

LEAGUE RULES

CENTER LINE OFFSIDES- the opposing team must wait for ball or ball carrier to cross the center line before advancing out of their zone. If offsidess is called faceoff will be held in the guilty teams zone. Centerline is determined by midcourt line.

ICING- When a player shoots the ball to the other teams zone and it crosses the Icing Line, without first leaving their zone. If icing is called faceoff will be held in guilty teams zone.

PERIOD LENGTH- (3) 15 minute periods with 5 minute intermission between periods.

GOALIES- Goalies don't have to use skates, they wear shoes. But they can only stay in goalie box.

PENALTIES

Minor penalty-1 minute in box

Major penalty-3 minutes in box

Misconduct penalty- 3 minutes in box, plus ejection from game

No checking of any kind. First offense will be a minor penalty. Second offense will be a major penalty. Third offense will be a game misconduct penalty. Remember: Three strikes and you're out!

- The use of the stick will be limited to only playing the puck.
- The stick will not be allowed to in any way impede a player's progress.
- The use of a free hand/arm will not be allowed to grab or impede a player's progress.
- Players who use their physical skills and/or anticipation and have a positional advantage shall not lose that advantage as a result of illegal acts by the opponent.
- Players will be held accountable for acts of an intimidating or dangerous nature.

HOOKING

- A player cannot use his stick against an opponent's body (puck carrier or nonpuck carrier) to gain a positional advantage.
- Placing the stick in front of the opponent's body and locking on – impeding the opponent's progress or causing a loss of balance.
- Stick on the hand/arm that takes away the ability for the opponent to pass or shoot the puck with a normal amount of force

TRIPPING

A player cannot use his stick on the legs or feet of an opponent in a manner that would cause a loss of balance or for them to trip or fall.

Examples include:

- Placing the stick in front of the opponent's legs for the purpose of impeding progress, even if on the surface, with no effort to legally play the puck
- Placing the stick between the legs of the opponent (can opener/corkscrew) that causes a loss of balance or impedes the progress of the opponent.

HOLDING

A player cannot wrap his arms around an opponent or use a free hand to clutch, grab or hold the stick, jersey or body on the opponent in a manner that impedes their progress.

Examples include:

- Wrapping one or both arms around the opponent along the boards in a manner that pins them against the boards and prevents them from playing the puck or skating

- Grabbing the opponent's body, stick or sweater with one or both hands
- Using a free arm/hand to restrain or impede the opponent's progress

INTERFERENCE

A player cannot use his body ("pick" or "block") to impede the progress of an opponent with no effort to play the puck, maintain normal foot speed or established skating lane.

Examples include:

- Intentionally playing the body of an opponent who does not have possession or possession and control of the puck.
- Using the body to establish a "pick" or "block" that prevents an opponent from being able to chase a puck carrier
- Reducing foot speed or changing an established skating lane for the purpose of impeding an opponent from being able to chase a puck carrier

ALLOWED ACTIONS

- A player is entitled to the space he occupies as long as they are able to maintain their own foot speed and body position between opponent and puck
- Players are allowed to compete for body position using their strength and balance in front of the goal or along the boards

SLASHING

- The use of the stick will be limited to only playing the puck. Any stick contact, as a result of a slashing motion, to the hands/ arms or body of the opponent will be strictly penalized.
- In addition, hard slashes to the upper portion of the stick (just below the hands) of an opponent, with no attempt to legally play the puck, shall also be penalized.

OTHER INFRACTIONS

- In addition to the above mentioned enforcement standards, all other infractions, including contact to the head, checking from behind, cross-checking, high sticking and roughing after the whistle shall be penalized to a strict enforcement standard.

AROUND THE NET

- Any stick contact with the goalkeeper when the puck is clearly covered.
- Roughing after the whistle.
- Taunting of any kind.