

RULES FOR FLOOR HOCKEY LEAGUE

- Rule 1. **TEAM COMPOSITION**
- (a) Each team shall field a team of six players. A team may play with a minimum of four players.
 - (b) EACH PLAYER MUST PERSONALLY SIGN-IN PRIOR to entry into the game for credit for the game. Failure to sign in may result in a forfeit. Any team who signs in a player not present shall be assessed a bench minor penalty.
 - (c) A player must report to the scorekeeper by the mid-point of the second period to be eligible for his team's game.
 - (d) All players of each team shall be dressed uniformly and provide a number to the scorekeeper.
 - (e) All players must be at least 18 years of age to participate, unless approved by the League.
- Rule 2. **CAPTAIN OF TEAM**
- (a) One captain, other than goalie, shall be appointed by each team who must report to the scorekeeper before each game. He alone shall have the privilege of discussing with the referees any questions relating to an interpretation of the rules which may arise during the progress of a game. He shall wear the letter "C" on the front of his jersey. Alternate captains, non goalies, must wear the letter "A" on the front of his jersey. NOTE: A COMPLAINT ABOUT A PENALTY CALLED OR NOT CALLED DOES NOT RELATE TO THE "INTERPRETATION OF THE RULES". Any player arguing the calling or non calling of a penalty shall be assessed a minor penalty.
- Rule 3. **GOALKEEPERS EQUIPMENT**
- (a) Each goalkeeper shall wear at least a goalie mask and goal pads. Goal pads shall not exceed 12" in width or a minor penalty shall be assessed against the team upon challenge of the opposing team. If the width of the goal pads is legal, the challenging team shall be assessed a minor penalty. If such a challenge is upheld, the goalie may continue to use the goal pads for the remainder of the period but may not use them again, in any league, until proper width.
 - (b) Each team shall be allowed to substitute goalkeepers any time following a stoppage of play, but no warm-up is allowed.
- Rule 4. **CHANGE OF PLAYERS**
- (a) Players may be changed at any time from the players' bench provided that the player leaving the ice shall be within 3' of the players' bench and out of the play before the change is made or a minor penalty shall be assessed. NOTE: If a player, while entering or leaving the game, deliberately plays the ball with his stick, hands or feet, while the other player is still on the rink, then an infraction for too many men on the ice shall be called. NOTE2: If a player is entering or leaving the playing surface and is accidentally struck by the ball, play will not be stopped and no penalty shall be assessed.
 - (b) A goalkeeper may be changed for another player at any time under the conditions set out in this section. The goalkeeper shall not be permitted to re-enter the game until a stoppage of play.
 - (c) If by reason of insufficient playing time remaining, or by reason of penalties already imposed, and a bench minor penalty is imposed for deliberate illegal substitution (too many men on the ice) which cannot be served in its entirety within the legal playing time, a penalty shot shall be awarded against the offending team.
- Rule 5. **INJURED PLAYERS**
- (a) When a player appears to be injured so that he cannot continue, play shall be stopped when his team obtains possession. NOTE: If the injury appears serious, play shall be stopped immediately.
 - (b) When play has been stopped due to an injured player, such player must be substituted for (except goalkeeper).
- Rule 6. **STICKS**
- (a) All sticks must be wood, plastic or other approved material, not have any projections and have a plastic type bottom.
 - (b) Adhesive tape of any color may be wrapped around the stick, but not on the bottom of the blade.
 - (c) The end of each players', including goalkeepers', stick shall be covered by tape or "butt-end".
 - (d) No stick shall exceed 60" in length from the heel to the end of the shaft nor more than 12 1/2" from the heel to the end of the blade. The blade of the stick shall not be more than 3" in width at any point nor less than 2". (Nickel Rule)
 - (e) The blade of the goalkeeper's stick shall not exceed 3 1/2" in width at any point except at the heel where it must not exceed 4 1/2" in width; nor shall the goalkeeper's stick exceed 15 1/2" in length from the heel to the end of the blade. The widened portion of the goalkeeper's stick extending up the shaft from the blade shall not extend more than 26" from the heel and shall not exceed 3 1/2" in width.
 - (f) A minor penalty shall be imposed on any player or goalkeeper who uses a stick not so conforming upon challenge by the opposing team. If the stick is legal, the challenging team is assessed a minor penalty.
 - (g) If a goal is scored with an illegal stick according to subdivisions (d) & (e) above, the goal shall be allowed and the proper penalty shall be imposed.
- Rule 7. **EQUIPMENT**

- (a) IT IS RECOMMENDED THAT EACH PLAYER USE AT LEAST THE FOLLOWING EQUIPMENT: HEADGEAR (INCLUDING FACESHIELD), SHIN GUARDS, HOCKEY GLOVES AND AN ATHLETIC SUPPORTER.
- (b) Each player is required to wear a pair of gloves (Hockey gloves recommended).
- (c) An orange plastic ball or other approved ball shall be used as a game ball.
- (d) Each team is required to supply 1 new mylec orange ball for each game.

Rule 8.

PENALTIES

I. Procedure

- (a) All Penalties shall be stop time, except for a misconduct penalty, which shall be running time unless another penalty is also being served.
- (b) Any player serving a penalty must have a legal stick with him in the penalty box.
- (c) All players serving a penalty must REMAIN IN THE PENALTY BOX for the duration of the penalty.
NOTE: No player serving a penalty shall leave the box to go to his bench or to the bar. An additional penalty shall be assessed.
- (d) Any player who receives a total of 6 minutes in penalties in one game (exclusive of a misconduct penalty) shall be ejected for the balance of the game. A player from his team must serve that player's penalty.
- (e) Any player who receives 40 minutes in penalties for a winter session or 20 minutes in penalties for the summer session shall be suspended for the next game. Any player who receives 50 minutes in penalties for a winter session or 30 minutes in penalties during the summer session shall be suspended for the remainder of the season, including playoffs.
NOTE: A regular or game misconduct shall count as 5 minutes each toward a players' penalty total for that session.

NOTE2: Any player receiving 2 misconducts (of any type) shall be suspended for the next game. Any player receiving 3 misconducts (of any type) shall be suspended for the balance of the season, including playoffs.

II. Minor Penalties

- (a) For a "MINOR PENALTY" or "BENCH MINOR", any player, other than a goalkeeper, shall be ruled off the ice for two minutes STOP TIME, during which time no substitute shall be permitted.
- (b) If, while a team is "short-handed" by one or more minor or bench minor penalties, the opposing team scores a goal, the first of such penalties shall automatically terminate.
- (c) When a player receives a major penalty and a minor penalty at the same time, the major penalty shall always be served first by the penalized player.
- (d) When coincident minor penalties or coincident minor penalties of equal duration are imposed against players of both teams, no substitute shall be allowed (i.e. teams play four a side or three aside).

Types: (See rule descriptions which follow)

Unsportsmanlike conduct; High Sticking; Roughing, Checking or INTENTIONALLY MAKING CONTACT WITH AN OPPOSING PLAYER; Interference; Delaying the game; Kneeing & Elbowing; Holding; Hooking; Slashing; Tripping; Sliding; Abuse of officials

III. Major Penalties

- (a) Intentionally drawing blood via a high stick, except the goalie, shall be ruled off the rink for 5 minutes during which time no substitute is permitted.
- (b) A deliberate attempt to injure by way of Slashing, Checking, Spearing, Boarding, Intentional High Sticking or Butt-Ending. Additional suspension may also be imposed. A player from his team shall serve the 5 minute penalty.
- (c) Fighting penalties shall also receive a game misconduct penalty and a suspension.

IV. Misconduct Penalties

- (a) Misconduct penalties to all players, except the goalkeeper, involve removal from the game for 10 minutes-see rules.
NOTE: A goalkeeper shall be removed from the game immediately upon receiving a major penalty for fighting or attempt to injure. If a goalkeeper shall be assessed a misconduct penalty, a player from his team must serve the misconduct. A substitute player is permitted to immediately replace a player serving a misconduct penalty. A player whose misconduct penalty has expired shall remain in the penalty box until the next stoppage of play.
- (b) When a player receives a minor or major penalty and a misconduct penalty at the same time, the penalized team shall immediately put a substitute player on the penalty bench to serve the minor and major penalties. At the conclusion of the minor or major penalties, the misconduct penalty shall then start to be served.
- (c) A player receiving a misconduct or game misconduct penalty in the last 10 minutes of a game shall serve an additional 10 minute misconduct penalty at the start of the next game. A substitute player is allowed for the player removed.

- (d) A “Game Misconduct” penalty involves the suspension of a player for the balance of the game (including goalie) but a substitute is permitted to replace immediately the player so removed. A substitute goalie shall have 3 min. to dress.

V. Penalty Shot

- (a) Any infraction of the rules which calls for a “Penalty Shot” shall be taken as follows:

The puck is placed on the center face-off spot and the player taking the shot will, on the instruction of the referee, play the puck from there and shall attempt to score on the goalkeeper. The player taking the shot may carry the puck in any part of the neutral zone or his own defending zone but once the puck has crossed the attacking blue line, it must be kept in motion towards the opponent’s goal line and once it is shot, the play shall be considered complete. No goal can be scored on a rebound of any kind and any time the puck crosses the goal line, the shot shall be considered complete. Only a player designated as goalkeeper may defend against the penalty shot.

- (b) The goalkeeper must remain in his crease until the player taking the penalty shot has touched the puck. If a violation of this rule occurs or a foul committed by a goalkeeper, the referee shall allow that shot to be taken and if the shot fails, he shall permit the penalty shot to be taken over again.
- (c) In cases where a penalty shot has been awarded for deliberately displacing a goal post, during the course of a breakaway or for throwing a stick, the referee shall designate the player who has been fouled as the player who shall take the penalty shot.

If, by reason of injury, the player designated by the referee to take the penalty shot is unable to do so within a reasonable time, the shot may be taken by a player selected by the captain of the non-offending team from the players on the ice when the foul was committed.

- (d) While the penalty shot is being taken, players of both sides shall withdraw to the sides of the rink behind the shooter.
- (e) If a goal is scored on a penalty shot, the puck shall be faced-off at center ice. If a goal is not scored, the puck shall be faced-off in the zone in which the penalty shot was tried.
- (f) Should a goal be scored on a penalty shot, a further penalty to the offending player shall not be applied unless the offense was a major or misconduct penalty, in which case the penalty prescribed for the particular offense shall be imposed.

Rule 9. **GOALKEEPER’S PENALTIES**

- (a) A goalkeeper shall not be sent to the penalty box for an offense that incurs a minor or major (as noted above) penalty, but instead, the penalty shall be served by a member of his team who was on the ice when the offense was committed.
- (b) Should a goalkeeper incur a game misconduct penalty, his place will be taken by a member of his own club.
- (c) A minor penalty shall be imposed on a goalkeeper who leaves the immediate vicinity of his crease during an altercation or participates in the play beyond his blue-line, plays with illegal goalie pads or goalie stick.

Rule 10. **CALLING OF PENALTIES**

- (a) Should an infraction of the rules occur which would call for a penalty, the referee shall immediately blow his whistle and impose the penalty unless the non-offending team has possession of the ball in the widened offensive zone.
- (b) The resulting face-off shall be made at the place where the play was stopped.

Rule 11. **REFEREE**

- (a) The referees have general supervision of the game and in case of any dispute, their decision shall be final.
- (b) It is his duty to impose such penalties as are prescribed by the rules for infractions thereof and he shall give the final decision in matters of disputed goals. The referees may consult before making their decisions.
- (c) The referee shall announce to the scorekeeper, all goals scored as well penalties and the infractions imposed.
- (d) Should a referee receive an injury during play, the game shall be automatically stopped.
- (e) In addition to the rules herein, a referee shall stop play for off-sides occurring on face-offs; premature entry or exit from face-off circles; premature substitution for a goalkeeper; or interference by spectators.

Rule 12. **UNSPORTSMANLIKE CONDUCT (Minor Penalty)**

- (a) Use of obscene, profane, ethnic slurs or abusive language to any person, spectator, official or referee;
- (b) Intentionally knocks or shoots the puck out of reach of an official who is retrieving it;
- (c) Deliberately throws any equipment in or out of the playing area;
- (d) Challenges or disputes the rulings or non rulings of any official during a game;
- (e) A misconduct penalty or minor penalty may be imposed on any player who attempts to continue an altercation after the referee has ordered the player to cease;
- (f) Intentionally strikes their stick against the boards/fence or into the floor (Fine will be imposed as well for damage);
- (g) Intentionally shoots the ball into the opponents net after a whistle;
- (h) Intentionally throwing anything on the rink during the progress of the game or during stoppage of play;
- (i) Interferes in any manner with any referee in the performance of their duties;
- (j) Intentionally kicks an opponents stick away from the player;

(k) Plays with a broken stick except the a goalkeeper may continue to play with a broken stick until a stoppage of play or until he has been legally provided with a stick.

NOTE: A player, incl goalie, whose stick is broken, may not receive a stick thrown onto the rink from bench.

(l) Plays with two sticks in his hands at one time unless he is providing the goalie's stick to the goalie;

(m) Runs or jumps into or charges an opponent;

(n) Deliberately throws or shoots a stick or other object at the puck;

(o) Spits onto the playing surface;

(p) Spills or tracks a liquid onto the playing surface;

(q) Threatens another player, referee, scorekeeper or spectator;

(r) Calls more than one timeout during a game or overtime session

(s) Misc other minor penalties included herein.

Rule 13 **HIGH STICKING**

(e) A minor penalty shall be imposed on any player who raises his stick higher than his waist when in the vicinity of any opposing player such as to cause or potentially cause injury.

Rule 14. **ROUGHING, CHECKING & CONTACT (Minor or Major penalty)**

(a) Body-checks or cross-checks an opponent.

(b) **INTENTIONALLY MAKES PHYSICAL CONTACT WITH AN OPPOSING PLAYER ANYWHERE ON THE RINK**, including moving a player "out" from in front of the net.

(c) **MAJOR PENALTY** for Any player who cross-checks or pushes a player from behind into the boards.

Rule 15. **INTERFERENCE (Minor penalty)**

(i) Player or bench player interferes with or impedes the progress of an opponent who is not in possession of the puck;

(ii) deliberately knocks a stick out of an opponents hand;

(iii) prevents a player who has dropped his stick or any other piece of equipment from regaining possession of it;

(iv) knocks or shoots any abandoned or broken stick or other debris towards an opposing puck carrier.

(v) while on the bench or in the penalty box, intentionally interferes with the ball.

(vi) by means of his stick or body, interferes with or impedes the movements of the goalkeeper.

NOTE: A goalie is NOT "fair game" just because he is outside the crease. Unnecessary contact with goalie is a penalty.

(vii) A minor penalty shall be assessed to a player of the attacking side who, after having been interfered with, fails to avoid making contact with the goalkeeper in the referees discretion

Rule 16. **DELAYING THE GAME (Minor penalty)**

(a) Delays the game by intentionally shooting or batting the puck with his stick or hand outside the rink (Unless the ball deflects off of a player, board, glass or fence.) which is interpreted to mean above the glass and above the penalty and bench areas in the defensive zone;

(b) Any player, including goalkeeper who, regardless of intent, shoots the ball out of the rink (Unless the ball deflects off of a player, board, glass or fence.) This is interpreted to mean above the player and penalty box areas and glass in the teams' defensive zone (inside the blue line) NOTE: The team shall first receive a warning for an unintentional infraction then the second infraction shall receive a penalty.

(c) A player deliberately displaces, including goalkeeper, a goal post from its normal position.

If the goal post is deliberately displaced during a breakaway, a penalty shot will be awarded to the player last in possession.

NOTE) In the event that a goalpost is deliberately displaced , which in the opinion of the ref, the ball would have entered the goal, the referee shall award a goal.

(d) **IF, BY REASON OF INSUFFICIENT TIME IN THE REGULAR PLAYING TIME OR BY REASON OF PENALTIES ALREADY IMPOSED, THE DELAY OF GAME PENALTY ASSESSED CANNOT BE SERVED IN ITS ENTIRETY WITHIN THE REMAINING PLAYING TIME, A PENALTY SHOT SHALL BE AWARDED AGAINST THE OFFENDING TEAM.**

(e) Delays the game by not advancing the puck toward the opposing teams goal.

Rule 17. **ELBOWING and KNEEING**

(a) A minor penalty shall be imposed on any player who uses his elbow/knee to foul an opponent.

Rule 18. **HOLDING**

(a) A minor penalty shall be imposed on any player who holds an opponent or an opponent's stick.

Rule 19. **HOOKING**

(a) A minor penalty shall be imposed on a player who impedes or seeks to impede an opponent by hooking.

- Rule 20. **SLASHING**
- (a) A minor penalty shall be imposed on a player who attempts to or, in fact, does slash an opponent with his stick or who slashes the stick of an opponent one (1) foot above the blade of the stick.
(NOTE) REFEREES SHALL PENALIZE ANY PLAYER WHO SWINGS HIS STICK AT ANY OPPOSING PLAYER (WHETHER IN OR OUT OF RANGE) WITHOUT ACTUALLY STRIKING HIM.
- Rule 21. **TRIPPING**
- (a) A minor penalty shall be imposed on any player who shall place his stick, knee, foot, arm, hand or elbow in such a manner that it shall cause his opponent to trip or fall. This includes stepping on a stick.
NOTE: Accidental trips occurring simultaneously with or after a stoppage of play will not be penalized.
- (b) When a player in control of the puck on the opponent's side of the blue line and having no other opponent to pass than the goalkeeper, is tripped or otherwise fouled from behind thus preventing a reasonable scoring opportunity, a penalty shot shall be awarded to the player of the non-offending side.
- (c) If when the opposing goalkeeper has been removed from the ice, a player in control of the puck is tripped or otherwise fouled with no opposition between him and the opposing goal thus preventing a reasonable scoring opportunity, the referee shall immediately stop the play and award a goal to the attacking team.
- Rule 22. **SLIDING**
- (a) Any player who slides and takes the feet out from under an opposing player, regardless of intent or the quality of the play, shall be assessed a minor penalty.
- (b) No player shall slide on the floor of the rink with exposed shin guards.
- Rule 23. **PHYSICAL ABUSE OF OFFICIALS**
- (a) Any player who deliberately applies physical force to an official, attempts to injure an official, deliberately makes contact with an official, who physically or verbally demeans or swears at an official, or who throws any piece of equipment or any other item at a referee shall receive a minor penalty, misconduct penalty and/or a game misconduct penalty. The League may also suspend the player accordingly.
- Rule 24. **FACE-OFFS**
- (a) Players facing-off will stand squarely facing their opponent's end of the rink with the blade of their sticks on the playing surface at the bottom of the face-off circle.
- (b) If after a warning by the referee, either of the players fails to take his proper position for the face-off promptly, the official shall be entitled to face-off the puck notwithstanding such default. Once a player has entered the face-off circle, he shall not be allowed to exit.
- (c) If a player facing-off fails to take his proper position immediately when directed by the official, the official may order him replaced for that face-off by a teammate on the rink, stop the clock and put time back on the clock commensurate with the time wasted by the offending player. If a non centering player fails to remain steady for the faceoff, the referee may assess a minor penalty and may stop the clock and place time back on the clock commensurate with the time wasted by the offending player.
- (d) When a rule has been broken or a stoppage of play has been caused by any player of the attacking team in the attacking zone, the ensuing face-off shall be made in the neutral zone on the nearest face-off spot, except crease violations.
NOTE: This includes a stoppage caused by an attacking player shooting the puck onto top of the net.
- (e) When an infringement of a rule has been committed by players of both sides resulting in a stoppage of play, the ensuing face-off shall be at the place where the ball was when play was stopped.
- (f) When stoppage occurs between the end face-off spots and the end of the rink, the puck shall be faced-off at the end face-off spot on the side where the stoppage occurs unless otherwise expressly provided herein.
- (g) When a stoppage occurs between the face-off spots and the "blue" aka "red" line, the puck shall be faced-off at the spot of the stoppage.
- (h) When the game is stopped for any reason not specifically covered in these rules, the puck must be faced-off where it was last played.
- (i) When the puck goes outside the playing area, or strikes any obstacle above the playing surface other than the boards, it shall be faced-off from where it was shot or deflected unless otherwise provided in these rules.
- (j) When the puck becomes lodged in the netting on the outside of the goal, or frozen between opposing players intentionally or otherwise, the referee shall stop play and face-off at either of the adjacent face-off spots unless the referee determines that the stoppage was caused by a player of the attacking team.
- Rule 25. **FALLING ON THE PUCK**
- (a) A minor penalty shall be imposed on a player, other than the goalkeeper, who deliberately gathers the puck into his body outside of the goal crease.
- (b) A minor penalty shall be imposed on the goalkeeper who deliberately holds the puck so as to cause a stoppage of play unless he is being checked by an opponent.
NOTE: A goalie may not, under any circumstances, cover the ball behind the icing line unless his feet are touching his crease.

NOTE2: A goalie may not, under any circumstances, cover the ball on the back of the net.

- (c) No defending player shall be permitted to fall on the puck, hold the puck or gather the puck into his body or hands when the puck is in the goal crease. For infringement of this rule, play shall be immediately stopped and a penalty shot shall be awarded against the offending team, but no other penalty shall be given. However, if the goalie has been removed from the game, a goal is awarded.

Rule 26. **FIGHTING**

- (a) Any player who, in the opinion of the referee or league, engages in a fight, shall receive a major penalty and a game misconduct. IN ADDITION, IN THE DISCRETION OF THE LEAGUE, THE PLAYERS SHALL BE SUSPENDED FOR A TERM DECIDED UPON BY THE LEAGUE IN CONSULTATION WITH A CONDUCT COMMITTEE. THE PLAYER IS ALSO SUSPENDED FOR ANY AND ALL LEAGUES THAT THE PLAYER PARTICIPATES IN AT CRUISERS FOR THE SAME DURATION. IF THE FIGHT OCCURS DURING THE PLAYOFFS, THE PLAYER MAY BE SUSPENDED FOR THE NEXT SEASON, IN ADDITION TO A SUSPENSION WHICH SHALL BE ASSESSED AGAINST THE PLAYER IN ACCORDANCE WITH THIS SECTION.
- (b) A player who has been suspended in two separate seasons for fighting may be permanently suspended from future play.
- (c) A minor, major and/or game misconduct penalty may be imposed on any player who is the first to intervene in a fight and grabs an opponent.
- (d) When an altercation occurs, all players not engaged shall go immediately to their bench.
- (e) Any player who engages in a wrestling altercation with an opponent shall be suspended for a term to be decided upon by the League in consultation with a conduct committee. The player may also be suspended for any other leagues he participates in at Cruisers.
- (f) The league may enhance a suspension for repeat offenders.
- (g) Any player engaging in 2 fights in the same session shall be suspended for the rest of the season, including playoffs.

Rule 27. **GOALS AND ASSISTS**

- (a) A goal shall be scored when the puck by the stick of a player entirely crosses the goal line.
- (b) A goal shall be scored if the puck is put into the goal in any way by a player of the defending side.
- (c) If an attacking player intentionally kicks or hits the ball with his hand and it directly enters the net or is deflected into the net by any player, the goal shall not be allowed.
- (d) If the puck shall have been deflected into the goal from the shot of an attacking player by striking any part of the person of a player of the same side, a goal shall be allowed. The goal shall not be allowed if it has been kicked, thrown or otherwise deliberately directed into the goal by any means other than a stick.
- (e) A "goal" shall be credited in the scoring records to a player who shall have propelled the puck into the opponents' goal and an assist credited to the one player in the play immediately preceding the goal, if any.

Rule 28. **HANDLING PUCK WITH HANDS**

- (a) If a player, except goalie, catches the ball, the play shall not be stopped if he immediately drops the ball AT HIS FEET.
- (b) A goalkeeper may not throw the puck forward towards the opponent's net in excess of 2 feet or a stoppage of play shall occur
- (c) A minor penalty shall be assessed against a goalkeeper who deliberately drops the puck into his pads or onto the goal net to enable a stoppage of play.
- (d) A player shall be permitted to stop or "bat" a puck in the air with his open hand or push it along with his hand, and the play shall not be stopped unless, in the opinion of the referee, he has deliberately directed the puck to a teammate in the neutral or offensive zone, in which case the play shall be stopped and the puck faced-off at the spot where the offense occurred.
NOTE: Play will not be stopped for a hand pass by defensive players within their own zone.

Rule 29. **HIGH STICKS**

- (a) Carrying or running with a stick or a follow-through or wind up above the normal height of the waist is prohibited and play shall be stopped for a face-off. See Rule 13 for penalty information if an opposing player is in the vicinity.
- (b) Batting the puck above the normal height of the waist with the stick is prohibited.
See Rule 13 for penalty information if an opposing player is in the vicinity.

Rule 30. **OFF-SIDES**

- (a) The position of the player's footwear shall be the determining factor in all instances in deciding an off-side. A player is off-sides when both sneakers are completely over the outer edge of the blue line.
- (b) For violation of this rule, the play is stopped and the puck shall be faced-off in the neutral zone at the face-off spot nearest the attacking zone of the offending team, unless the pass came from within the defending zone. Then the face-off shall be from the point of the pass or the face-off circle.
- (c) If, while an off-sides call is delayed, players of the offending team clear the zone, the referee shall drop his arm and the play is no longer off-sides.

NOTE: A player making a change in the offensive zone, before the ball has entered the zone, is considered immediately off-sides and play shall be stopped. No delayed off-sides shall apply in this scenario.

- (d) If in the opinion of the referee, an intentional off-sides play has been made, the puck shall be faced-off in the defending zone of the offending team.
- (e) If a player deliberately carries or passes the ball into his defending zone while a player of the opposing team is in the zone, the "off-sides" shall be waived.
- (f) If a player change is made in the attacking zone and the team's bench or penalty box is located within the offensive zone, and the play has already been established as being on-sides, the changing offensive player must immediately touch up with the nearest blue line before entering play and play will not be stopped.

Rule 31. **PLAYING RULES and GOAL CREASE**

- (a) If an attacking player steps into the goal crease area of his own accord, or puts his stick in the crease, when the puck is not in the crease, the referee shall stop play and a face-off shall occur in the defending zone of the offending team.

NOTE: The goal crease area shall be considered a cylinder extending to the roof.

- (b) If a stick throwing infraction occurs by the defending player in his zone, interrupting a scoring opportunity, a penalty shot shall be awarded unless the goal is unattended and the attacking player shall have no opposing player to pass and having a chance to score on an open net, then a goal shall be awarded to the attacking side.
NOTE: An open net is defined as one from which the goalkeeper has been removed.

- (c) If a goalkeeper is pushed into the net, either directly or indirectly by an opposing player, together with the puck after making a stop, the goal will be disallowed.
- (d) If a player has been physically interfered with by the action of any defending player so as to cause him to be in the goal crease while the puck enters the net, the goal shall be allowed.
- (e) A minor penalty shall be assessed to a player of the attacking side who, after having been interfered with, fails to avoid making contact with the goalkeeper in the ref's discretion. NOTE: If a goal is scored, it shall be disallowed.
- (f) The puck must be kept in motion at all times.
- (g) Except to carry the puck behind its own goal once, a side in possession in its own zone shall always advance the puck towards the opposing goal unless prevented from doing so by an opponent.
A delay of the game penalty shall be assessed to the offending player in possession of the puck.

Rule 32. **PUCK OUT OF SIGHT**

- (a) If a scramble takes place or a player accidentally falls on the puck and the puck is out of sight of the referee, he shall immediately stop play. The face-off shall be at the point where play was stopped unless otherwise provided herein.
- (b) Play shall not be stopped if a puck touches an official anywhere on the rink.

Rule 33. **BENCH CONDUCT**

- (a) During an altercation on the rink, a player may not leave his bench or penalty box. A minor penalty, regular or game misconduct may be assessed and a suspension may also be assessed against any player who violates this rule.
- (b) The first player to leave his bench or penalty box shall also be assessed a minor penalty.
- (c) Except at the end of the period, a player may not leave the penalty box and enter the rink.
- (d) No player, including captain, may leave his bench or penalty box to "argue" a call.
- (e) No persons, other than players or designated team manager, may be allowed in the bench area. The players and manager must remain in the bench area or a minor penalty shall be assessed.

Rule 34. **START OF GAME AND PERIODS**

- (a) The game shall be commenced at the time scheduled by a face-off in the center of the rink and at the conclusion of the intermissions. If a team is not ready to proceed at the scheduled time, the clock may still be started on the game.
- (b) A forfeit victory (3-0) shall be awarded to a team when an opponent fails to arrive within 15 minutes of the scheduled starting time. Each team must pay for a forfeited game.
- (c) Teams shall change ends for each succeeding regular period. The teams shall defend the goal adjacent to their player box for the first overtime period and shall change end for each succeeding overtime period.

Rule 35. **GAME AND TIMING OF GAME**

- (a) The time allowed for a game shall be 3 - 15 minute periods running time however, in the last minute of play of the third period, with a score differential of 2 goals or less, the time shall be actual time.
- (b) There shall be a one-minute intermission between periods.
- (c) The game clock shall be running time, except as provided herein. In the referee's discretion, the game clock may be stopped due to an injury, equipment malfunction or maintenance of rink. In addition, the referee shall stop the clock after an altercation has been broken up.

- (d) The team scoring the greatest number of goals during the three periods shall be the winner and awarded two points in the league standings.

Rule 36. **TIED GAMES**

- (a) If, at the end of three regular periods the score shall be tied, each team shall receive a tie and be awarded one point in the league standings.
- (b) During the playoffs, one overtime period of 15 minutes running time shall be held after a 1 minute intermission, unless otherwise provided herein.

If after the conclusion of the overtime period, the game remains tied, a shoot-out shall be held as follows: Each team shall select three players to shoot in accordance with the rules for penalty shots. The team scoring the most goals out of all three of their shots shall be credited with the victory. (NOTE) This procedure shall continue as above with three different players per team (other than the players shooting in the last round) until a team scores more goals on its three shots than the other team.

NOTE: In the final game of the playoffs, overtime shall consist of fifteen minute periods running time with the first team to score declared the winner. (SUDDEN DEATH)

Rule 37. **TIE BREAKERS**

- (a) If teams are tied in the standings at the end of the season, the team with the most wins is seeded higher.
- (b) The following criteria will then apply: fewest losses; Head to head winner; Total goals against.
- (c) If still tied, a coin flip will determine highest seed.

Rule 38. **TIME-OUTS**

- (a) Each team shall be permitted 1- one **minute** time-out during the course of regular time. The time-out must be taken during a **normal** stoppage of play. Only one team is allowed a time-out per stoppage.

NOTE: During an altercation, a time-out may not be called by a team until the referees have reported all penalties.

- (b) An unsportsmanlike penalty shall be assessed against a team who attempts to call more than 1 time-out in a game.
- (c) Each team shall be allotted an additional time-out during each overtime period (non-cumulative).

Rule 39. **PLAYOFF ELIGIBILITY**

- (a) A player must appear in 25 per cent of his team's games to be eligible for the playoffs.
- (b) A player does not accumulate eligible games while on suspension.
- (c) An injured player may accumulate eligibility by showing up and signing in for his teams' game according to Rule 1 unless prior approval of the League is obtained depending on the severity of the injury.

Rule 40. **FINES**

- (a) Any player slamming his stick into the boards or onto the playing surface or intentionally damaging the premises, resulting in damage to the floor, boards, rink or facility, must pay a fine of at least \$25.00 prior to being reinstated.
- (b) A player may also be fined for other rule infractions, rink conduct or inappropriate conduct at Cruisers.

Rule 41. **INTOXICATION**

- (a) Any player deemed intoxicated by the referee or league shall not be allowed to play.
- (b) Any player deemed intoxicated by the referee or league after the start of a game, shall be immediately ejected from the game and the team shall be assessed a minor bench penalty.

Rule 42. **CONDUCT COMMITTEE**

A Committee shall be formed at the start of each session to assist in the determination and extent of suspensions. No more than one player on a team may serve on the committee. The exact composition and number of members shall be determined by the League. The League however shall ultimately determine the extent of any suspension with input from the Committee.

Rule 43. **BEST INTERESTS**

The League Commissioner reserves the right to alter, add to or delete any rules without prior notice in the best interests of the league. The Commissioner shall be the final interpreter of any and all rules.