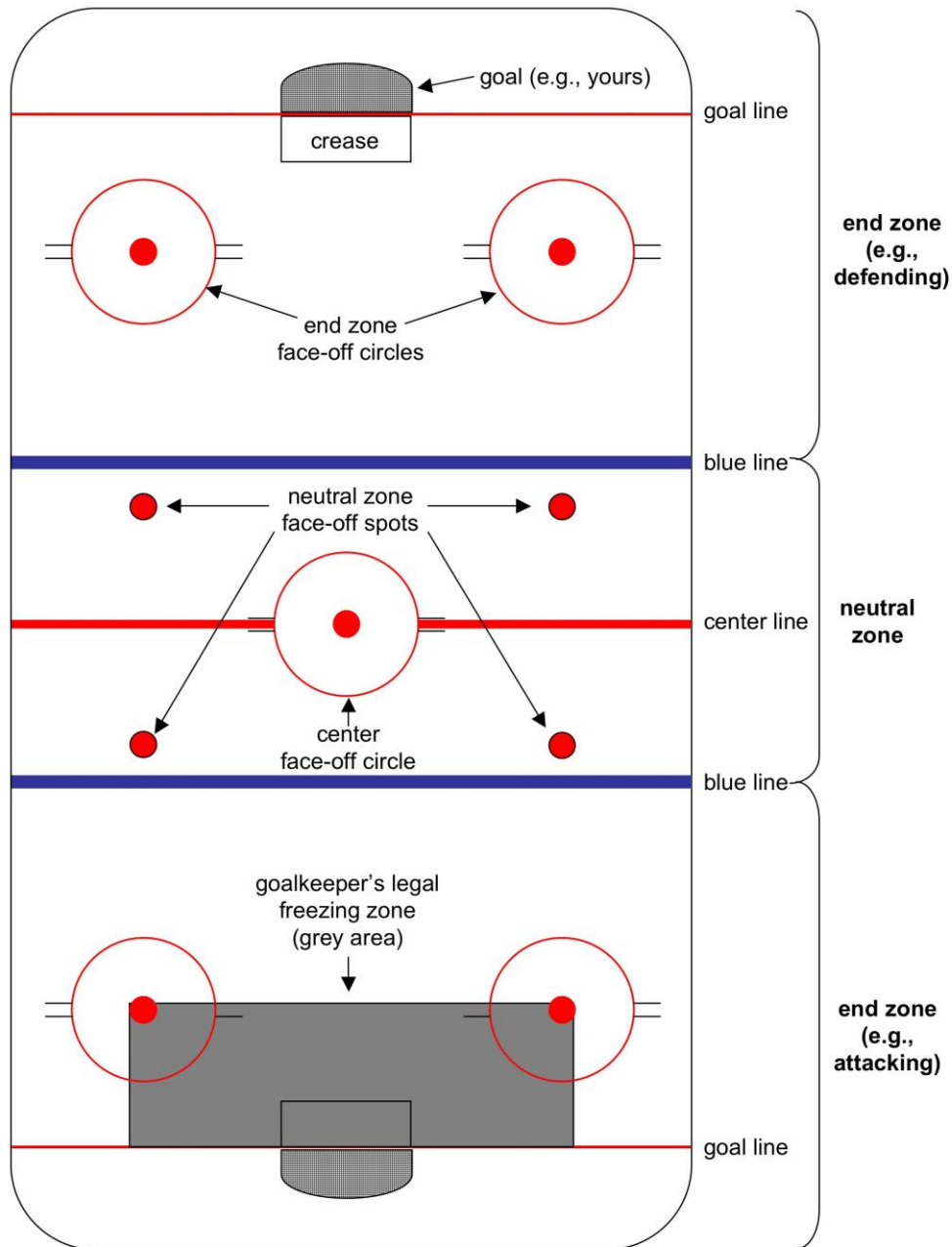
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# I. PLAYING AREA

## A. Division of rink (Rule 1.6)

The rink is divided into three parts by the two blue lines. The portion between the end boards and the blue line in which a goal is being defended by a team is an END ZONE called that team's DEFENDING ZONE, while the portion in the center of the rink between the two blue lines is called the NEUTRAL ZONE, and the END ZONE beyond the blue line that contains the opponent's goal is called the ATTACKING ZONE. There are three additional lines that extend completely across the rink in the center (center line) and on each goal line (goal lines).



## **B. Goal crease (Rule 1.7)**

The goal crease is outlined by the rectangular area in front of the goal and extends vertically.

## **C. Face-off spots and circles (Rule 1.9)**

There are five face-off spots with circles around them 15 feet in diameter, one at the center of the rink and two each in both end zones on either side of the goal. In addition, there are four face-off spots without circles, two each on both sides of the neutral zone in line with the end zone face-off spots.

# **II. TEAMS**

## **A. Teams (Rule 5.1)**

1. Teams are chosen through a draft process at the beginning of each season using a set of Captains and rules designated by the League (see Draft Procedures, below). Typically, each final team is composed of 10 or 11 floor players with a minimum of two or three women plus one goalkeeper. Players must be at least 16 years of age to play in the League, because that is the minimum age for insurance coverage.
2. During play at regular strength, there are a total of 6 players on the rink for each team: 5 floor players plus 1 goalkeeper. At least 1 of the floor players, excluding the goalkeeper, must be a female, unless a female is serving a penalty committed by a female.
3. During game play, and for the purposes of these rules, an ATTACKING PLAYER is a player on the team that has possession of the ball, and a DEFENDING PLAYER is a player on the team that is not in possession of the ball.

## **B. Goalkeeper (Rule 5.3)**

1. Each team shall be allowed one goalkeeper on the rink at one time. The goalkeeper may be removed and another player (extra attacker) substituted. Such substitute shall not be permitted the privileges of the goalkeeper.
2. Goalkeeper substitutions: At the beginning of the season, the League will identify a pool of available goalkeepers and place them into skill tiers. If a team's regular goalkeeper cannot attend a game, the Captain must notify the League as soon as possible, but at least 24 hours in advance of the game. The League's designated Goalkeeper Scheduler will then assign a substitute goalkeeper, based on availability, in the following priority order: (1) same skill tier as regular goalkeeper, (2) lower skill tier, or (3) higher skill tier. The Goalkeeper Scheduler will also consider draft order when selecting appropriate substitutes. Teams are not allowed to substitute other members of their team for the goalkeeper, and the goalkeeper cannot be substituted so that they can play out.

## **C. Captain and alternate captains (Rules 6.1-6.2)**

Only the team's Captain has the privilege of discussing with the Referees questions relating to interpretation of rules which may arise during the progress of a game. If the regular Captain is not in attendance at a game, an Alternate Captain should be designated. The Alternate Captain is accorded the privileges of the Captain. The Referees shall be advised, prior to the start of each game, the name of the Captain or Alternate Captain.

## **D. Draft procedures**

A list of players who have registered shall be compiled by the Registrar and presented to the Board prior to the draft. The list will be periodically updated as late player registrations come in. At least one week prior to the draft, the Board shall determine how many teams should be established for the upcoming season and how many players should be drafted onto each team.

If the number of registered players exceeds the number of places available to fill all teams, players shall be removed from the draft list according to the following priority:

1. New players who have not attended any pre-season scrimmages.
2. Players who have expressed a negative attitude towards the league or who's participation would be detrimental to the league.
3. Players who are projected to miss a significant number of games during the upcoming season.
4. Players who have expressed questionable interest in participating. The Registrar shall have the discretion to gauge the interests of new and returning players who, because of injury or for other reasons, are uncertain about participating in the upcoming season.
5. Returning players who have had attendance issues in prior seasons. The Board has the discretion to determine what is an excused or unexcused absence. Just because a player notifies their captain prior to a missed game does not make it an excused absence. For example, a player who has a known recurring Sunday commitment that precludes them from attending a number of games will not be treated as excused absences. Missing games due to injury or another emergency is excused.
6. New players based on reverse order of registration.
7. Returning players based on reverse order of registration.

Note: In the categories not based on time of registration, the Registrar shall have the discretion to rank players within each cut category.

The list of players will be finalized by the Registrar prior to the draft and provided to the captains such that all players on the final draft list will be drafted. Typically, the order of the Captains' picks is determined by random drawing; the draft order reverses at the end of each round; and, if there are an odd number of draft rounds, the final round will be conducted with the captain whose name was pulled out of the hat last making the first selection and continuing in reverse order until all eligible players are selected.

## **E. Player replacement**

Captains can request appropriate replacement players, but only the League can assign such players, and this will be done under very limited circumstances. Examples include players who report that they will be unable to play after they have been drafted, or when multiple players sustain season-ending injuries.

*E.1. Permanent replacement:* This can be considered if a player reports that they will be unable to attend any games for the remainder of a season due to injury, moving, etc., or if a player fails to attend their games without communication with their Captain. In the case of the goalkeeper, if a permanent replacement cannot be found, the standard goalkeeper substitution rules will be used for the remainder of the season.

*E.2. Temporary replacement (substitute):* This can be considered when there are multiple planned absences on a given game day that would result in a team having to play with less than five floor players, at least one of which is a female. In such instances, the following guidelines will apply:

- (a) The team's Captain must inform the League of the planned absences at least four days

before the game (Wednesday for Sunday games) in order to allow time to search for a temporary replacement and obtain permission from the other Captains.

- (b) Only enough replacement players will be assigned to achieve at least five floor players with at least one female.
- (c) If the team would have no female players, at least one female replacement will be assigned.
- (d) If the requested replacement is for a regular season game, the League will first contact appropriate players from the teams playing in the game before the affected team (or after, if it is the first game).
- (e) If the requested replacement is for a playoff game, the League will contact appropriate players from teams that have already been eliminated. In the case of the goalkeeper, the standard goalkeeper substitution rules will be used.

Other situations may also warrant player replacement, and the situations cited above do not guarantee a replacement. These will be considered on a case-by-case basis at the League's discretion, as will the definition of "appropriate" player, which could include players not currently participating in the league.

### *E.3. Supplemental Guidelines*

*These supplementary guidelines are intended to clarify the intention of E.1 and E.2.*

#### *General Sub Rules / Etiquette*

- Captains may request a sub in any of the situations below.
- Once formally requested, a sub will be provided according the guidelines if one is available. The League will make a best effort to provide an appropriate replacement and will notify the captain if one is not available. Captains may not decline a sub once provided.
- Goalie subs are provided as described in the rulebook.
- Replacement players are provided in order to keep the league competitive by keeping rosters intact. Replacement players are not intended to significantly alter the overall skill level of teams. When in doubt, a player of lower skill level may be selected so as to avoid a situation where the team is significantly improved by the substitution.
- The League (aka the Board) has final say over all substitution decisions.

*Temporary Replacements:* Provided at the discretion of the sub coordinator. Board approval is not necessary. Potential scenarios:

- Not enough players: as described in E.2. This is the only scenario in which temporary male subs are considered.
- No women available: Sub that is the average of the draft rounds of the missing women or equivalent.
- No Ironwoman rule: Sub from last two draft rounds of current season or equivalent.

*Permanent Replacements:* Must be approved by the Board.

- A permanent replacement player may be provided in the event a player is out for the season. Sub must be of similar or lower level. If multiple players are lost for the season, there are three acceptable options: 1) all missing players can be replaced, 2) a single player equivalent to the average draft position of the lost players, or 3) an appropriate combination of options 1 & 2 such that the overall skill level of the team is not significantly improved.
- Once playoffs begin, only temporary replacement players will be provided.

## **F. Game scheduling guidelines**

Generally, during the first two weeks of the regular season and within two weeks of the beginning of playoffs, the Captains should poll their players and provide to the League their team's preferred game times for each of the scheduled game days. For the regular season, the League scheduler will try to accommodate as many scheduling requests as possible and to have a final schedule out by the third week. For the playoffs, the League scheduler will try to create a schedule for the next week's game within two days of the previous games. If irreconcilable conflicts arise during the scheduling of playoff games, the higher seeded teams will be given priority.

## **G. Players under the influence or incapacitated**

If a Captain becomes aware that a player is under the influence, or is otherwise incapacitated, they are encouraged to suspend the player from the game. If a Referee becomes aware of such a player, either through their own observations, or by receiving information from a Captain, the Referee should suspend the player from the game. In addition to being removed from the current game, the offending individual may be subject to further discipline by the Disciplinary Committee.

# **III. EQUIPMENT**

## **A. Team shirts (Rule 9.1)**

All players must wear their team's assigned T-shirts or receive approval from the Referees to wear a similarly colored shirt.

## **B. Protective equipment (Rule 9.5)**

Before playing in the league, each player must sign a liability waiver. Although this is a non-checking league, physical contact does occur, and injuries can occur even in the absence of contact with other players. Players play at their own risk. While no protective equipment is mandatory for non-minor players, the following items are strongly recommended: eye protection, mouth guard, hockey gloves, athletic cup or pelvic protector, and shin guards with knee protection. With permission from the League, other protective equipment is also allowed, as long as it does not pose a safety issue to other players. Minors need permission from their legal guardians to play in the league, and they should inquire with the League on what items of protective equipment are mandatory.

## **C. Dangerous equipment (Rule 9.6)**

Referees have the authority to prohibit any equipment they feel may cause injury to any participants in the game. Failure to comply with the Referees' instructions shall result in the assessment of a minor penalty for delay of game.

## **D. Illegal equipment (Rule 11)**

Equipment parameters must generally follow NHL rules as described in Section 3, Rules 10-12 of the current NHL Official Rules (2006-2007).

## **IV. OFFICIALS**

### **A. Appointment of officials (Rule 31)**

The League will assign 2 Referees to officiate each game. In addition, a Scorekeeper will be designated to score each game. If a Scorekeeper is not available, the Referees will be responsible for scoring the game.

### **B. Referees (Rules 32-33)**

The Referees are responsible for supervising all aspects of the game, including conducting face-offs, blowing the whistle for stoppages of play, awarding goals, and assessing penalties.

### **C. Scorekeeper (Rule 34-36)**

Team Captains will be officially notified when a player from their team needs to be designated as scorekeeper in either the game before or after their scheduled game. The team listed on the left side of the schedule page will provide the scorekeeper for the game prior to theirs, except for the last game, for which the team listed on the right side of the schedule page in the prior game will provide the scorekeeper. The Captain must designate a scorekeeper by the Thursday preceding the Sunday games. If the Captain fails to designate a scorekeeper, or if the designated scorekeeper fails to show up, their team loses the coin toss for home team advantage. This coin toss loss passes on to the following week if the scorekeeper failed to show for the last game.

Scorekeepers must read the Scorekeeper Guide. In brief, the Scorekeeper keeps track of game and penalty time for the Referees. In addition, they record shots, goals, penalties, and all other items on the official score sheet. In addition, the Scorekeeper can inform the Referees at the next stoppage of play if a penalized player leaves the penalty box early, or if penalized players are engaging in unsportsmanlike conduct, such as verbal or physical aggression or altercations. The scorekeeper should provide the time remaining in a period or penalty whenever requested by a Referee, and whenever it is practical when requested by a player, except for within the last 10 seconds of a penalty. See the separate Scorekeeper Guide for additional detail.

## **V. GAME FLOW**

### **A. Game postponement/suspension**

Members of the Board of Directors (or their designated agents) who become aware of weather or other conditions at the rink that prevent play (e.g., rain or fire) will make a public announcement at least one hour before games are set to commence. If a game is already in progress when the conditions arise, the game can be suspended if, after discussions between the Referees and Captains, a Referee deems the rink to be unsafe or unplayable. Under these circumstances, the game will be resumed at a later date at the point it was suspended. If a game is suspended in the third period, and both Captains agree that the point differential was sufficiently high that the outcome was a foregone conclusion, and that they do not wish to complete the game, the game can be called final pending a confirming vote by the Board of Directors.

### **B. Home team**

In regular season games, a coin flip conducted between the Captain(s) and/or Alternate Captain(s) will determine the home team. However, if one, but not both, of the teams is playing with a substitute goalkeeper who is in a higher skill tier than their regular goalkeeper, the opposing team is designated the home team without a coin toss.

In playoff games, the higher seeded team is the home team, except in the championship game(s), in which the team that reaches the championship game(s) from the winner's bracket will have home-court advantage over the team reaching the championship game from the loser's bracket, regardless of the teams' seeds.

The home team will choose which bench they prefer, and thereby defend that end of the rink in the first and third periods. In overtime games, the teams will defend the same side of the rink they did in the first and third periods.

### **C. Game and intermission timing (Rules 77 and 84)**

1. A minimum of 5 players is required to start a game. Before each game, there will be a warm-up period that will conclude at 5 minutes after the scheduled start time, or, if the previous game ends after the scheduled start time, 5 minutes after the conclusion of the previous game. If, at the conclusion of the warm-up period, one or both teams do not have enough players to start the game, their team timeout(s) will be forfeit. If one or both teams do not have enough players to start the game at the end of the warm-up period or 10 minutes after the scheduled start time, whichever is later, a forfeit or forfeits will occur. Exceptions to this rule can be made at the discretion of the Referees in rare cases when circumstances warrant.
2. Unless otherwise agreed upon by the League, the game shall consist of three 10-minute stop-time periods, in which the clock will stop with each stoppage of play and resume at the next face-off. Penalty times are also stop-time concurrent with the main clock. Two-minute intermissions shall divide the periods. Each team will defend their bench side of the rink in the first and third period.
3. In the event of a tie at the end of the third period in regular season games, the game will end as a tie with no overtime. In the event of a tie at the end of the third period in playoff games, a 5-minute "sudden death" overtime period will be played. If the game is still tied after the overtime period, a shootout will be used to decide the game (see Shootout rule).

### **D. Shootout**

1. In the event that a playoff game ends in a tie after the overtime period, a shootout will determine the winner of the game. The Captain shall appoint any 5 players from their team, at least one of which must be a female, to be involved in the shootout. Players in the penalty box at the end of the overtime period are not eligible to participate in the shootout. If a team does not have 5 players that meet the above criteria, then shootout attempts at the end of each round will be considered failed for each missing player. Each Captain will inform the Referees and Scorekeeper of the order in which their players will shoot. A coin toss will determine which team goes first.
2. The teams will alternate attempts in the shootout, which will be conducted identically to penalty shots (see Penalty Shot rules). The team having scored the most goals after all ten players have attempted their shots in the first round wins the game, unless the outcome is determined earlier.
3. If both teams score an equal number of goals in the first round, the shootout continues back through the original order of players in a sudden death format between pairs of shooters from the two teams. If both players fail to score, or if both players score, the next pair will shoot, and the process will repeat until there is a winner.

### **E. Time-outs (Rule 87)**

Each team is assigned one timeout during regulation time and, if an overtime period is played, one additional timeout. Regulation time time-outs do not carry over into overtime. Time-outs must be taken during a normal stoppage of play and last approximately one minute. The Captain should indicate to the Referees when a timeout is desired.

### **F. Substitution (Rule 68)**

Players can substitute for each other at stoppages of play or during play. If substitutions are made during play, the player entering play cannot place a foot onto the rink before the player leaving play is within 5 feet of the bench area. In addition, until the player leaving play has both feet off the rink, neither of the players may touch the ball, or a Too Many Players penalty will be assessed.

### **G. Playing the ball with the hands (Rules 67 and 79)**

1. A player is permitted to stop or "bat" the ball with their hands whenever they or an opponent is the next to touch the ball. Such hand touches are also permissible when a teammate is the next to touch the ball, but only when both the hand touch and the reception of the ball occur in the players' defensive zone, as defined by both feet of both players being within the zone. Players may also catch the ball out of the air, but the contact must be brief, and the ball must immediately be placed straight down on the rink without any movement along the rink or effort to gain territorial advantage over an opponent. Otherwise, play will be stopped for an illegal hand pass.

2. A minor penalty will be called if, in the opinion of a Referee, the ball is held for a prolonged period of time or is picked up off the rink. A minor penalty will also be called if a goalkeeper holds the ball for more than three seconds when not being checked by an opponent, throws the ball forward, or deliberately places the ball on the net.

3. If a player from the attacking team bats the ball into their opponent's goal, the goal is disallowed. However, if the ball unintentionally deflects off the hand of a player on the attacking team without any observed intent to redirect it, the goal is allowed.

### **H. Playing the ball with other body parts (Rule 49)**

It is permissible to play the ball with parts of the body other than the hands, including using the feet to stop, handle, or pass the ball, as long as the play is not dangerous or intended to shoot the ball out of play. However, any goal scored by an attacking player who uses a distinct kicking motion with their feet or a distinct motion of another body part to propel the ball into the goal shall be disallowed. On the other hand, a goal scored when the ball *deflects* off the foot or other body part of an attacking player in the absence of a distinct motion shall be allowed, whether the deflection was intentional or not.

### **I. High-sticking - ball (Rule 80)**

1. Floor players are only permitted to touch the ball with their stick below the normal upright height of their own waist. Touching the ball above this level will result in an immediate stoppage of play. If the ball goes into the goal after contacting any player's stick above the normal upright height of their own waist level, regardless of whether they are on the attacking or defending team, the goal shall be disallowed, because the contact results in an immediate whistle.

2. Note that a player's own waist level is used here to determine high-sticking *stoppages of play*, whereas the opponent's waist level is used to determine high-sticking *foul* when contact is made with an opponent (see "High-sticking, Foul" rule).

3. A goalkeeper cannot intentionally play the ball with their stick above the normal height of their own waists. However, if the ball deflects off their stick above this level play will continue, and any goal scored will be allowed.

#### **J. Icing (Rule 81)**

1. An icing violation will be called when a player on a team that is at equal or superior numerical strength to the opposing team causes the ball to travel from within their defensive zone (behind their blue line) to beyond the opposing team's goal line without being touched by the stick or body of another player outside of their defensive zone, unless it occurs directly off a face-off. The position of the ball, and not the player, will dictate whether both lines are crossed. Numerical strength applies when the ball is last touched by the player, not when the ball crosses the goal line.

2. Icing will be called as soon as the ball crosses the goal line (no touch required), resulting in a face-off in the end zone face-off circle closest to where the ball was iced in the offending team's defensive zone, unless the ball enters the goal, in which case a goal is awarded.

3. Icing will be waived off (canceled), if, in the opinion of a Referee, a member of the non-offending team (other than the goalkeeper) had a "reasonable chance" to play the ball before it crossed the goal line but refrained from doing so. In determining whether the player had a reasonable chance to play the ball, the following shall be considered by the Referees: (1) the proximity of the ball to the opposing player, (2) the velocity of the ball, and (3) whether the ball was traveling in the air. If the ball was too far away or traveling too rapidly to be playable, icing will remain in effect, as long as the player did not purposely slow down or change direction to refrain from playing it. If the ball travels past the player in the air at an elevation or velocity that made it unplayable with their hand or body, icing will remain in effect, even if that player fails in an attempt to play the ball out of the air with their stick (not a reasonable chance). Icing will also remain in effect if a player from the offending team outside of their defensive zone fails to touch a playable ball.

4. If a Referee errs in calling an icing violation, regardless of whether either team is short-handed, the ball shall be faced-off at the center spot.

#### **K. Off-side (Rule 83)**

1. Attacking players will be considered off-side if they enter their attacking zone (both feet fully across the blue line) before the ball enters this zone (by fully crossing over the blue line). If the ball is touched by an attacking player in their attacking zone, or if there is a shot on goal, while any attacking player is off-side, there shall be an immediate stoppage of play for an off-side violation. A face-off will be conducted at the neutral zone face-off spot nearest to the position of the ball when it was last touched or shot.

2. To get back on-side, all players of the attacking team must simultaneously have at least one foot on or behind the blue line. They must then not re-enter their attacking zone unless or until the ball is again in the attacking zone.

3. Delayed off-side. Play will not stop when a player (or players) are off-side, but the defending team is in a position to bring the ball back out of the zone without any interference by the off-side player(s), or the off-side player(s) are in the process of clearing out of the zone. Rather, the Referee will raise an arm to indicate a delayed off-side. However, if the off-side player(s) do not clear out of the zone, play shall immediately be stopped for the off-side violation if they touch the ball, attempt to gain possession of a loose ball, or attempt to defend an opponent in possession of the ball.

4. The position of the player's feet, and not that of their stick shall be the determining factor in all instances in deciding an off-side. A player is off-side when both feet are completely over the outer edge

of the determining blue line involved in the play. A player is on-side when either of their feet are in contact with, or on their own side of, the line at the instant the ball completely crosses the outer edge of that line, regardless of the position of their stick.

5. Note that, unlike NHL rules, a player is still considered off-side if their feet precede the ball into the zone even if they are in control of the ball. In addition, an off-side player continues to be considered off-side if the opposing team clears the ball out of the zone, but then brings it back into the zone before the off-side player leaves the zone.

6. Intentional off-side. If, in the opinion of a Referee, an off-side player intentionally plays the ball or an opponent to gain a stoppage of play, an "intentional off-side" violation will be called, and the ensuing face-off will occur in the offending team's defensive zone. If, in the opinion of the Referee, the off-side player was unaware that they were off-side when they played the ball or their opponent, or the ball accidentally made contact with the off-side player, then a conventional off-side violation will be called, and the face-off will occur at a neutral zone face-off spot just outside of the offending team's offensive zone.

#### **L. Ball out of bounds, unplayable, or out of sight (Rule 85)**

1. Play stops when the ball goes out of bounds, play, or sight. The ball is considered "out of bounds" when it leaves the rink or enters or touches anything in the bench area, including players on the bench. If the ball hits the fences or netting around the perimeter but stays inside the rink, the ball is not out of bounds and play will continue.

2. The ball is considered "out of play" when it comes to rest on the back or top of the goal net, becomes lodged in the fence around the perimeter of the rink, or is frozen between two opposing players, in which case play will be stopped immediately.

3. The ball is considered "out of sight" when the Referees lose sight of the ball, for example, during a scramble in front of the net.

#### **M. Injured players (Rules 8.1-8.3)**

1. When a player sustains an injury that prevents them from getting off the rink, play will be stopped by the Referees as soon as they become aware of the injury, regardless of which team is in possession of the ball. When play is stopped for an injured player other than a goalkeeper, that player must leave the playing surface for the ensuing face-off, and they cannot return until play has resumed. When play is stopped for an injured goalkeeper, they can resume play immediately. If the goalkeeper must be replaced by a substitute goalkeeper, no warm-up time shall be permitted.

2. If players are bleeding, they shall be ruled off the rink, and such player shall not be permitted to return to play until the bleeding has been stopped and the cut or abrasion covered (if necessary). In addition, any bloody equipment and/or clothing must be replaced.

#### **N. Face-offs (Rule 76)**

##### **1. Face-off procedure**

At the beginning of each period and after each stoppage of play, a face-off will occur at one of the nine face-off spots. The centers must line up opposite each other approximately one stick length away from the face-off spot designated by the Referee with one foot on either side of the spot squarely facing their opponent's end of the rink. All of the remaining players must stand and keep their stick on their own side of the rink relative to the face-off spot no closer than 15 feet from the spot, making no physical contact with an opponent. If the face-off occurs at one of the five face-off circles, the circle itself defines

the 15-foot radius. If the face-off occurs in one of the four neutral zone face-off spots, the Referee will judge whether the players are the minimum distance from the centers. The centers must place their sticks on the rink at any angle to the edge of the face-off spot nearest to them. The Referee will then drop the ball between them to resume play. Centers may strike the ball while it is in the air and before it hits the ground. The timing of the last line change before the face off is at the discretion of the Referee. In the center face-off circle, the Referee should ensure that the goalkeepers and Scorekeeper are ready before dropping the ball. At all other face-off spots, the Referee can verify that the goalkeepers are ready. However, it is ultimately the center's responsibility to ensure that their goalkeeper is ready prior to placing their stick on the rink.

## **2. Face-off violations**

The following actions constitute face-off violations: players other than the center encroaching inside the 15-foot radius, players encroaching onto their opponent's side of the face-off or making contact with an opponent, failure of the centers to properly position their feet, or failure of the centers to put their stick on the rink in the proper area. When a face-off violation occurs, the Referee will issue a warning to the offending team. Repeat violations in subsequent face-offs may result in the Referee forcing the current player taking the face-off to be replaced by a teammate. Repeat violations during the same face-off may result in the Referee issuing a Delay of Game penalty. Failure to line up for a face-off in a timely fashion may also result in a Delay of Game penalty.

## **3. Face-off locations**

Face-offs will always occur at one of the nine face-off spots.

### ***3a. Periods and goals***

All face-offs at the beginnings of periods and after goals will be conducted at the center spot.

### ***3b. Ball frozen by goalkeeper***

When the ball is frozen by the goalkeeper, the face-off will occur at the end-zone face-off spot nearest to where the ball was last shot or played.

### ***3c. Icing***

When the ball is iced, the face-off will occur at the end-zone face-off spot nearest to where the ball was last contacted prior to the icing.

### ***3d. Off-side***

When the attacking team is off-side, the face-off will occur at the neutral zone face-off spot nearest to where the ball was located at the time of the violation.

### ***3e. Ball out of bounds, unplayable, or out of sight***

When the ball goes out of bounds, becomes unplayable, or is out of sight, the face-off will occur at the face-off spot within the same zone nearest to where the ball was last in play that gives the least territorial advantage to the team that caused the stoppage. Notwithstanding this rule, should an attacking player cause the ball to go out of play or become unplayable in their attacking zone, the face-off shall take place at the neutral zone face-off spot nearest to where the ball was last in play. This exception includes deflections off of attacking players.

### **3f. *Illegal hand pass, high-sticking, or injury***

When play is stopped due to an illegal hand pass, high-stick, or injury, the face-off will occur at the face-off spot within the same zone nearest to where the hand or stick contacted the ball (for a hand pass or high stick), or nearest to the ball's location at the time of the injury. Exception: If an attacking player commits the illegal hand pass or high-stick or becomes injured in their attacking zone, the face-off shall take place at the neutral zone face-off spot nearest to where the contact or injury occurred.

### **3g. *Penalties***

When play is stopped due to a penalty, the ensuing face-off shall be conducted at one of the two face-off spots in the offending team's defensive zone on the side of the ball's location when play was stopped. However, if the non-offending team ices the ball during a delayed penalty call, the face-off shall take place at a neutral zone face-off spot next to the non-offending team's blue line on the side the ball was last contacted prior to the icing.

### **3h. *Failed penalty shot attempt***

After a failed penalty shot attempt, the face-off will occur in the attacking zone where the penalty shot was attempted at the face-off spot nearest to where the ball was located at the time of the violation.

### **3i. *Inadvertent stoppage of play***

When play is stopped due to an inadvertent whistle, the face-off will occur at the spot within the same zone nearest to the ball's location when play was stopped. Exceptions and clarifications:

- (i) If neither team was in possession of the ball at the stoppage, the face-off will occur in the neutral zone.
- (ii) If the defending team had possession of the ball in their defending zone, the face-off will occur in the neutral zone.
- (iii) For a mistaken off-side call, the face-off will occur in the neutral zone.
- (iv) For a mistaken icing call, the face-off will occur at the center spot.

## **O. Goals (Rule 78)**

### **1. Regular goals**

A goal results when the ball completely crosses the plane of the goal line extended up to the crossbar between the goal posts. All goals shall count as 1 point. The last attacking player who touches the ball, whether intentional or unintentional, before crossing the goal line will be awarded the goal. The previous one or two attacking players, when known, will be awarded assists. If a defending player causes the ball to go into their own net, the last attacking player to touch the ball will be awarded the goal, but no assist will be awarded.

Goals shall be disallowed for the following reasons:

- a. The ball was propelled into the goal by an attacking player through motion of any part of their body.
- b. The ball was intentionally redirected into the goal by an attacking player with their hand or glove, even if it was not propelled with a motion.
- c. The ball was kicked into the goal using a distinct kicking motion.
- d. The ball was deflected into the goal directly off an official.
- e. An attacking player interfered with the goalkeeper.
- f. The ball was directed into the goal by the stick of a player, other than the goalkeeper, at a point above their waist (high stick).
- g. The goalkeeper was pushed backwards into the goal after making a save.
- h. If the Referee blew the whistle prior to the ball fully crossing the goal line.

If the ball deflects off the body of an attacking player without their intentionally directing it into the goal, the goal shall be allowed, unless the hand/glove was used.

## **2. Automatically awarded goals (Rule 26)**

When a team has taken their goalkeeper off the rink for an extra attacker, a goal will be awarded automatically if a penalty is committed on a player on a breakaway consistent with those described under the Penalty Shot, Breakaway rule.

A goal will be awarded automatically when an attacking player, in the act of shooting the ball into the goal (between the normal position of the posts and completely across the goal line), is prevented from scoring as a result of a defending player or goalkeeper displacing the goal post, either deliberately or accidentally.

If the goalkeeper purposely throws their stick or any other equipment or dislodges the goal during a penalty shot, a goal will be awarded automatically.

## **P. Goalkeeper helmet**

When a goalkeeper loses their helmet and/or face mask, play shall be stopped immediately to allow the goalkeeper to retrieve it, regardless of which team has possession of the ball, unless the loss of the helmet is intentional, in which case an Unsportsmanlike Conduct penalty will be assessed to the goalkeeper.

# **VI. PENALTIES**

## **A. Levels of penalties (Rule 15)**

Penalties shall be divided into the following levels:

- (1) Minor** (2 minutes; can expire early)
- (2) Bench minor** (2 minutes; can expire early)
- (3) Double-minor** (two consecutive 2-minute penalties; can expire early, independently)
- (4) Major** (5 minutes; non-expiring; automatic Game Misconduct)
- (5) Misconduct** (10 minutes; no effect on team strength; automatic League review)
- (6) Game Misconduct** (ejection from game; no effect on team strength; automatic League review)

## **1. Minor penalties (Rule 16)**

MINOR PENALTIES can be called by either Referee for routine fouls committed by individual players. The offending player, unless it is the goalkeeper, shall be ruled off the rink to the penalty box for 2 minutes during which time no substitute shall be permitted. If a goalkeeper was the offending player, the Captain shall designate a floor player who was on the rink at the time the penalty was committed to serve the penalty.

A minor penalty can expire early if the team is short-handed and is scored upon.

If an individual player accumulates 4 minor penalties in the same game, the player will automatically receive a Game Misconduct after the calling of the fourth penalty, resulting in their suspension for the remainder of the game. A double-minor counts as 2 minor penalties. The Captain shall designate a floor player of the same gender who was on the rink at the time the fourth penalty was committed to serve it, during which time no substitute shall be permitted. If the goalkeeper was the offending player, they will remain in the game but will be suspended for the next game. All Game Misconduct penalties

will be reviewed by the League's Disciplinary Committee for potential supplementary discipline (see Supplementary Discipline rule). The offending player must leave the bench area, and any further misconduct also will be reported to the Disciplinary Committee.

## **2. Bench minor penalties (Rule 17)**

BENCH MINOR PENALTIES can be called by either Referee for routine fouls that cannot be ascribed to specific players. The Captain must designate a floor player who was on the rink at the time the penalty was committed to serve the penalty for 2 minutes during which time no substitute is permitted. Even if a female player is designated to serve the bench minor penalty, at least one female is required to remain on the floor for the duration of the penalty, or else a Too Many Players penalty will be called.

A bench minor penalty can expire early if the team is short-handed and is scored upon.

## **3. Double-minor penalties (Rule 18)**

DOUBLE MINOR PENALTIES can be called by either Referee for more serious fouls committed by individual players, such as (1) an action that would have been a minor penalty but resulted in an accidental injury involving blood or significant abrasion or bruising, or (2) a physical foul that was particularly aggressive, but in the absence of a reckless disregard for the safety or an intent to injure another player. The offending player, unless it is the goalkeeper, shall be ruled off the rink to the penalty box for 4 minutes during which time no substitute player shall be permitted. If a goalkeeper was the offending player, the Captain must designate a floor player who was on the rink at the time the penalty was committed to serve the penalty.

A double-minor penalty is equivalent to two consecutive minor penalties, which can individually expire early if the team is short-handed and is scored upon.

## **4. Major penalties with game misconducts (Rules 20 and 23)**

MAJOR PENALTIES are called for very serious fouls committed by individual players, such as (1) any foul where, in the opinion of the Referees, there was a reckless disregard for the safety of another player, (2) fighting, or (3) any foul where, in the opinion of the Referees, there was an intent to injure another player. If a Referee intends to call a major penalty, they will announce that they are going to confer with the other officials. Once order has been restored, the Referees and Scorekeeper will meet by the scoring area. If the officials concur that a MAJOR PENALTY should be called, the offending player also automatically will be assessed a GAME MISCONDUCT and suspended for the remainder of the game. The Captain shall designate a floor player of the same gender who was on the rink at the time the penalty was committed to serve the penalty for 5 minutes during which time no substitute shall be permitted. If the goalkeeper was the offending player, they will remain in the game but will be suspended for the next game. All Major/Game Misconduct penalties will be reviewed by the League's Disciplinary Committee for potential supplementary discipline (see Supplementary Discipline rule). The offending player must leave the bench area and not interact with players of either team. The player may return to the rink only to shake hands at the end of the game, and only if the Referees allow this. Any further misconduct also will be reported to the Disciplinary Committee. The offending player will accumulate a total of 15 penalty minutes for a major penalty (5 minutes for the MAJOR PENALTY itself and 10 additional minutes for the GAME MISCONDUCT).

Unlike minor penalties, a major penalty does not expire early when a goal is scored by the opposing team.

## **5. Misconduct penalties (Rule 22)**

Misconduct PENALTIES are typically called when individual players continue to engage in unsportsmanlike conduct after being penalized or warned about it (e.g., complaining about Referee calls, using profane words or gestures, or throwing or slamming objects). If a Referee intends to call a misconduct penalty, they will announce that they are going to confer with the other officials. Once order has been restored, the Referees and Scorekeeper will meet by the scoring area. If the officials concur that a misconduct penalty should be called, the offending player, unless it is the goalkeeper, shall be ruled off the rink to the penalty box for 10 minutes running-time. If any minor penalties were called on the same player, the Captain shall designate a floor player who was on the rink at the time the penalty was committed to serve them. The misconduct penalty itself does not cause the team to play short-handed, but the 10-minute penalty time will not start until all other penalty time has been served by the teammate. If a goalkeeper was the offending player, the Captain shall designate a floor player who was on the rink at the time the penalty was committed to serve the 10-minute penalty. All misconduct penalties, including those called on goalkeepers, will be reviewed by the League's Disciplinary Committee for potential supplementary discipline (see Supplementary Discipline rule).

Misconduct penalties do not expire early for any reason.

## **6. Game misconduct penalties (Rule 23)**

GAME MISCONDUCT penalties result automatically when a Major Penalty is called or when a fourth Minor Penalty is called on the same individual player in the same game. All Major/Game Misconduct penalties will be reviewed by the League's Disciplinary Committee for potential supplementary discipline (see Supplementary Discipline rule). The offending player must leave the bench area, and any further misconduct also will be reported to the Disciplinary Committee.

### **B. Delayed penalty – Calling (Rule 15)**

When a penalty is imposed on a player on the team with possession of the ball, the Referee will immediately blow the whistle and assess the penalty. When a penalty is imposed on a player on the team not in possession of the ball, the Referee will raise their arm to indicate their intent to call a penalty and play will continue. The Referee will then stop play if the non-offending team subsequently commits a penalty or the offending team gains "control" of the ball. "Control" by the offending team requires a purposeful propelling of the ball with the stick or body. If the ball simply deflects off a player without the player controlling it, play will continue. During this time the non-offending team's goalkeeper may go to the bench, allowing an extra attacker to join the play. If a goal is scored by the non-offending team during a delayed penalty, a single minor or one of the minors in a double-minor will be canceled, but a major or misconduct will still be served in their entirety.

### **C. Minor penalty expiration (Rule 16.2)**

A minor penalty will expire early when a goal is scored by the opposing team if: (1) the penalized player's team was short-handed relative to the team that scored the goal, and (2) the penalty was "on the clock" (i.e., not a coincidental penalty, as described below). If a goal is scored at even strength, no penalties will expire early. No penalties expire early based on penalty shots. When multiple penalties on members of the same team are set to expire at the same time, the Captain shall designate which player will be released from the penalty box first should a goal be scored by the opposing team.

### **D. Coincidental penalties (Rule 19)**

"Coincidental penalties" are "off the clock" penalties of the same type (minor or major) and total duration that are assessed at the same stoppage of play to players of both teams. These penalties never cause

a team to become short-handed relative to the other team, and they do not expire early when a goal is scored.

1. In the special situation where exactly one minor penalty is called on one player from each team when both teams are at full strength, these coincidental minors will result in the teams playing four-on-four, but neither penalized player can return to the game until the entire penalty time expires.

2. When multiple penalties are assessed at the same stoppage of play, and both teams have at least one penalized player, as many coincidental penalties within the same type (minor or major) as possible are canceled out so as not to cause either team to change their numerical strength. All of the offending players must serve the duration of these "coincidental penalties," regardless of whether goals are scored, and they cannot return to the game until the first stoppage of play after their penalty time expires. If, after canceling as many penalties as possible under the coincidental penalty rule, there are additional penalties, they will be served as regular non-coincidental penalties (on the clock), thereby reducing the numerical strength of the team(s). If necessary, the Captain shall designate which players are serving coincidental penalties, and which are serving regular penalties.

For example, if 2 players on Team A and 1 player on Team B each get a minor at the same stoppage of play, one of the penalized Team A players and the Team B player will serve coincidental minors, and the other penalized Team A player (chosen by the Captain) will serve a regular minor. Team B will have a 5-on-4 power play, and the Team A player serving the regular minor can return to play immediately when the penalty expires or if Team B scores, whereas the players with the coincidental minors must remain in the penalty box until the first stoppage of play after the 2 minutes have expired, regardless of whether goals are scored.

3. If a single player is assessed multiple penalties that result in a mixture of coincidental and regular penalties for that player, the Captain must designate a floor player of the same gender who was on the rink at the time the penalties were committed to immediately serve the regular penalties.

For example, if a player on Team A gets 2 minors (or a double-minor) and a player on Team B gets a single minor at the same stoppage of play, one set of minors are coincidental, but the Team A Captain must designate another Team A player to report immediately to the penalty box to serve the remaining regular minor on the penalized Team A player. Team B will have a 5-on-4 power play, and the Team A player serving the regular minor can return to play immediately when the penalty expires or if Team B scores. However, the Team B player must remain in the penalty box until the first stoppage of play after their 2 minute coincidental penalty has expired. And, even though another player from Team A must serve the 2-minute regular penalty, the penalized Team A player must remain in the penalty box until the first stoppage of play after their 4 minutes have expired. However, if Team B scores during the power play, the penalized Team A player's regular penalty expires early, and they would only have to remain in the penalty box for another 2 minutes plus the next stoppage of play to serve out the coincidental portion of their penalties.

#### **E. Delayed penalty - serving (Rule 27)**

In general, NHL penalty procedures will be followed. If multiple penalties are committed by the same player at the same stoppage of play, they will be served consecutively. If a player is serving regular major and minor penalties for a suspended player, the major will be served first, but the minor will be served first if both penalties are coincidental. If multiple penalties are committed by different players of the same team, the penalties will be served simultaneously.

If more than two players on the same team are under penalty, all of the offending players will be in the penalty box, but a minimum of three floor players will play at all times. The penalty time of the additional player(s) beyond the first two will run consecutively with the player(s) with the least amount of penalty time remaining. In addition, if more than two players on the same team are under penalty, players whose penalties expire cannot return to play until the first stoppage of play after the expiration. If a goal is scored during a delayed penalty on a short-handed team, the penalty on the player in the penalty box who was penalized first will expire.

If a delayed penalty that would have resulted in a penalty shot is called on a short-handed team, but the team on the power play scores a goal during the delayed penalty, then the penalty on the player in the penalty box who was penalized first will expire immediately, and the new penalty will be assessed as a regular penalty.

## **F. Penalty shots (Rule 25)**

### **1. Breakaways (individual violation)**

A penalty shot will be awarded if a penalty (e.g. tripping, hooking, slashing, or thrown object) is committed from behind a player on a breakaway such that it reasonably reduces their opportunity to score, or if the goalkeeper intentionally dislodges the goal during the course of a breakaway. The fact that a player is still able to take a shot does not eliminate the possibility of a penalty shot. In order to qualify for a penalty shot, the penalty must have occurred in the offending team's half of the rink with no other members of the offending team between the player on the breakaway and the goal. In addition, the player on the breakaway must have been in possession and control of the ball or, in the judgment of the Referee, would have gained possession and control of the ball, if not for the penalty. If the penalty does not meet all of these criteria, a regular penalty will be called.

### **2. Other penalty shot infractions (bench violations)**

A penalty shot will also be awarded for the following infractions:

1. Intentionally dislodging the net in the last 2 minutes of a game.
2. Player other than the goalkeeper freezing the ball in the crease.

### **3. Penalty shot procedure**

In cases where an individual violation penalty shot has been awarded due to a player being fouled during a breakaway, the Referee shall designate the player who has been fouled as the player who will take the penalty shot.

In cases where a bench violation penalty shot has been awarded (no individual player was fouled), or where the fouled player is unable to take the shot due to injury, the penalty shot shall be taken by a player selected by the Captain of the fouled team. The selection shall be reported to the Referee and cannot be changed. In the case of a fouled and injured player, if the player was a female, the Captain may select either a female or male shooter.

The Referee shall inform the player and goalkeeper of the following rules. The Referee shall then place the ball on the center face-off spot and wait until the goalkeeper is ready on their goal line, and the shot-taker is ready at the center. The Referee will then blow the whistle to initiate the penalty shot. The goalkeeper must stay on their goal line until the shot-taker touches the ball, or a minor penalty will be assessed and served after the penalty shot. The shot-taker must keep the ball in motion towards the goal line at all times, or the penalty shot is over. Once the ball is shot or crosses over the goal line, the penalty shot is over. A penalty shot cannot be scored on a rebound, except one that occurs off a goal post or crossbar, and then off the goalkeeper and directly into the goal. If the goalkeeper purposely

throws their stick or any other equipment or dislodges the goal during a penalty shot, a goal will be awarded automatically.

### **G. Supplementary discipline (Rule 29)**

The following situations will be reviewed by the League's Disciplinary Committee to determine whether further disciplinary action is warranted against an offending player.

1. All instances of Major, Game Misconduct, and regular Misconduct penalties should be reported by the Referees and will be reviewed automatically.
2. All instances of Unsportsmanlike Conduct that occur at the rink directly before or after the games should be reported by the Referees, Captains, or Board Members and will be reviewed automatically.
3. If a Referee or Captain feels that an event that does not trigger automatic review still warrants a review, it can be submitted and reviewed at the Disciplinary Committee's discretion.

Types of incidents that warrant Disciplinary Committee action include the following:

- a. Unsportsmanlike conduct
- b. Overly aggressive play
- c. Reckless disregard for safety
- d. Willful intent to injure
- e. Fighting

Reports can be submitted electronically by email to [sdfhl@sdfhl.org](mailto:sdfhl@sdfhl.org). These can include statements from the Referees, Scorekeeper, involved players, Captains, and other witnesses, as determined by the Disciplinary Committee.

Supplementary disciplinary action decisions generally fall into the following categories:

- a. No further action
- b. Reprimand
- c. Probation
- d. Suspension
- e. Expulsion

When the Disciplinary Committee reaches a decision, the penalized player and the Captains of both teams will be notified of the ruling via e-mail, and other may be informed at the discretion of the Committee.

## **VII. PHYSICAL FOULS (Rules 42-53)**

### **A. Legal and illegal contact**

1. This is a non-checking league. Whether playing defense or offense, players shall not hold, push, charge into, or impede the progress of an opponent by extending their arms, legs, or stick, or they will be subject to a penalty.
2. A player is entitled to a position on the rink, provided they get to that spot first and without illegal contact with an opponent. However, a player can reasonably use their strength and balance to lean on an opponent to put themselves in a better position, as long as the leaning is initiated when the players are already in contact with no arm extension or violation of any of the physical foul rules.
3. Contact that results in the re-routing of an opponent is also subject to a penalty. However, the mere fact that contact occurs does not necessarily constitute a penalty. Contact which is incidental to an effort by a player to play an opponent, retrieve a loose ball, or perform normal defensive or offensive

movements, will not be considered illegal. A player may continue to move after gaining a guarding position in the path of an opponent provided the player is not moving directly at the opponent when contact occurs.

4. For example, when an offensive player is in possession of the ball below the face-off circles with their back to a defender in close proximity, the defender may track the movement of the offensive player with their body, but they may not extend their arms, legs, or stick to impede their movement. In the same respect, the offensive player may not dislodge a defensive player who has established a position by backing into them or using their arms, legs, or stick on the opponent.

## **B. Roughing**

1. NHL rules include a number of physical fouls that allow differentiation from legal checking maneuvers, such as Boarding (aggressive checking into the boards), Charging (taking a run at an opponent), Checking from Behind (hitting at or below knee level), Elbowing (extending an elbow into an opponent), Fighting, Head-butting (attempting to make contact with an opponent by leading with the head), Kicking, Kneeing, and Slew-footing (knocking somebody down by hitting them both high and low). Since no physical checking is legal in our league, most of these fouls will be categorized under the general heading of Roughing. This will be called if, in the opinion of a Referee, contact is initiated with an opponent that is inconsistent with the above guidelines.

2. Such fouls can result in "minor," "double-minor," or "major" roughing, depending on the severity of the foul, as outlined in the Types of Penalties section of the rules. The severity is at the discretion of the Referees.

## **C. Sliding/clipping fouls (Rule 45)**

Sliding is allowed under limited circumstances. However, in the interest of safety, it is illegal for floor players to slide in a dangerous manner or in a manner that impedes an opponent's progress. No contact is required to call a penalty. Goalkeepers are exempt from this rule to the extent that they are allowed to initiate a slide from the crease area in the normal course of goaltending. However, it is illegal for goalkeepers to clip or interfere with opponents when not in the normal course of goaltending.

## **D. Head-butting (Rule 48)**

If players choose to wear a helmet as protective equipment, it is illegal to make contact with another player above their shoulders with the head/helmet, whether intentional or not. This is for the protection of other players.

# **VIII. RESTRAINING FOULS**

## **A. Holding/stick holding (Rule 54)**

1. It is illegal for a player to use their hands, arms, or legs in a manner that impedes the progress of an opposing player, whether or not they are in possession of the ball.

2. It is illegal for a player to use their hands, arms, or legs to hold the stick of an opponent, whether or not they are in possession of the ball.

## **B. Hooking (Rule 55)**

1. It is illegal for a player to use their stick on the body or stick of an opposing player in a manner that impedes their progress, whether or not they are in possession of the ball.

2. It is illegal for a player to play an opponent's stick with their stick when the opponent is not in possession of the ball, and it is not traveling toward them. This is considered Hooking or Stick Interference.

3. When an opposing player is in possession of the ball, or the ball is traveling toward them, it is legal for a player to use the blade or lower part of their stick to briefly lift up (stick-check) or press down (pin) the opponent's stick in an attempt to disrupt their possession of the ball, as long as no slashing motion is employed. However, stick checks and presses can only be used to directly disrupt possession or reception of the ball. If they are used to play the opponent (e.g., impeding their movement) rather than the ball, it will be considered Hooking or Stick Interference.

### **C. Interference (Rule 56)**

It is illegal for a player to use their body to impede the progress of an opposing player when neither player is in possession of the ball. Two examples follow:

1. Pursuing a loose ball: When two opposing players are pursuing a loose ball, if one player is in front of the other, they may use their established body position to block or lengthen the path of their opponent to the ball, provided they are moving directly toward the ball in the same direction. However, lateral movements into the path of the opponent are considered interference. Once a player reaches and takes possession of the ball, they can then use their body to protect the ball, as long as any contact that might occur does not constitute a check. This same "lateral movement" rule applies when players pinch each other off along the boards

2. Pick: If an opponent is not in possession of the ball, it is illegal to intentionally move into their path in order to impede their progress (e.g., blocking access to a teammate with the ball).

### **D. Tripping (Rule 57)**

It is illegal for a player to place their stick, knee, foot, arm, hand, or elbow in such a manner that causes an opponent to either fall or stumble to the point where their progress is impeded, whether intentional or accidental. This includes the placing of the stick on or in front of the feet of an opponent in order to impede their progress with no effort to legally play the ball. Unlike the NHL rule, even if a defender contacts the ball with their stick, a tripping penalty can be called. However, if a defensive player or players have established their body and stick position, tripping will not be called if an attacking player trips by stepping onto a defensive player's stick or as a result of attempting to move through them.

## **IX. STICK FOULS**

### **A. Butt-ending (Rule 58)**

It is illegal to contact an opposing player in any manner with the portion of the shaft of the stick that is above the upper hand, whether intentional or accidental.

### **B. Spearing (Rule 62)**

It is illegal to jab at an opponent with the point of the stick blade, whether contact is made or not.

### **C. Slashing (Rule 61)**

1. It is illegal for a player to swing their stick at an opponent or their stick, whether or not contact is made. Incidental contact with the blade or lower portion of an opponent's stick or their shin area in an

attempt to play the ball is allowed, if it is controlled. Lifting an opponent's stick from underneath in an effort to play the ball is not slashing unless contact is made with the shaft of the opponent's stick at or above the normal level of their hands. However, any swinging or chopping motion at an opponent's body or stick shall be deemed slashing, particularly if it is from above.

2. When the ball is loose near the goalkeeper, it is still playable if a Referee has not stopped play with a whistle. However, if the goalkeeper has clearly covered the ball with their body, glove, or other equipment, it is not legal to swing your stick at them, even if a Referee has not yet stopped play with a whistle. This can lead to a slashing penalty at the discretion of the Referees.

3. When a floor player has fallen to the ground with the ball in close proximity, caution should be exercised when using sticks near them. If a player creates a dangerous situation, they are subject to a slashing call at the discretion of the Referees. However, unless the ball has unintentionally lodged underneath the fallen player, leading to a stoppage of play, it is the responsibility of the fallen player to get out of the way, or they will be subject to a Delay of Game penalty.

#### **D. Cross-checking (Rule 59)**

With both hands on the stick, it is illegal for a player to extend their arms such that the shaft of their stick makes contact with an opposing player.

#### **E. High-sticking foul (Rule 60)**

Note that the opponent's waist level is used here to determine high-sticking *fouls*, whereas the player's own waist level is used to determine high-sticking *stoppages of play* when no contact is made with an opponent (see "High-sticking, Ball" rule).

1. It is illegal to contact an opposing player with your stick above their normal upright waist level, whether intentional or accidental. Exceptions to this rule can be made, at the discretion of the Referees, when accidental contact is made during a normal wind-up or follow-through of a controlled shooting motion. However, a wild swing at a bouncing ball is not considered a shooting motion for this exception. In addition, contact above the waist during a shooting motion will not be considered accidental if the shooter creates a dangerous situation by initiating the shot when the other player is already in close proximity.

2. During a stick-check (hitting an opponent's stick upward from underneath with your stick), it is illegal to make contact with the opposing player's stick at a point above their normal upright waist level. In addition, making contact with the shaft of an opponent's stick at or above the normal level of their hands can be considered slashing. However, a player who has been legally stick-checked is responsible for controlling their own stick and is subject to all high-sticking foul rules.

3. A player knocking the ball out of the air with their stick above their own waist level will typically result in a routine stoppage of play (see "High-sticking, Ball" rule). Any INTENTIONAL ATTEMPT at playing a ball above the shoulder with the stick will be a 2-minute penalty. Contact with the ball is not necessary to get a penalty. If other players are in close proximity, and a player swings their stick in such a manner that the Referees, at their discretion, deem dangerous play, a High-sticking Foul may be called even if no attempt to play the ball is made.

#### **F. Playing with a broken stick (Rule 10.3)**

If a regular player's stick breaks during play, they may continue to play, but they must drop the broken stick immediately, or they will be assessed a two-minute penalty. If a goalkeeper's stick breaks during play, they may continue to use it until the next stoppage of play. If a goalkeeper loses their stick, a floor player may retrieve the goalkeeper's stick for them, or they may hand their own stick to the goalkeeper.

However, in both cases, the stick must be handed to the goalkeeper. If it is thrown or slid to the goalkeeper, an Unsportsmanlike Conduct for throwing the stick penalty will be called.

## **X. OTHER FOULS**

### **A. Delaying the Game (Rule 63)**

#### **1. Ball leaving rink**

Any player, including the goalkeeper, who causes the ball to leave the playing area with clear intent shall be assessed a Delay of Game penalty. If, in the opinion of the Referees, the ball is accidentally shot out of play by either the goalkeeper or a floor player, it will not be Delay of Game.

#### **2. Freezing the ball**

1. It is illegal for any player, other than the goalkeeper, to freeze the ball with their stick or body causing a stoppage of play. If the Referee feels that the ball is being illegally frozen by a player, they will urge the player to move the ball. If the player does not immediately move the ball, they will be subject to a Delay of Game penalty.

2. It is illegal for a goalkeeper to freeze the ball with their stick or body to obtain a stoppage of play in the absence of pressure from an opponent. If the goalkeeper does not immediately move the ball when not under pressure, they will be subject to a Delay of Game penalty.

3. Goalkeepers are allowed to freeze the ball in a rectangular zone delimited by boundaries between the end-zone face-off spots extended to the goal line (grey shaded area at the bottom of the figure in the first section), as well as the area behind the goal line as long as the goalkeeper maintains contact with the crease. If the goalkeeper freezes the ball leading to a stoppage of play outside of these areas, this shall be a minor penalty for Delay of Game.

4. It is illegal for a player, other than the goalkeeper, to fall on or gather the ball into their body. If this occurs in the crease area, a penalty shot will result (see Penalty Shot rules). The position of the ball is the determining factor, not the position of the player's body. These rules do not apply if the ball is shot or passed and inadvertently becomes lodged under a player or in the player's clothing or equipment, unless the player takes further action to make the ball unplayable.

#### **3. Goal displacement**

1. It is illegal to deliberately displace a goal from its normal position. If the defending team displaces their own goal, and a shot had not already been taken by the attacking team, play will be stopped immediately, and a minor penalty will be assessed. If the goal was displaced during a shot, a goal will be awarded if the ball crosses between the normal position of the posts and completely across the goal line, or, if, in the opinion of the Referee, it would have done so had the goal not been displaced. Otherwise, a minor penalty will be assessed. If a defending player accidentally displaces their goal, the above rules apply, but no penalty will be assessed. If the goalkeeper displaces the goal during a breakaway, a penalty shot will result (see Penalty Shot rules).

2. If an attacking player displaces their opponent's goal, play will be stopped for a face-off as soon as the offending team gains possession of the ball. If the displacement was intentional, it will result in a penalty.

#### **4. Other delays**

1. It is illegal to delay the game by failing to line up for face-offs in a timely manner.
2. It is illegal to interfere with a Referee's ability to retrieve a ball to resume play with a face-off.

#### **B. Embellishment/diving (Rule 64)**

It is illegal for a player to make an obvious attempt to draw the attention of a Referee into believing that a foul has been committed against them, or that an injury has been suffered, whether or not a foul or injury has actually occurred.

#### **C. Too many players/illegal substitution/premature substitution (Rules 68, 71, and 74)**

1. If a team has more than six (6) players on the rink, or more than the number of players allowed at a time during a penalty kill, a bench minor will be called.
2. If a team has less than one female floor player on the rink, a bench minor penalty will be called, unless the team is playing short-handed either because a female is serving a penalty committed by a female, or because no female is available to play in the corresponding position.
3. If, in the course of making a substitution, the player entering the game touches the playing surface before the player leaving the game is within 5 feet of the bench, then a bench minor penalty for Too Many Players will be called. If, in the course of the substitution, either player plays the ball with their stick or body, or interferes in any way with the progress of an opposing player, then a bench minor penalty for Too Many Players will be called. However, if either player is struck by the ball accidentally, the play will not be stopped, and no penalty will be called.
4. If a player in the bench area breaks the plane of the boards into the playing area with their body or equipment, and a ball in play touches them, or they interfere in any way with the progress of an opposing player, then a bench minor penalty for Too Many Players will be called.
5. If a player leaves the penalty bench before the expiration of their penalty, a Too Many Players penalty will be called.

#### **D. Goalkeeper interference (Rule 69)**

##### **1. Intentional initiation of contact with a goalkeeper**

A goalkeeper interference penalty will result whenever a player intentionally initiates contact with a goalkeeper, whether or not the goalkeeper is inside or outside the goal crease, and any goal scored as a result of the contact will be disallowed.

##### **2. Incidental contact inside the goal crease**

A goalkeeper has the right to move freely within their goal crease without being hindered by the actions of an attacking player. A player may run through the goal crease, but if they stop with a foot touching the goal crease, and contact is made with the goalkeeper, a goalkeeper interference penalty will be called, unless the ball preceded them into the crease. Any goal scored as a result of contact with the goalkeeper in the crease will be disallowed. If, however, the attacking player was pushed by a defending player so as to cause them to come into contact with the goalkeeper, such contact will not be deemed contact initiated by the attacking player for purposes of this rule, provided the attacking player has made a reasonable effort to avoid such contact, and a penalty may be called on the defending player.

### **3. Incidental contact outside the goal crease**

Accidental contact between a goalkeeper and an attacking player that occurs outside the goal crease does not result in a penalty, and any goal scored as a result of the contact will be allowed. However, a goalkeeper is not "fair game" just because they are outside the goal crease. Attacking players must make reasonable efforts to avoid unnecessary contact or be subject to a penalty.

### **4. Non-contact interference**

When a goalkeeper has played the ball outside of the crease and is then prevented from returning to the crease area due to the deliberate actions of an attacking player, such player may be penalized for goalkeeper interference. Similarly, the goalkeeper may be penalized, if, by their actions outside of the crease, they deliberately interfere with an attacking player who is attempting to play the ball or an opponent.

### **E. Unsportsmanlike conduct (Rule 75)**

1. It is illegal to engage in any conduct that may be deemed inappropriate, vulgar, disrespectful, or profane. This includes, but is not limited to:

- a. profane language or gestures, particularly when directed at others, or profanity arising from self-frustration that is frequent and/or is loud enough to be heard in public areas outside the rink
- b. throwing objects onto, within, or out of the rink, including sticks and other equipment
- c. slamming or breaking a stick, door, or other object
- d. hitting the ball after a whistle, other than to assist the Referee in its retrieval
- e. initiating physical contact with an opponent after the whistle
- f. calling for the ball from an opponent in an attempt to fool them into a turnover pass
- g. intentionally calling out the game time incorrectly at the end of a period or penalty in an attempt to fool the opposing team

2. Short-shifting players

- a. The Captain shall be issued an unsportsmanlike penalty for short-shifting players if he has received a prior warning at any time during the season. This penalty requires review by the Disciplinary Committee, because there may be extenuating circumstances such as penalty kills or power plays. If there is continued abuse, further action against the Captain, including probation, suspension or game forfeiture, may be taken against the captain.
- b. The Captain will receive an unsportsmanlike conduct penalty for short-shifting players if the offending team has received a prior warning from a Referee regarding short-shifting during the game, or if the Captain has been issued a prior warning from the Disciplinary Committee at any time during the season.
- c. This penalty requires review by the Disciplinary Committee to determine if supplemental penalties should be imposed. The Disciplinary Committee will consider extenuating circumstances, such as penalty kills or power plays in order to determine if supplemental penalties are warranted. If there is continued abuse, further action against the captain and team including probation, suspension or game forfeiture may be taken against the captain.

### **F. Abuse of officials (Rules 40-41)**

1. Only the team's Captain has the privilege of discussing with the Referee questions relating to interpretation of rules which may arise during the progress of a game, and only then at the discretion of the Referee. Any other player who disputes the rulings (or lack thereof) of an official may be assessed

a minor Unsportsmanlike Conduct penalty. The Captain is also subject to an Unsportsmanlike Conduct penalty if they continue to dispute the ruling (or lack thereof) after the Referee has rendered a final decision, or if they use abusive language at any time. Should the protest continue after a minor penalty is called, the player may be assessed additional penalties, in escalating order: Minor (two minutes on the clock), Double-minor (four minutes on the clock), Misconduct (10 minutes off the clock), and Game misconduct (ejection). Both referees must be in agreement if Misconduct or Game misconduct penalties are issued. If the protest continues after the game, the player is subject to a penalty that can carry over to subsequent games and/or be subject to review by the League.

2. Use of obscene, profane, or abusive language or gestures, or comments of a personal nature intended to degrade an official will result in an unsportsmanlike conduct penalty.

3. Any player who interferes with an official in the performance of their duties shall receive an unsportsmanlike conduct penalty

4. Any player who deliberately applies physical force in any manner against an official shall receive a misconduct penalty.

## **XI. SEASON**

### **A. Regular season**

In a typical regular season, each team plays each other team once, although the League may vary this format in certain seasons. The score of each regular season game will be recorded (game points). In addition, teams are awarded 2 points for each win, 1 point for each tie, and 0 points for each loss (Team Points).

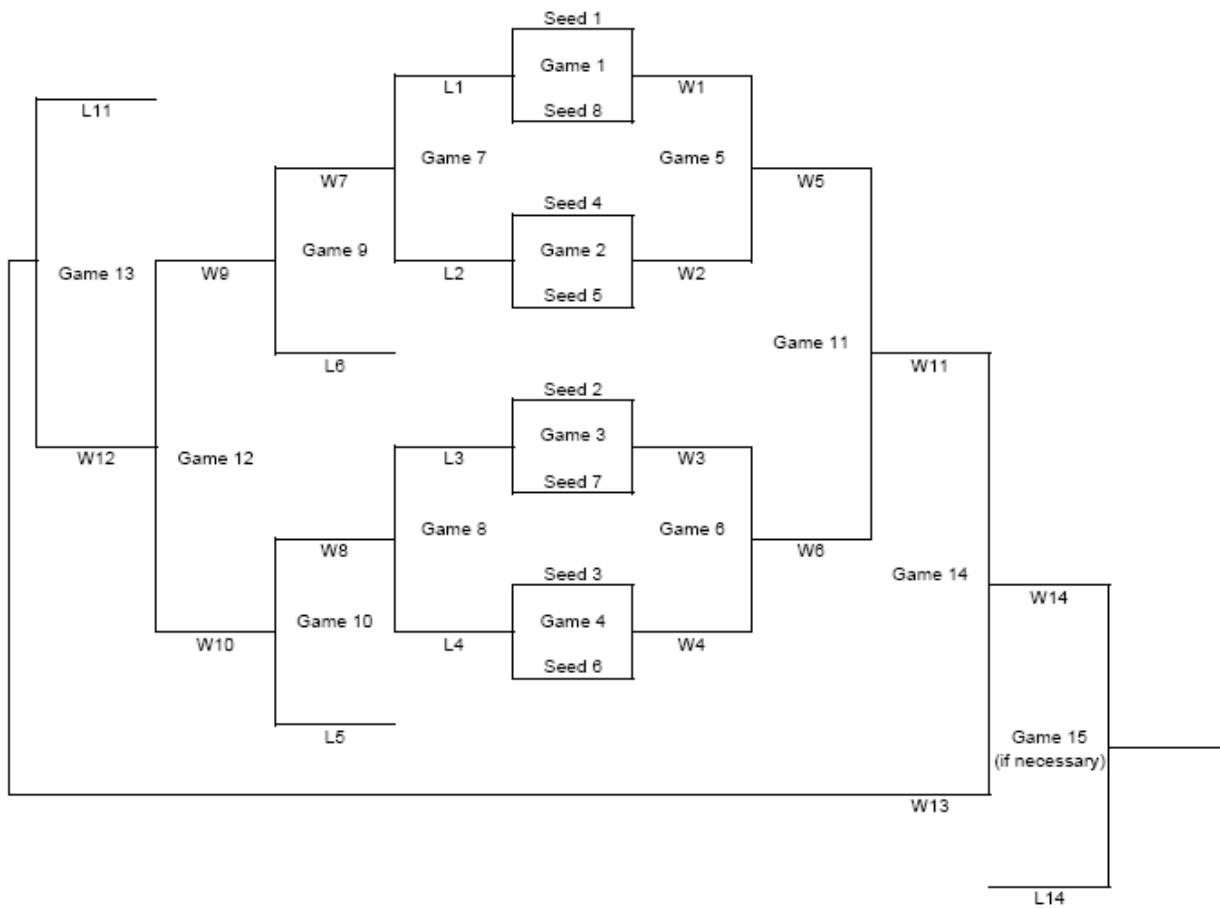
### **B. Playoff seeding**

At the end of the regular season, the teams will be ranked by team points. If more than one team has the same number of team points (tied), each group of tied teams will be seeded separately using the following criteria, in order (if the teams are still tied, the next criterion is used). When a tie-breaking criterion is reached that splits teams up into ranks, teams are locked into these ranks; each rank may be a single team or a group of teams. For each rank that is comprised of more than one team, the tiebreaking procedure is restarted at criterion 1 for teams in the rank:

1. Number of wins for the full season
2. Team points for all head-to-head games within the group of tied teams
3. Goal differential for the full season
4. Total goals scored for the full season
5. Least number of penalty minutes for the full season
6. Extra play-in game, or coin toss, at discretion of League

It is recognized that there may be apparent unfairness that results when multiple teams are separated in any tiebreaker scenario (this design or others). The intent of this rule is to provide a clear procedure for seeding teams.

In a typical season, the eight teams with most Team Points at the end of the regular season make the playoffs, and the playoffs are conducted in a double-elimination format according to the following chart, although the League may vary this format in certain seasons.



## XII. SUPPLEMENTARY DISCIPLINE GUIDELINES

The Board of Directors shall appoint a Disciplinary Committee (“DC”) to conduct disciplinary actions. There are four distinct categories of disciplinary action, listed here in ascending order of severity:

- A. Reprimand
- B. Probation
- C. Suspension
- D. Expulsion

Incidents that may warrant disciplinary action:

1. Unsportsmanlike conduct associated with Misconduct or Game Misconduct penalties, or which occurs at the rink
2. Overly aggressive play
3. Reckless disregard for the safety of another player
4. Willful intent to injure another player
5. Fighting

### A. Reprimand

A reprimand is an official notification from the DC that serves as a warning that a player’s actions have been deemed outside the “spirit of the league.” A reprimand is appropriate in routine cases of unsportsmanlike conduct that are first offenses. Subsequent acts of unsportsmanlike conduct of the same type should result in a higher category of disciplinary action.

A simple majority is required to issue a reprimand.

## **B. Probation**

Probation is a period of time during which a player cannot be involved in further incidents without facing automatic suspension or expulsion. Probation is appropriate when a player engages in: (1) an incident for which they were previously reprimanded, (2) a more serious case of unsportsmanlike conduct, or (3) overly aggressive play which the DC feels warrants action beyond any penalties served. The duration for probation is one (1) calendar year from the incident.

A simple majority is required to issue probation to a player.

## **C. Suspension**

A suspension will result in the player being suspended from all activities covered under the umbrella of the League's insurance policy. This includes, but is not limited to participation in their team's games, being present in or near their team's bench area, participating in Thursday Night Hockey, or participating in any league-sanctioned functions at the rink. Suspension from the League starts when a disciplinary action has been announced and concludes on the day that the player is eligible to return to Sunday League play. A suspension is appropriate when a player: (1) is on probation for a previous incident and is involved in a similar incident, (2) is involved in a very serious case of unsportsmanlike misconduct, (3) shows reckless disregard for the safety of another player, (4) engages in a willful intent to injure another player, or (5) participates in a fight.

The minimum duration of a suspension issued for one of the first three cases (probation violation, very serious unsportsmanlike conduct, or reckless disregard for safety) shall be one (1) game. The minimum duration of a suspension for one of the last two cases (intent to injure or fighting) shall be the remainder of the current season and one additional season. Such players are also eligible for immediate expulsion from the league at the discretion of the DC. If a player is suspended for a probation violation, their term for the probation is reset to one (1) calendar year from the end date of the suspension. If a player continues to receive suspensions for the same offense, each suspension will be for a minimum of two (2) games greater than the previous suspension. After a third suspension, the player must meet with the DC to determine whether that player shall be expelled.

A simple majority is required to issue a suspension to a player.

## **D. Expulsion**

A player that is expelled from the League by the DC cannot participate again in activities covered under the umbrella of the League's insurance policy (see Section XII.C for a nominal list of activities) for a minimum of one (1) calendar year. At the completion of that calendar year, an expelled player may request reinstatement. A unanimous vote, after recusals, by the DC is needed to expel or reinstate a player from the league.

## **E. Disciplinary Committee review**

This section covers the review process for the DC:

1. All Major, Game Misconduct, and regular Misconduct penalties shall be reported to the DC by a Referee or Board member and will be reviewed automatically.
2. All Unsportsmanlike Conduct penalties related to short-shifting players shall be reported to the DC by a Referee or Board member and will be reviewed automatically.
3. Any instance of Unsportsmanlike Conduct that occurs at the rink and is witnessed by a Referee, Board member, or Captain should be reported to the DC and will be reviewed automatically.

4. If a Referee, Scorekeeper, Board member, Captain, or any other participant feels that an event warrants review by the DC, even though it does not trigger an automatic review, a request can be submitted to the DC and may be reviewed at their discretion.
5. An appeal may be requested for multi-game suspensions by the suspended player, who must provide new evidence in writing to the DC.
6. The league reserves the right to review incidents occurring during Thursday Night Hockey play. Resulting disciplinary actions may have repercussions on Sunday night league play.

Requests for witness statements and/or interviews shall be requested from the following individuals:

1. Referees
2. Scorekeeper
3. Captains of both teams
4. Individuals involved in the incident under review
5. Board Members and/or Referees that were spectators

The DC may also request witness statements and/or interviews from any other individuals that witnessed the incident.

The DC should discuss the incident, either by using the online Disciplinary Actions forum on the sdfhl.org website or in person, and make every attempt to make an initial determination of action by 12:01 AM Thursday following the incident. For all DC actions, DC votes should be received via the forum or other communication by 12:01 AM Thursday in the week following the infraction. Any action the DC takes should be communicated by 9:00 AM Saturday following the infraction. If a multi-game suspension is issued, new evidence that the DC's prior interpretation of witness statements was incorrect must be presented in writing by 12:01 AM, Wednesday, nine days after the infraction for an appeal to be considered. The DC's final determination after appeal should be conveyed to the player involved in the incident by 12:01 AM Friday, 11 days after the original infraction. A quorum, as defined in the SDFHL bylaws, is sufficient to proceed with a given action.

#### **F. Notification of disciplinary action**

The penalized player and the Captains of both teams shall be notified of the ruling via e-mail.

#### **G. Disciplinary Committee voting**

In the event that member(s) of the DC are involved in the incident or are Captain(s) of a team that could benefit from a ruling, they shall recuse themselves from the voting process. In the event that a quorum of voting DC members cannot be found due to recusals, absences, or abstentions, the full DC shall nominate and vote on outside individuals to serve as temporary DC members. A quorum of voting DC members is required to appoint temporary members. In the event that outside individuals need to be nominated to the DC, every effort will be made to adhere to the timeline set forth under XII.E.

All discussions and votes conducted by the DC shall remain confidential to the DC and Board of Directors. In the event that a DC or Board of Directors member is under investigation for disciplinary actions, that member shall not be privy to any discussions or votes pertaining to their incident. The DC may release the names of individuals whose conduct has been reviewed by the DC and the resulting action against those individuals. DC members may partake in all discussions of an incident, even if they have recused themselves from the voting portion of the process.