



National Roller Sports Association

Official Rules for Inline Hockey

Table of Contents

SECTION I: THE RINK

RULE 1 - RINK

RULE 2 - GOAL NETS

RULE 3 - LINES, FACE-OFF CIRCLES, GOALKEEPER'S CREASE, DELAY OF
GAME ZONE

RULE 4 - DIVISION OF PLAYING SURFACE

RULE 5 - PLAYER BENCHES

RULE 6 - PENALTY BENCH, REFEREE CREASE, AND SIGNALING AND TIMING DEVICES

SECTION II: THE GAME

RULE 7 - GAME TIME, INTERMISSIONS, SHOOTOUTS, TIMEOUTS, & STANDINGS

RULE 8 - WARM-UPS, START OF GAME

RULE 9 - COMPOSITION OF TEAM, CAPTAINS, ROSTERS

RULE 10 - CHANGE OF PLAYERS AND INJURED PLAYERS

SECTION III: EQUIPMENT

RULE 11 – SKATES

RULE 12 – STICKS

RULE 13 - PROTECTIVE EQUIPMENT

RULE 14 - GOALKEEPER'S EQUIPMENT

RULE 15 - PUCK

RULE 16 - UNIFORMS

RULE 17 - DANGEROUS EQUIPMENT

RULE 18 - EQUIPMENT MEASUREMENT

SECTION IV: OFFICIALS

RULE 19 - APPOINTMENT OF OFFICIALS AND OFFICIATING SYSTEM

RULE 20 - REFEREES

RULE 21 - MINOR OFFICIALS, ASSISTANT OFFICIALS

RULE 22 - GAME TIMEKEEPER, PENALTY TIMEKEEPER, OFFICIAL SCORER
AND GOAL JUDGE

RULE 23 - GOAL JUDGES

RULE 24 - LEAGUE AUTHORITIES

SECTION V: PENALTIE

RULE 25 – PENALTIES

RULE 26 - MINOR PENALTIES

RULE 27 - MAJOR PENALTIES

RULE 28 - MISCONDUCT PENALTIES

RULE 29 - MATCH PENALTIES

RULE 30 - CALLING OF PENALTIES

RULE 31 - GOALKEEPER PENALTIES

SECTION VI: PLAYING RULES

RULE 32 - ABUSE OF OFFICIALS AND OTHER MISCONDUCT

RULE 33 - ADJUSTMENT TO CLOTHING AND EQUIPMENT

RULE 34 - ATTEMPT TO INJURE

RULE 35 - BOARDING

RULE 36 - BROKEN STICK

RULE 37 - CHARGING AND CHECKING FROM BEHIND

RULE 38 - CROSS-CHECKING AND BUTT-ENDING

RULE 39 - DELIBERATE INJURY TO OPPONENTS AND HEAD-BUTTING

RULE 40 - DELAY OF GAME

RULE 41 - ELBOWING AND KNEEING

RULE 42 - FALLING ON PUCK

RULE 43 - FIGHTING

RULE 44 - GOALS AND ASSISTS

RULE 45 - HANDLING PUCK WITH HANDS

RULE 46 - HIGH STICKS

RULE 47 - HOLDING

RULE 48 - HOOKING

RULE 49 - INTERFERENCE

RULE 50 - INTERFERENCE BY/WITH SPECTATORS

RULE 51 - KICKING A PLAYER AND KICKING THE PUCK

RULE 52 - LEAVING PLAYER OR PENALTY BENCHES

RULE 53 - PUCK MUST BE KEPT IN MOTION AND TURNOVER RULE

RULE 54 - PUCK OUT OF BOUNDS OR UNPLAYABLE

RULE 55 - PUCK OUT OF SIGHT AND ILLEGAL PUCK

RULE 56 - REFUSING TO START PLAY

RULE 57 - SLASHING

RULE 58 - SPEARING

RULE 59 - THROWING STICK

RULE 60 - TRIPPING

RULE 61 - UNNECESSARY ROUGHNESS (ROUGHING)

RULE 62 - UNSPORTSMANLIKE CONDUCT

SECTION VII: SUPPLEMENTAL DISCIPLINE

RULE 63 - SUPPLEMENTAL DISCIPLINE

SECTION VIII: AMENDMENTS

RULE 64 - AMENDMENTS TO RULEBOOK

Section I: The Rink

Rule 1 - Rink

- (a) NRS games shall be played on a plastic, wood, or tiled surface appropriate for inline hockey.
- (b) Recommended rink size is 200 feet long and 85 feet wide. The minimum size for a rink shall not be less than 180 feet long and 80 feet wide.
- (c) Rinks must have hockey boards or other appropriate barriers approximately 4' high, and have them completely surrounding the playing surface to keep the puck in play. The spectator areas must be clearly designated and enclosed with safety glass and netting. Any areas of the rink that do not provide protective glass above barriers must be restricted; no spectators and non-participants.
- (d) All facilities, equipment, and rink surfaces must be approved by NRS before sanctioned events are approved. Member associations or NRS chartered organizations must submit rink dimensions and condition reports to the NRS for all rinks or facilities used.

Rule 2 - Goal Nets

- (a) The goals shall consist of metal frames, with the pipes a minimum diameter of 2". All forward goal posts must be painted red, and covered with durable netting that is free of holes, gaps, or any significant fraying. The center post inside the goal should be padded. NRS regulation goal nets are 6' wide and 4' tall.
- (b) Goal posts and crossbars shall be painted red and all other interior and exterior surfaces of the goal net shall be painted white.

Rule 3 - Lines, Face-Off Circles, Goalkeeper's Crease, Delay Of Game Zone

- (a) All lines shall be laid out using the floor tiles (12' wide) or taped lines a minimum of 2" wide, and shall be of contrasting color to the floor. At the center of the rink, a minimum 2" red line (Center Line) shall be painted across the width of the entire rink and vertically up the boards. In addition, 2" red lines (Goal Lines) shall also be painted at both ends of the rink (no less than 12' and no more than 15' from the end of the rink) and vertically up the boards. Goal lines should be in-line with the front of each goal post as to provide a distinctive marking for the front of the goal's location.

- (b) There are 9 designated face-off locations on the rink, and face-offs may only occur at one of the designated locations. The first face-off location is at center rink (the center most point along the Center Line). Face-off locations 2, 3, 4, and 5 are corner locations that are 20 feet perpendicular to the closest Goal Line, and measure from the sideboards at a distance 25% of the total width of the floor. Face-off locations 6, 7, 8, and 9 are 40 feet perpendicular to the closest Goal Line, and measure from the sideboards at a distance of 25% of the total width of the floor (same distance from boards as corner face-off locations).
- (c) The goal crease shall start from the center point of the goal line, and extend towards the center of the rink in a semi-circle using a 6' diameter measurement. The goal crease shall be marked with a 2" red line.

Rule 4 - Division of Playing Surface

- (a) The playing surface shall be divided into two halves at the Center Line. The center red line shall be a hashed, or broken, line and shall be considered part of the zone in which the puck is located.
- (b) The half of the playing surface in which the goal is located shall be called the "Defensive Zone" of the team defending that goal. The half of the playing surface furthest away from the defending team's goal shall be known as the "Attacking Zone." NOTE: There is no "Neutral Zone" in inline hockey.
- (c) It is recommended that a Referee Crease be laid out on the scorekeeper side of the Center Line. The Referee Crease should consist of a semi-circle no larger than 7' in diameter.

Rule 5 - Player Benches

- (a) Each inline hockey rink shall have two distinct bench areas. Each player bench shall accommodate at least 12 players and shall be placed immediately alongside the playing surface in the neutral zone as near as possible to the center of the rink and convenient to the dressing room. All doors opening to the playing surface shall swing away from the playing surface.
- (b) Only players in uniform, designated coaching staff, training/medical staff shall be permitted to occupy the player benches. No more than 4 non-playing personnel, per team, may be present in the bench area during games.
- (c) During a game, coaches and trainers shall be confined to the players' bench.

1. Any team representative who steps onto the playing surface during a stoppage of play, except to attend to an injured player when called to do so by the referee, after a warning by the referee, shall be assessed a Minor penalty.
 2. Any team official who steps onto the playing surface during the rest period between halves, after a warning by the referee, shall be assessed a Minor penalty.
 3. Any team official who steps onto the playing surface, or interferes with participants already on the playing surface during play, shall be assessed a Match penalty.
 4. Any team official who steps onto the playing surface during an altercation shall be assessed a Match penalty.
- (d) Teams shall maintain the same bench for the entire game.
- (e) The use of tobacco products (i.e., cigarettes, smokeless products) on or near the players' bench, penalty bench area, timekeeper area, or on the playing surface is strictly prohibited. For the first offense, a Minor penalty shall be assessed. Thereafter, a Match penalty shall be assessed.
- (f) The use of alcohol and illegal drugs on or near the players' bench, penalty bench area, timekeeper area, or on the playing surface is strictly prohibited. For a violation of this Rule, a Match penalty shall be assessed.

Rule 6 - Penalty Bench, Referee Crease, and Signaling and Timing Devices

- (a) Each rink shall have seats or benches to be used for the seating of penalized player(s), the Game Timekeeper, and the Official Scorer.
- (b) Ideally, the penalty bench should be located on the opposite side of the rink as the player benches, but at a minimum a substantial distance from the players' benches.
- (c) The "Referees' Crease" shall be laid out as follows: with the center court line as the starting point, 7' wide along the boards each side of the center court line, extending 7' towards the center of the floor and 7' wide at the top of the Referees' Crease.
- (d) Each rink shall provide some form of electrical clock for the purpose of keeping spectators, players and Game Officials accurately informed as to all the time elements at all stages of the game, including the time remaining to be played. Penalty time clocks shall show the time remaining to be served in each penalty.
- (e) Each rink shall provide a siren, or other suitable sound device to signify the end of playing time in each quarter.

- (f) When Goal Judges are used, electric lights, or other similar devices shall be provided so that the Goal Judge may signify the scoring of a goal.

Section II: The Game

Rule 1 - Game Time, Intermissions, Shootouts, Timeouts, & Standings

- (a) NRS game times can be one of the following options:
1. Two 12-minute halves (stopped clock)
 2. Two 15-minute halves (either stopped or continuous clock)
 3. Two 18-minute halves (continuous clock only)
- (b) Intermission shall be 2 minutes at halftime.
- (c) Overtime - For games that are tied at the end of regulation:
- (d) All games tied at the end of regulation shall move to a 5-minute, sudden death overtime.
- (e) Shoot Out – Games that are still tied after one 5-minute overtime period may (if necessary) proceed into a shootout, with 3 players per team selected. During a shootout, the home team will be given the option of shooting first or second. The 3-Player shootout shall consist of alternating skaters from each team shooting penalty shots against the opposing goaltender.
1. Referees shall place the puck at the center faceoff circle for each penalty shot, with the shooting player lined up behind the puck. Goaltenders must begin each penalty shot inside their respective goal crease until the referee's whistle. Upon the referees whistle, the shooting player may approach the opposing goaltender from any angle or direction they choose. However, they must maintain "possession" of the puck until the shot is taken. If at any time during the penalty shot, a player loses "possession" of the puck, the shot shall be forfeited.
 2. A point is tallied during the shootout for any goal scored. However, goals scored during a shootout are not included in the game score. **THE TEAM WHO IS DESIGNATED THE WINNER FOR ANY SHOOTOUT WILL BE AWARDED ONE (1) GOAL ON THE OFFICIAL GAME SHEET, WITH NO PLAYER(S) RECEIVING CREDIT FOR ANY GOALS SCORED.**
 3. No player may attempt more than one penalty shot during the 3-Player shootout.
 4. If a 3-Player shootout does not determine a winner, the game will proceed to a sudden death shootout. Each team will use all players on roster during shootout until the shortest roster has been used in full. If this occurs, BOTH teams may begin from the beginning with any player on the roster. A winner of a sudden death shootout is declared when a team, with equal shot attempts taken, has scored one goal more than their opponent.

- (f) All penalties assessed during regulation time will be carried over to the successive overtime period(s) and shall be served in their entirety. Any player assessed a penalty that carries over into a shootout is disqualified from participating in the shootout and shall remain in the penalty box for the duration of the shootout.
- (g) Time-outs
 1. Each team shall have one 30-second time-out per game (including overtime). Any team that attempts to call a second timeout will be assessed a Minor penalty for delay of game.
 2. A time-out may only be called during a stoppage of play.
 3. When a time-out is taken, all players must proceed to their team's bench. Any players serving a penalty are prohibited from leaving the penalty box during a time-out.
- (h) Standings:
 - (i) The NRS recognizes this method of calculating standings for league or tournament play:
 - (j) Method – Teams are awarded 2 points for a win, 0 points for a loss, 1 point for an overtime loss. Teams are then ranked according to points earned, with any tie in points determined by head to head results and then goal differential ("Goals For" minus "Goals Against").

Rule 2 - Warm-Ups, Start of Game

- (a) Each team shall be granted a minimum 2-minute warm-up period before any game. Referees and coaches from each team must be present during warm-ups. Teams must warm-up on sides closest to their player bench, and players are restricted from entering opposing teams warm-up side or bench area. Only players on the active team roster for the game may participate in warm-ups.
- (b) The game shall be commenced at the scheduled game time with a face-off at center. Teams shall defend the goal furthest from their bench during the first half of a game, and then defend the goal closest to their bench during the second half of a game.
- (c) No delay shall be permitted by reason of any ceremony, exhibition, demonstration, or presentation unless consented to by the Visiting Team and/or the IHA Commissioner.
- (d) If a team fails to present a fully dressed and equipped goaltender AND four fully dressed and equipped skaters at the start of a game without proper justification, the offending team shall be assessed their 30-second timeout. If a full team has failed to appear on the floor after the assessment of their 30-second timeout, they shall then be assessed a Minor Penalty for delay of

game. If a full team has failed to appear on the floor after the assessment of a Minor Penalty, the game may be declared a forfeit by Referees or Directors.

Rule 3 - Composition of Team, Captains, Rosters

- (a) A team shall consist of a maximum of 14 players. Teams may have a minimum of 4, and a maximum of 12 skaters. Teams may have a minimum of 1, and a maximum of 2 goaltenders. If at any point during a game, a team has less than the minimum number of skaters or goaltenders, the game shall be declared a forfeit.
- (b) Each team is allowed to appoint one player as Captain, and that player shall be identified by a letter "C", approximately 3" in height and in a conspicuous place on the front of their jersey. In addition, each team is allowed to appoint no more than two Alternate Captains, who shall be identified by a letter "A", approximately 3" in height and in a conspicuous place on the front of their jersey.
 - 1. Only the Captain or Alternate Captain (but not both) on the floor at the time of stoppage of play shall have the privilege of discussing with Referees any point related to interpretation of rules. Any Captain, Alternate Captain, or other player who comes off the bench to protest or intervene with a Referees' call may be assessed a Misconduct penalty. 2. Any complaint about a penalty from a player or coach is not a matter "relating to the interpretation of the rules," could assess a Minor penalty for the player or coach making such a complaint.
- (c) Prior to the start of a tournament or league, each team is required to provide a roster of players to the League or Tournament Director, to be included on the Official NRS Score Sheet. The roster must include first and last names, along with the corresponding uniform number for each player on the roster. After team rosters have been submitted for league or tournament play, any subsequent roster changes must be approved by either league or tournament directors before the next game. Failure to receive authorization for a roster change may result in game forfeitures, as well as player or team suspensions.

Rule 4 - Change of Players and Injured Players

- (a) Players may be changed at any time from the player benches, provided that the player or players leaving the floor during play are within 5 feet of the bench before substitutions come onto the floor.
 - 1. If, in the course of making a substitution, either player deliberately plays the puck while the retiring player is still on the surface, a Minor penalty for "Delay of Game" shall be assessed.

2. If, in the course of making a substitution, either player is accidentally struck with the puck, play shall not be stopped and no penalty shall be assessed.
- (b) A goalkeeper may be substituted for a player or another goalkeeper at any time during play. The goalkeeper must be within 5 feet of the players' bench before the substitute may enter the playing surface.
 1. For a violation of this rule there shall be no time penalty assessed to the team making the premature substitution. Instead, play shall be stopped and a face-off should occur at a corner face-off location in the offending teams zone.
 - (c) A player(s) serving a penalty may only leave the penalty box once penalty time has expired during play. If penalty time expires during a stoppage of play, the player serving the penalty must wait for play to resume before leaving the penalty box. For a violation of this rule, a Minor penalty for "Delay of Game" shall be assessed.
 - (d) During a stoppage of play a goalkeeper may not go to the players' bench without the permission of the Referee(s) unless there is a substitution by another player or goalkeeper, or either team has taken a time-out. The goalkeeper substituted for may not re-enter the game until play resumes, by legal substitution under Rule 10 -(b), or at the next stoppage of play.
 - (e) When a player, other than a goalkeeper, is injured or compelled to leave the floor during a game, the player may retire from the game and be replaced immediately by a substitute.
 - (f) Any time a goalkeeper sustains an injury or becomes ill he must be ready to resume play or immediately be replaced by a substitute goalkeeper. No additional time should be allowed by the Referee for the purpose of enabling the injured goalkeeper to resume the position. The substitute goalkeeper shall enter the game without delay and no warm-up shall be permitted.
 - (g) Any penalized player, who has been injured, may proceed to the dressing room without taking a seat on the penalty bench. The penalized team shall immediately put a substitute player on the penalty bench to serve the entire penalty. The penalized player who has been injured and replaced on the penalty bench is not eligible to play until the penalty has expired. However, should the penalized player who has been injured be able to return prior to the expiration of the penalty, he may take the place of the substitute player in the penalty box. The substitute player may then be able to take part in the game. This change shall only be made during a stoppage of play.
 - (h) When a player is injured and cannot continue play or proceed to the players' bench, play shall be stopped when the injured players' team has clear possession of the puck.

The Referee has the authority to stop play when he feels a player, regardless of who has possession of the puck, has sustained a serious injury.

- (i) A player, other than the goalkeeper, whose injury seems serious enough to warrant stoppage of play, must leave the playing surface (either to the playing bench or off the rink). The injured player may then return to the game after play resumes.
- (j) If a player or goalkeeper is obviously bleeding, play shall be stopped immediately and the injured player shall be ruled off the playing surface. Such player shall not be permitted to return to play until the bleeding has been stopped and the cut or abrasion covered. Likewise, any Official who is bleeding shall not continue until the bleeding has been stopped and the cut or abrasion covered.

Section III: Equipment

Rule 1 - Skates

- (a) Players shall play on inline skates, designed for inline hockey only. Four and five wheeled skates (goaltenders only) shall be permitted. Skate brakes are prohibited. Players with illegal skates shall be ruled off the surface.
- (b) All axle openings must contain an axle and a wheel. If a player loses a wheel during play, he must proceed directly to the players' bench.

Rule 2 - Sticks

- (a) The sticks shall be made of wood, carbon composite, graphite, rubber composite, or aluminum approved by NRS and must not have any projections extending from the stick. The hollow end of a stick must be completely covered.
- (b) No stick shall exceed 63 inches in length from the heel to the end of the shaft, and no more than 12 1/2 inches from the heel to the end of the blade. The blade of the stick shall not be less than 2 inches and not more than 3 inches in width at any point. There shall be no restriction on the curvature of the blade.
- (c) The blade of the goalkeeper's stick shall not exceed 3 inches width at any point except at the heel where it shall not exceed 4 inches. The length of the blade shall not exceed 15 inches.
- (d) The widened portion of the goalkeeper's stick extending up the shaft shall not extend more than 26 inches from the heel and shall not exceed 3 inches in width.

Rule 3 - Protective Equipment

- (a) All players must wear the required protective equipment for all games and practices. Required equipment is: H.E.C.C. approved helmet with chinstrap properly fastened, elbow pads, gloves, shin pads, and inline skates. All equipment must be designed for hockey and in good condition. Additional mandatory equipment for players under 18 years of age is: full facial protection, internal mouth guard, and protective cup (for male players).
- (b) Play shall continue when mandatory equipment becomes accidentally dislodged. If the goalkeeper loses his helmet/face-mask during play, play shall be stopped immediately.
 1. A Minor Penalty for "Delay of Game" shall be imposed upon any player or goalkeeper who deliberately removes his helmet/face-mask during play.
 2. A Major Penalty shall be awarded to the non-offending team whenever a goalkeeper intentionally removes his helmet/face-mask while a player from the opposing team is on a breakaway or, in the opinion of the Referee, has an uncontested scoring chance.
- (c) All protective equipment, except gloves, head gear and goalkeeper leg pads, must be worn entirely under the uniform. For violation of this rule, after warning by the Referee, a Minor penalty for "Delay of Game" shall be imposed.

Rule 4 - Goalkeeper's Equipment

- (a) With the exception of skates and sticks, all the equipment worn by the goalkeeper must be constructed solely for the protection of the head and body, and must not include any garment or contrivance which would give the goalkeeper undue assistance in keeping goal.
- (b) Required equipment for goalkeepers is: a H.E.C.C. approved helmet with a H.E.C.C. approved full facemask ("Cat's Eye" facemasks may be worn at the goalkeeper's own risk), chest protection, blocker glove, catching glove, leg guards, padded hockey pants, and inline skates. All goalkeepers' equipment shall be designed for hockey and be in good condition. Throat protection is recommended.
- (c) The leg guards worn by goalkeepers shall not exceed 12 inches in extreme width when on the leg of the player.
 1. At the commencement of the season, or at random during the season and prior to the playoffs, league staff shall check goalkeepers' leg guards and gloves, and any violations of this rule shall be reported to the club involved and to the NRS.
 2. The use of solvents, oils, or waxes on a goaltender's leg pads to enhance sliding capability is prohibited. For violation of this rule, a Minor penalty plus a Match penalty for "Delay of Game" shall be assessed.

- (d) The goalkeeper may wear 5-wheel skates.
- (e) The goalkeeper's blocker glove shall not exceed 8 inches in width or 16 inches in length at any point.
- (f) The maximum length of the goalkeeper's catching glove shall not exceed 17 inches. The cuff shall not exceed 9 inches in width. Any bar or attachment between the thumb and the cuff shall only extend in a straight line. Any other pocket or pouch, other than the original catching pocket, added to the glove is not acceptable and renders the glove a piece of illegal equipment.
- (g) Abdominal aprons extending down the thighs or outside of the pants are prohibited.

Rule 5 - Puck

- (a) The official puck used for all games is the IDS puck. (Facilities have the capability to use a puck that better suits their surface.)

Rule 6 - Uniforms

- (a) Every player is required to wear team designated jerseys or uniforms, identical in color and design, for any league or tournament games.

- (b) Every player is required to wear approved inline hockey pants. Some tournaments and leagues may require teams to have matching pants. Coaches or Captains are responsible for ensuring teams have approved uniforms and pants prior to playing in tournament or league games.
- (c) All players shall wear on the backs of their jerseys identifying numbers not less than 10-12 inches in height. All numbers assigned must be one or two digit numbers. No two members of the same team will be permitted to wear the same number.
- (d) One Team Captain shall have a "C" on the left chest of his jersey. Two Alternate Captains shall wear an "A" on the left chest. The Captain and Alternate Captains shall be identified on the Official NRS Score Sheet. Goalkeepers shall not be Captains or Alternate Captains.
- (e) It will be the responsibility of the Home Team to change its jerseys if the colors of the competing teams conflict.
- (f) All jerseys, pants, and helmets must match between all players on a team (ex: black helmet, red pants). (Sponsorships and manufacturer endorsements are allowed and their display on uniforms must be pre-approved by the NRS League Office).

Rule 7 - Dangerous Equipment

- (a) The use of pads or protectors made of metal or any other material that may cause injury to a player is prohibited unless approved prior to a game by NRS Officials. All elbow pads that do not have a soft protective covering of sponge rubber or a similar material at least one-half (1/2) inch thick shall be considered dangerous equipment.
- (b) A player who has sustained a facial injury may wear a mask or protector of a design approved by the NRS Commissioner. In the first instance, the injured player shall be entitled to wear any protective device prescribed by the team doctor. If any opposing club objects to the device, it may record its objection with the NRS Commissioner. Full-face cages and partial face visors that are considered standard hockey equipment are allowed.
- (c) A glove from which all or part of the palm is missing and permits the use of the bare hand shall be considered illegal equipment.
- (d) The wearing of casts or splints made of hard or unyielding materials is prohibited, unless directed in writing by a licensed physician. Such casts or splints must be completely covered on all exterior surfaces with a foam protective material at least an inch thick and must be approved by IHA Officials.

1. Any player wearing a cast or splint, or has taped hands, and participates in a fight shall be assessed a Match penalty in addition to any other applicable penalty(s) assessed.
- (e) Any player deemed to be wearing dangerous equipment shall be ruled off the playing surface until such time that said equipment is removed and replaced with legal equipment. If, after a warning by the Referee, the player refuses to remove the dangerous equipment or returns to play with dangerous equipment, a Minor penalty for "Delay of Game" shall be assessed.

Rule 8 - Equipment Measurement

- (a) A request for equipment measurement shall be limited to one request per stoppage of play.
- (b) When the Captain of a team makes a formal complaint for equipment measurement, the Referee shall make the necessary measurement immediately.
 1. If the complaint is upheld, the Referee shall remove the equipment from the game and a Minor penalty for "Delay of Game" shall be imposed on the offending player.
 2. If the complaint is not upheld, a Minor penalty for "Delay of Game" shall be assessed to the team requesting the equipment measurement.
- (c) A Minor penalty plus a Match penalty for "Delay of Game" shall be assessed to any player who refuses to surrender any piece of equipment for measurement.
- (d) The Referee may measure any equipment used for the first time in a game.
- (e) The Referee shall assess a Minor penalty for a measurement request that, in his opinion, is only made to delay the game.
- (f) Dangerous or illegal equipment requests shall be handled the same as a formal complaint for equipment measurement.

Section IV: Officials

Rule 1 - Appointment of Officials and Officiating System

- (a) All Officials are classified as either "Referee" or "Minor Official" for each game.
- (b) All officials shall be governed, and certified by NRS. All officials will be appointed, scheduled, and compensated by the local organizing committee of the NRS sanctioned event.
- (c) The method of officiating used for NRS sanctioned games shall be the 2-man Referee system.

- (d) The NRS Commissioner shall appoint a Referee-in-Chief that shall be responsible for overseeing all Referees.

Rule 2 - Referees

- (a) The "Referee" shall have general supervision of the game and full control of all Game Officials, Team Officials, and players before, during, and after the game, on and off the playing surface. In case of any dispute, the decision of the Referee shall be final and not subject to appeal during the course of the game.
- (b) The following equipment shall be mandatory for Referees: skates designed for inline hockey with white laces, black "pro-style" pants, black and white striped "pro-style" sweater designed for hockey with orange arm bands, black helmet with properly fastened chinstrap, shin protection, elbow pads, protective cup, finger whistles, and metal tape measure capable of measuring items up to six feet in length.
- (c) Referees shall wear the current NRS Referee Crest on the left chest of the sweater during all games. Other patches from NRS approved organizations shall be worn on the left sleeve. Nameplates and/or numbers shall not be worn. American flags may only be worn approximately three inches below the center of the rear of the collar.
- (d) The Referees shall arrive at the game site at least 1 hour before the scheduled game time and check in with the Home Team and Rink representatives. Referees must be dressed and ready to take the surface at least 15 minutes before the warm-up period.
- (e) The Referees shall enter the playing surface prior to warm-ups and remain on the surface at the conclusion of the half and/or game until all players have proceeded to their dressing rooms. Penalties may be assessed at any time before, during, and after the game.
- (f) Prior to each game, the Referee shall verify all components of the rink are acceptable and in good repair and working order.
- (g) Prior to each game, the Referee shall see that the appointed Game Timekeeper, Official Scorer, and Goal Judges (if applicable) are in their respective places and that the timing and signaling equipment is in good working order.
- (h) The Referees shall verify with the NRS League Officials that the team rosters are valid and sign the Official NRS Score Sheet after each game.
- (i) The Referee shall call the teams into the rink to commence the warm-up period, which may start up to 15 minutes before the scheduled game time and may last up to 10 minutes.
- (j) The Referee shall order the teams onto the playing surface at the appointed time for the beginning of each game and at the start of each half.

- (k) The Referee shall make a visual inspection of all players during the warm-up. If there is any lack of conformity to the regulations on mandatory equipment, the Referee shall ensure that the required equipment is in place.
- (l) The Referee shall impose such penalties as are prescribed by the rules for infractions thereof and the Referee shall have the final decision regarding all goals. The Referee shall consult with the Goal Judge (when used), if necessary, before making a final decision.
- (m) The Referee shall report to the Official Scorer, or Penalty Timekeeper, all goals and assists legally scored and all penalties assessed and the reason for the assessment of such penalties.
- (n) The Referee shall report the reason for not allowing a goal every time the goal light (if applicable) is turned on in error during the course of play and/or every time a goal is illegally scored.
- (o) If any unusual delay occurs during a half, the Referee may order the intermission to take place immediately and the balance of the half shall be completed upon the resumption of play in the next half.
- (p) After each game, the Referees shall check and sign the score sheet and return it to the Official Scorer. Referees are required to report to the NRS Commissioner all Fighting and Match penalties within 24 hours of the game's conclusion, giving full details in writing of the circumstances surrounding the incident.
- (q) Report all matters involving potential suspensions and additional disciplinary action to the NRS Commissioner within 24 hours of the game's conclusion.
- (r) Referees shall never discuss with players suspensions or potential disciplinary actions during a game setting or thereafter. This is a responsibility reserved for the NRS Commissioner after a proper investigation of the incident has been completed.
- (s) If a Referee appears to be seriously injured, play shall be stopped immediately.
- (t) If a Referee is unable to continue officiating a game due to an injury or illness, the NRS Official in charge of the event shall appoint a substitute Referee, if one is available from the current NRS Referee pool. If no suitable substitute can be immediately located or utilized, the remaining Referee shall officiate alone until a suitable substitute is located.
- (u) If both officials assigned to a game are incapacitated, the NRS Official(s) in charge of the event shall try to provide a substitute(s) from the current NRS Referee pool.
- (v) If the regularly appointed Referee(s) recovers from their illness or injury during the progress of the game, they shall at once replace the temporary Referees.

Rule 3 - Minor Officials, Assistant Officials

- (a) Minor Officials shall be further classified as Assistant Officials, Game Timekeeper, Penalty Timekeeper, Official Scorer, and Goal Judge (optional).
- (b) At least one minor official must be present for each game. Assistant Officials can be utilized at league or tournament Directors discretion to assist Referees during a game. Assistant Officials shall have the responsibility of conducting all face-offs, and shall advise on any goal or penalty dispute.
- (c) Minor Officials can be utilized by the Referee(s) during the game for matters concerning players entering the surface from the player's bench or penalty bench during an altercation, or for players leaving the penalty bench before the expiration of their penalty(s).

Rule 4 - Game Timekeeper, Penalty Timekeeper, Official Scorer and Goal Judge

***Note:** The same individual can serve the positions of Game Timekeeper and Penalty Timekeeper and Official Scorer.

- (a) The Game Timekeeper shall signal the Referee for the start of each game and the Referee shall start play promptly in accordance with the scheduled game time.
- (b) The Game Timekeeper shall record all official playing time.
- (c) The Game Timekeeper shall be responsible for operation of the timing device.
- (d) The Game Timekeeper shall announce when one minute of actual playing time remains in each half.
- (e) If the rink is not equipped with an automatic sound device, or such sound device fails, the Game Timekeeper shall signal the end of playing time by blowing a whistle.
- (f) The Penalty Timekeeper shall keep a correct record of all the penalties assessed by the Referee(s) including the names of any penalized players, the infractions penalized, the duration of each penalty, and the time at which each penalty was assessed. The Penalty Timekeeper shall record each Penalty Shot awarded and the result of the shot.
- (g) The Penalty Timekeeper shall check and ensure that the time served by all penalized players is correct. The Penalty Timekeeper shall be responsible for the correct posting of all Minor and Major penalties on the scoreboard and shall promptly notify the Referee of any discrepancy between the time recorded on the clock and the correct official time.
- (h) The Penalty Timekeeper shall, upon request, inform a penalized player of any penalty time.

- (i) Coincident Minor penalties shall not be recorded on the clock, but such penalized players shall be alerted and released at the first stoppage of play following the expiration of the penalties.
- (j) If a player leaves the penalty bench prior to the expiration of the penalty, the Penalty Timekeeper shall note the time and signal the Referee at the next stoppage of play.
- (k) The Official Scorer shall be responsible for collecting game rosters and recording information dictated by the Referee during the game on the Official NRS Score Sheet. This information shall be made known to the Coach of each team. The Official Scorer shall secure the names of the Captain and Alternate Captains of each team and note such on the Official NRS Score Sheet.
- (l) The Official Scorekeeper shall sign the Official NRS Score Sheet after each game and submit it to the NRS League Office.
- (m) The Official Scorer shall keep a correct record of all goals scored, and to whom credit shall be given for assists. They will also announce this information over the public address system (where available). Any changes in such awards shall also be announced.
- (n) The Official Scorer shall record the time of entry into the game of any substitute goalkeeper and shall record when a goal has been scored while the goalkeeper has been removed from the playing surface.
- (o) No requests for changes in any award of points shall be considered unless they are made at or prior to the conclusion of the game by the team Captain.

Rule 5 - Goal Judges

- (a) There shall be one GOAL JUDGE at each end of the rink. They shall not be members of either team engaged in the game, nor shall they be replaced after the start of the game, unless it becomes apparent to the Referee that either GOAL JUDGE makes unjust decisions, in which case, the Referee shall appoint a replacement.
- (b) The GOAL JUDGE shall be stationed behind the goals during the progress of the game in properly screened cages so there can be no interference with their activities. They shall not change goals during the game.
- (c) In the event of a goal being claimed, the GOAL JUDGE shall decide whether or not the puck has passed between the goal posts, under the crossbar, or entirely over the goal line. The decision of the GOAL JUDGE shall be "Goal" or "No Goal" and may be overruled by the Referee.

Rule 6 - League Authorities

- (a) The League Authorities, as applied under these rules, shall be defined as the immediate governing body of the team or teams involved.

- (b) League Authorities include, but are not limited to, the NRS Commissioner, NRS Referee-In-Chief, NRS Tournament Director, NRS League Director, and the NRS Referees assigned to each game.

Section V: Penalties

Rule 1 - Penalties

Penalties shall be divided into the following categories:

- (a) Minor Penalty
- (b) Major Penalty
- (c) Misconduct Penalty
- (d) Match Penalty

Rule 2 - Minor Penalties

- (a) For a Minor Penalty, the offending player (except a goaltender) shall be ruled off the floor for 2 minutes. Penalized players shall not be allowed to re-enter the game until after the expiration of the 2-minute penalty, or the scoring of a goal by the opposing team. If a Minor Penalty is assessed to a goaltender, a 2-minute penalty must be served by a teammate of the offending goaltender, and the teammate serving the penalty must have been in the game at the time of the infraction.
- (b) A "Bench Minor Penalty" involves the removal of one player from the game for 2 minutes due to a penalty assessed as a result of a rule violation from a team bench. Any player on the offending team may be designated by a coach or captain to serve a Bench Minor Penalty.
- (c) When coincident Minor Penalties are assessed to players of both teams, the penalized players shall both take their place on the penalty bench and such penalized players shall not leave the penalty bench until the first stoppage of play after the expiration of their respective penalty time.
 - 1. If running time is being played and a Minor Penalty terminates during a stoppage of play, the player serving the penalty shall remain in the penalty bench until the ensuing face-off has been conducted.
- (d) If while a team is short-handed by one or more Minor Penalties or Bench Minor Penalties, and the opposing team scores during the first penalty time, the first penalty automatically terminates and the team immediately begins serving the time for the second penalty.
 - i) **NOTE:** "Short-Handed" refers to the teams lower numerical strength compared to its opponents. Only the first, non-coincidental, Minor

Penalty or Bench Minor Penalty terminates automatically when a goal is scored against a team that is short-handed. Thus, coincidental Minor Penalties to both teams do NOT cause either side to be “short-handed” because both teams are playing at even strength.

- (e) During play, if the Referee signals a delayed Minor Penalty against a team that is already short-handed (because of one or more Minor or Bench Minor Penalties), and a goal is scored by the non-offending team before the delayed penalty is enforced, the goal shall be allowed and the delayed penalty shall be assessed. As a result of the assessment of a delayed penalty, only the first non-coincidental Minor Penalty that was being served at the time of the goal shall terminate.
- (f) When a player receives a Major Penalty and a Minor Penalty at the same time, the Major Penalty shall be served first. The only exception to this rule is if there are coincidental Major Penalties, in which case the Minor Penalty shall be served first.
 - i) **EXAMPLE #1:** Player A1 and Player B1 are both assessed coincidental Minor Penalties. Player A1 is also assessed an additional Minor Penalty at the same time. In this situation, Player A1’s team will be short-handed for 2 minutes, and must designate another player to serve Player A1’s non-coincidental Minor Penalty first. After the expiration of Player A1’s non-coincidental Minor Penalty, the teammate serving the penalty may leave the penalty bench, at which time both Player A1 and Player B1 will begin serving the coincidental Minor Penalties. Player B1 can only begin serving the coincidental penalty when Player A1 does.
 - ii) **EXAMPLE #2:** With 3:30 left in the game, both players A1 and B1 are assessed coincidental Minor Penalties. Then at 2:30 remaining, player A2 is assessed a minor penalty. Team B scores at 2:00 remaining, and therefore the penalty to A2 shall expire and both teams will return to even strength. Players A1 and B1 will continue to serve the remainder of their coincidental penalty time, and return to the game after the first stoppage of play following the expiration of the coincidental penalty time.
- (g) When either team is short handed by two players and coincidental penalties are imposed upon players of either team, the penalized players shall take their places on the penalty bench and remain there until the first stoppage of play after their respective penalty times have expired. Immediate substitution shall be made for the penalized players so as to keep a minimum of 2 skaters on the floor for each team.

- (h) A team may not be deprived of a man advantage situation due to any Minor Penalty already being served.

Rule 3 - Major Penalties

- (a) For a Major Penalty, the offending player (except the goaltender) shall be ruled off the floor for 5 minutes, during which time no substitute shall be permitted. Penalized players are **only** allowed to re-enter the game after the expiration of the 5-minute penalty. If a Major Penalty is assessed to a goaltender, a 5-minute penalty must be served by a teammate of the offending goaltender, and the teammate serving the penalty must have been in the game at the time of the infraction.
- (b) Violent and vicious acts for cross checking, boarding, slashing, hitting from behind, charging, elbowing, kneeing, butt-ending, spearing, high sticking, etc., shall be assessed a Major Penalty at the discretion of the Referee(s).
- (c) When coincidental penalties of equal duration are imposed upon a player on each team, the offending players shall take their places on the penalty bench and serve the entirety of the Major Penalty until the first stoppage of play after the penalty time has expired.
- (d) When coincidental penalties of unequal duration, including a Major Penalty, are imposed upon a player of each team, the penalized players shall take their places on the penalty bench and such players shall not leave the penalty bench until the first stoppage of play following the expiration of their respective penalties.
1. A teammate of the most penalized player shall serve the difference of penalty time between the coincidental penalties. The teammate serving the penalty discrepancy shall leave the penalty bench once the discrepancy time has expired.
 2. When a Major Penalty and a Minor Penalty are assessed on players of opposite teams during the same stoppage of play, and the Major Penalty cannot be served in its entirety prior to the end of regulation game time, the difference in penalty time will begin immediately and shall be served by a teammate of the player who received the Major Penalty. Once the discrepancy between the Major Penalty and the Minor Penalty has been served, the teammate serving the penalty shall leave the penalty bench. Players who were assessed coincidental penalties shall serve the duration of their penalty time and leave the penalty bench after the first whistle, once the penalty time has expired.
 - i) **EXAMPLE:** With 3:45 seconds left in regulation time, Player A1 receives a 5-minute Major Penalty and Player B1 receives a 2-minute Minor Penalty. The difference in penalty time would normally

give Team B a 3-minute man advantage. However, due to the fact that there is only 3:45 seconds left in the game, Team B would only receive 1:45 of time on the man advantage. Therefore, Team A shall place an additional Player A2 in the penalty box with Player A1 to immediately serve the 3-minute discrepancy. Once the 3-minute discrepancy has been served, Player A2 may leave the penalty bench and end the man advantage for Team B. Both Player A1 and B1 shall serve their penalty times respectively, and leave the penalty bench on the first stoppage after their penalty time is over.

- (e) Any player receiving 2 Major penalties in the same game shall be assessed an automatic Match penalty.

Rule 4 - Misconduct Penalties

- (a) "Misconduct Penalties" to all players except the goaltender, involve removal from the game for a period of 10 minutes. A substitute player is permitted to immediately replace a player serving a Misconduct Penalty. Any player assessed a Misconduct Penalty shall remain on the penalty bench until the first stoppage of play after the expiration of the penalty time. A misconduct penalty assessed to a goaltender must be served by a player on the goaltender's team that was on the floor at the time of the infraction.
- (b) When a player receives a Minor Penalty along with a Misconduct Penalty, the penalized team shall place an additional player on the penalty bench to serve the Minor Penalty. The substitute player serving the Minor Penalty will not be charged in the score sheet for the penalty.
- (c) A "Game Misconduct Penalty" involves the suspension of a player or coach for the remaining balance of the game, and the next scheduled game. In the event that the additional game suspension cannot be fulfilled, league or tournament officials have the discretion to carry over game suspensions to the next tournament or league. Furthermore, league or tournament officials have discretion to levy additional sanctions or suspensions upon players penalized with a "Game Misconduct Penalty".
- (d) When a player receives a Major Penalty and a Misconduct Penalty, or a Major Penalty and a Game Ejection Penalty, or a Major Penalty and a Game Misconduct Penalty, the penalized team shall place a substitute player on the penalty bench to serve the major penalty. In these cases, no player shall be substituted for the penalized player except from the penalty bench.
- (e) All league or tournament officials are required to report all Misconduct Penalties and surrounding circumstances to the NRS within 24 hours following the game.

Rule 5 - Match Penalties

- (a) A "Match Penalty" to all players, including the goalkeeper, involves removal of the player(s) for the remainder of the current game. The penalized team shall immediately place a non-penalized player (except the goaltender), on the penalty bench to serve the five-minute portion of the penalty. A Match Penalty shall be imposed for deliberately injuring another player, or attempting to injure another player.
- (b) Any player who receives a Match Penalty shall be suspended indefinitely until league or tournament directors issue reinstatement.
- (c) The Referee(s) are required to report all Match penalties and the surrounding circumstances to the NRS Commissioner within 24 hours of the incident. The NRS Commissioner shall have the power to impose further sanctions, including additional sanctions as deemed necessary. A mandatory hearing shall be held and a decision rendered with regards to any suspension or further discipline within 30 days of the incident. If circumstances prevent the NRS from conducting a hearing and rendering a decision, any suspension still in effect shall be automatically terminated after 30 days.
- (d) A Team Official who is assessed a Match penalty must leave the immediate players' bench area and may not attempt to direct the team in any way.
- (e) Any combination of four penalties in a game shall result in a Match Penalty.

Rule 6 - Calling of Penalties

- (a) Should an infraction of the rules be committed by a player on the team in possession of the puck, the Referee shall immediately stop play and assess the applicable penalty(s) to the offending player(s). The resulting face-off shall be made at the place where the puck was last played or at the center face-off spot, so as to not give the offending team an advantage.
- (b) Should an infraction of the rules occur which calls for a Minor, Major, or Match Penalty by a player(s) on the team not in possession of the puck, the Referee shall signify the calling of a delayed penalty by raising his arm and, when the penalized team gains possession of the puck, the Referee shall immediately stop play and assess the applicable penalty(s) to the offending player(s).
- (c) "Possession" shall be defined as the puck having come under control of a player, or having been "frozen." This does not include a rebound off a goalkeeper, the goal or boards, a deflection, or any accidental contact with the body or equipment by an opposing player.
- (d) If the penalty to be assessed on a delayed penalty is a Minor penalty, and a goal is scored on the play by the non-offending team, the Minor penalty shall not be assessed, but all additional Minor, Major, or Match penalties shall be assessed in the normal manner regardless of whether a goal is scored or not.

- (e) Only one Minor penalty may be negated by a goal scored by a non-offending team on a play that incurs multiple Minor penalties on the same team. The first of the multiple penalties in such a case shall be the penalty negated. Any Major or Match Penalties shall be imposed in the normal manner regardless of whether a goal is scored or not.
 - 1. If, after a Referee has signaled a penalty, the puck enters the goal of the non-offending team as a direct result of an action of a player of that team, the goal shall be allowed, and the penalty assessed in the normal manner. The goal shall be disallowed if the puck deflects off a player on the offending team, or if the puck enters the net of the non-offending team as a result of an action by a player on the offending team.
 - 2. If, when a team is short-handed as a result of one or more Minor Penalties, the Referee signals a delayed penalty against the short-handed team and a goal is scored by the non-offending team prior to the whistle, the delayed penalty shall be enforced and the first of the Minor Penalties currently being served shall automatically terminate.
- (f) If a player already signaled for a delayed penalty commits other fouls on the same play, either before or after the Referee has stopped play, the offending player shall serve such penalties consecutively.

Rule 7 - Goalkeeper Penalties

- (a) A goalkeeper shall not be sent to the penalty bench for an infraction of the rules, which incurs a Minor or Major Penalty, but instead the penalty shall be served by a teammate on the floor at the time the infraction was committed. Said teammate shall be designated by the Coach or Captain and shall not be changed.
- (b) When a goalkeeper commits an infraction of the rules that calls for a Match Penalty, the position shall be taken by a teammate or a substitute goalkeeper who is available. Any additional penalties specifically called for by the individual rules covering Match penalties shall apply, and the offending team shall be penalized accordingly. Each additional penalty shall be served by a teammate as designated by the Coach or Captain and who was on the floor at the time the infraction was committed.
- (c) All penalties imposed on a goaltender, regardless of who serves the penalty or any substitution, shall be charged to the goaltender in the official game sheet.

Section VI: Playing Rules

Rule 1 - Abuse of Officials and Other Misconduct

- (a) Any player who disputes the ruling of a Referee, or attempts to incite or taunts an opponent, or creates a disturbance during the game shall be assessed a Minor penalty for "Unsportsmanlike Conduct." If a player persists in such conduct, a Match Penalty shall be assessed.
- (b) Any player who shoots the puck after the whistle shall be assessed a Minor penalty for "Delay of Game" if, at the discretion of the Referee, the player had sufficient time to refrain from taking the shot.
- (c) Teams shall have one designated Captain and two alternate Captains. They are the only team members allowed to ask for clarification of a ruling from an Official. Should the Captain be unable to confer with the Official because of injury, equipment repair, or being on the penalty bench, either Alternate Captain will be allowed to confer with the official.
- (d) Any player who does any of the following shall be assessed a Minor penalty for "Delay of Game":
 - 1. In the vicinity of the player's bench, uses obscene, profane, or abusive language towards any person.
 - 2. Throws anything on the playing surface from the player's or penalty bench.
 - 3. Interferes with any Official (non-physically) in the performance of their duties.
- (e) Any player who does any of the following shall be assessed a Misconduct Penalty or Game Misconduct Penalty:
 - 1. After a warning from the Official, persists in any course of conduct (including threatening or abusive language or gestures or similar actions) designed to incite an opponent into incurring a penalty.
 - 2. Enters and remains in the Referee's Crease, when asked to leave, except for the purpose of skating to the penalty bench.
 - 3. Does not retreat to their player's bench when an altercation breaks out. Should they not leave the area immediately after being informed by a game official to do so, all offending players shall receive Misconduct Penalties.
 - 4. Uses obscene, profane, or abusive language to any person before, during, or after the game.
 - 5. During a stoppage of play, intentionally shoots the puck away from an official who is retrieving it.

6. After being penalized, does not proceed directly to the penalty bench or locker room when ordered to do so by the Referee. (Equipment shall be retrieved and delivered by a teammate).
 7. Physically or verbally threatens physical abuse to another player, Game Official, or Team Official.
 8. Touches or holds any Game Official with the hand or stick.
 9. Intentionally bangs the boards, the floor, protective glass, or goal with a stick at any time.
 10. Uses obscene gestures, or racial/ethnic slurs, anytime before, during, or after the game.
 11. Deliberately inflicts, or attempts to inflict, physical harm to any Game Official or Team Official.
 12. Exhibits conduct that is critically detrimental to the game, including spitting on an opponent, Game Official, or Team Official.
- (f) Any Team Official who does any of the following shall be assessed a Minor penalty for "Unsportsmanlike Conduct":
1. Bangs the boards with a stick or other instrument.
 2. Uses obscene, profane, or abusive language to any person before, during, or after the game.
 3. Throws anything on the playing surface from the player's or penalty bench.
 4. Interferes with any Official (non-physically) in the performance of their duties.
 5. Attempts to incite an opponent into incurring a penalty.
 6. A Match penalty shall be imposed if any Team Official steps on the playing surface to challenge or dispute a ruling.
- (g) Any Team Official who does any of the following shall be assessed a Game Misconduct Penalty
1. Persists in any course of conduct for which the Team Official has been previously assessed a Minor or Major Penalty.
 2. Uses obscene gestures, or racial/ethnic slurs, anytime before, during, or after the game.
 3. Deliberately inflicts, or attempts to inflict, physical harm to any Game Official or Team Official.
 4. Exhibits conduct that is critically detrimental to the game, including spitting on an opponent, Game Official, or Team Official.

Rule 2 - Adjustment to Clothing and Equipment

- (a) Play shall not be stopped or delayed by reason of adjustment of clothing, equipment, skates, or sticks, with the exception of the goalkeeper. For a violation of this Rule, a Minor penalty shall be assessed for "Delay of Game."

- (b) It is the responsibility of the players to maintain their clothing and equipment in the proper condition. If adjustments are required, the player shall retire from the floor and play shall continue with a substitute.
- (c) All players of both teams shall wear a HECC-approved helmet at all times while participating in a game either on the playing surface, the players' bench, or the penalty bench. For a violation of this Rule, a Minor penalty for "Delay of Game" shall be assessed after a warning from the Referee.
- (d) The Referee(s) has sole discretion regarding allowing a goalkeeper adjustments to equipment.
 1. If the repair, in the Referee's opinion, can be done in a timely manner (causing no extensive delay in the game) the goalkeeper shall be allowed to do so.
 2. If the repair, in the Referee's opinion, would cause an extensive delay a substitute goalkeeper shall replace the goalkeeper.
 3. A Time-out may be used to repair a goalkeeper's equipment, but it shall not exceed the allotted 30 seconds.

Rule 3 - Attempt to Injure

- (a) A Match penalty for "Illegal Use of the Body" shall be assessed to any player who deliberately attempts to injure an opponent, Game Official, or Team Official in any manner.
- (b) The circumstances will be reported to the IHA Commissioner for further disciplinary action.

Rule 4 - Boarding

- (a) A Minor, Major, or Major plus a Match penalty, for "Illegal Use of the Body," at the discretion of the Referee based on the degree of violence of the impact with the boards, shall be assessed to any player who body checks an opponent in such a manner that caused the opponent to be violently thrown into the boards.
- (b) A Major plus a Match penalty may be assessed for "Illegal Use of the Body," at the discretion of the Referee, if a player is injured as a result of Boarding.
- (c) Boarding may also be treated as a Match penalty for "Illegal Use of the Body" for Attempt to Injure at the Referee's discretion.

Rule 5 - Broken Stick

- (a) A player or goalkeeper whose stick is broken may participate in the game provided he immediately drops the broken stick. A Minor penalty for "Illegal Use of the Stick" shall be assessed for an infraction of this rule. A broken stick is one that, in the opinion of the official, is unfit for normal play.

- (b) A goalkeeper may not play with a broken stick. A teammate may hand his stick to a goalkeeper who has lost or broken his stick, or may retrieve a goalkeepers' stick from the players bench. The player may not participate in the play while in possession of more than one stick. A Minor penalty for "Illegal Use of the Stick" shall be assessed for a violation of this rule.
- (c) A player whose stick is broken may not receive a stick thrown on the floor from any part of the rink, but must obtain one from the players' bench. Any player or goalkeeper who throws a stick or who plays with a stick that was thrown onto the floor illegally shall be assessed a Minor penalty for "Illegal Use of the Stick" under this rule.

Rule 6 - Charging and Checking from Behind

- (a) A Minor, Major or Major plus a Match penalty for "Illegal Use of the Body", at the discretion of the Referee, shall be assessed to any player who charges or jumps into an opponent. "Charging" is defined as a player taking more than two strides or leaving his feet to check an opponent.
- (b) A Minor, Major, or Major plus a Match penalty for "Illegal Use of the Body", at the discretion of the Referee, shall be assessed to any player who pushes, body checks, or hits an opponent from behind.
- (c) A Major plus a Match penalty for "Illegal Use of the Body" must be assessed to any player who intentionally checks an opponent from behind into the boards or goal frame.
- (d) A Minor, Major, or Major plus a Match penalty for "Illegal Use of the Body", at the discretion of the Referee, shall be assessed any player who body checks or charges a goalkeeper while the goalkeeper is within the goal crease or privileged area. A goalkeeper is not "fair game" just because he is outside the privileged area. A Minor penalty for "Illegal Use of the Body" for Interference, Charging, or Body Checking must be assessed when an opposing player makes unnecessary contact with a goalkeeper.
- (e) A Major plus a Match Penalty for "Illegal Use of the Body," may be assessed, at the discretion of the Referee, if a player is injured as a result of Charging or Checking From Behind.
- (f) Charging and Checking From Behind may also be treated as a Match penalty for "Illegal Use of the Body" for Attempting to Injure, at the Referee's discretion.

Rule 7 - Cross-Checking and Butt-Ending

- (a) A Minor, Major, or Major plus a Match penalty for "Illegal Use of the Stick", for Cross-Checking at the discretion of the Referee, shall be assessed to a player who strikes an opponent with the stick while both hands are on the stick.

- (b) A Minor, Major, or Major plus a Match penalty for "Illegal Use of the Stick" for Butt-Ending at the discretion of the Referee, shall be assessed to a player who strikes or attempts to strike an opponent with the butt-end of the stick. An attempt to butt-end shall include all situations where a butt-ending motion is made.
- (c) A Major plus a Match Penalty for "Illegal Use of the Stick" shall be assessed, at the discretion of the Referee, if a player is injured as a result of Cross-Checking or Butt-Ending.
- (d) Cross-Checking or Butt-Ending may also be treated as a Match Penalty for "Illegal Use of the Stick" for Attempt to Injure, at the Referee's discretion.

Rule 8 - Deliberate Injury to Opponents and Head-Butting

- (a) A Match penalty for "Illegal Use of the Body" shall be assessed to a player who deliberately injures an opponent, Game Official, or Team Official. The circumstances will be reported to the IHA Commissioner for further disciplinary action.
- (b) A Match penalty for "Illegal Use of the Body" shall be assessed for "Head-Butting" to a player who deliberately head-butts an opponent, Game Official, or Team Official. The circumstances will be reported to the IHA League Office for further disciplinary action.

Rule 9 - Delay of Game

- (a) A Minor penalty for "Delay of Game" shall be assessed to any player or goalkeeper who delays the game by deliberately shooting, throwing, or batting the puck outside the playing area either during play or during a stoppage.
- (b) A Minor penalty for "Delay of Game" shall be assessed to a player or goalkeeper who deliberately displaces the goal post from its normal position for the purpose of delaying the game. Play shall be immediately stopped when the goal post has been displaced.
- (c) If a player or goalkeeper deliberately displaces the goal post or deliberately removes the helmet/face mask during a breakaway by the attacking team, a Minor Penalty for "Delay of Game" shall be awarded to the non-offending team. A Penalty Shot shall be awarded and taken by the player who was last in possession of the puck. If a player or goalkeeper deliberately displaces the goal post or deliberately removes the helmet/face mask during a breakaway by the attacking team with the goalkeeper off the floor or, in the opinion of the Referee, a player has an uncontested shot at an open goal; a goal shall be awarded to the non-offending team.

- (d) Turning the blade over and using the tip of the stick, or turning the stick over and using the butt-end, to hold the puck to the surface is prohibited. A violation of this rule shall result in a Minor Penalty for "Delay of Game."

Rule 10 - Elbowing and Kneeing

- (a) A Minor, Major, or Major plus a Match penalty for "Illegal Use of the Body" for "Elbowing" or "Kneeing," at the discretion of the Referee, shall be assessed to any player who uses his elbow or knee in such a manner as to in any way foul an opponent.
- (b) A Major plus a Match penalty for "Illegal Use of the Body" may be assessed, at the discretion of the Referee, if a player is injured as a result of Elbowing or Kneeing.
- (c) Elbowing or Kneeing may also be treated as a Match penalty for "Illegal Use of the Body" for Attempt to Injure at the Referee's discretion.

Rule 11 - Falling on Puck

- (a) A Minor penalty for "Delay of Game" shall be assessed to a player other than a goalkeeper, who deliberately falls on or gathers the puck into his body or holds the puck against any part of the goal or boards for the purpose of delaying the game.
- (b) A Minor penalty for "Delay of Game" shall be assessed to a goalkeeper who falls or gathers the puck into his body when the body is completely outside the goal crease.
- (c) No defending player, except the goalkeeper, shall be permitted to fall on the puck, close his hand on the puck, or gather the puck into the body or hands when the puck is in the goal crease. If a violation of this rule occurs, play is to be immediately stopped and a Minor penalty for "Delay of Game" shall be awarded to the non-offending team. However, if the goalkeeper has been removed from the floor when the infraction occurs, a goal shall be awarded.

Rule 12 - Fighting

- (a) A Major plus a Match penalty shall be assessed for "Illegal Use of the Body" for "Fighting" to any player who is involved in a fight on the surface, before, during, or after the game.
- (b) A Minor penalty for "Illegal Use of the Body" at the discretion of the Referee shall be assessed to a player who, having been struck, retaliates with a punch or an attempted punch. However, at the discretion of the Referee, a Major penalty plus a Match penalty for "Illegal Use of the Body" shall be assessed if that player continues the altercation. The Referee is provided very wide latitude in regard to the penalties that may be assessed under this rule. This is done to enable the Referee to differentiate between the obvious degrees of

responsibility of the participants either for starting the fight or persisting in continuing the fight.

- (c) A Minor penalty shall be assessed for "Illegal Use of the Body" in addition to any other penalty(s), to the player deemed the instigator of a fight, at the Referee's discretion.
- (d) A Match penalty for "Illegal Use of the Body" shall be assessed to any player or goalkeeper who is the first to intervene in a fighting altercation already in progress ("third man in").
- (e) A Match penalty for "Illegal Use of the Body" shall be assessed to any player involved in a fight off the playing surface or with another player who is off the playing surface.

Rule 13 - Goals and Assists

- (a) A goal shall be scored when the puck has been put between the goal posts by the stick of a player of the attacking team from in front, below the cross bar, and entirely across the goal line, before playing time expires.
- (b) A *goal* shall be credited in the scoring records of the player who shot the puck into the opponent's goal.
- (c) An *assist* shall be credited to the player(s) taking part in the play immediately preceding the goal. No more than two assists may be awarded on any goal. Each assist shall count as one point in the player's record.
- (d) The Referee shall report all goals and assists to the Official Scorer, who shall then announce them.
- (e) A goal shall be scored if the puck is put into the goal, in any way by a player of the defending team. The player of the attacking side who last played the puck shall be credited with the goal but no assist shall be awarded.
- (f) If an attacking player kicks the puck and the puck goes directly into the goal, or is deflected into the goal by any player, including the goalkeeper, or a Referee, the goal shall be disallowed.
- (g) If the puck has been deflected into the goal by a shot of an attacking player by striking any part of the player, a goal shall be allowed. The player who deflected the puck is credited with the goal. The goal shall not be allowed if the puck has been kicked, thrown, or otherwise deliberately directed into the goal by any means other than a stick.
- (h) If a goal is scored as a direct result of the puck being deflected into the goal off a Referee, the goal shall be disallowed.
- (i) Any goal scored other than as covered by this rulebook shall be disallowed.
- (j) The Referee shall report all disallowed goals and the reason to the Official Scorer, who shall then announce them.
- (k) Goals scored during a Shootout shall not be credited to a player's statistics.

Rule 14 - Handling Puck With Hands

- (a) If a player, except a goalkeeper, closes his hand on the puck while it's in the air, and advances the puck, play will be stopped and a faceoff at the closest faceoff dot will occur. However, if the puck is dropped immediately, play shall be allowed to continue. If a goalkeeper holds the puck for more than three seconds, play shall be stopped and a faceoff will occur at nearest faceoff dot. If a goalkeeper holds the puck unnecessarily, after a warning by the Referee, he shall be assessed a Minor penalty for "Delay of Game." If a goalkeeper throws the puck forward towards the opponent's goal, and it is first touched by a teammate, play shall be stopped and a faceoff will occur in the offending goalkeeper's zone.
- (b) If a defending player other than a goalkeeper picks up the puck, closes the hand on the puck, or otherwise holds or covers the puck while it is in the crease, the play shall be stopped immediately and a Minor penalty for "Delay of Game" shall be awarded to the non-offending team. If the above situation occurs while the goalkeeper is off the playing surface a goal shall be awarded.
- (c) A player will be permitted to stop or bat a puck in the air with his open hand, or push it along the floor with his open hand, and the play shall not be stopped unless, in the opinion of the Official, the player has deliberately directed the puck to a teammate in the Attacking Zone, in which case the play shall be stopped.
- (d) If a player, except a goalkeeper, deliberately picks up the puck off of the playing surface or deliberately closes his hand on the puck while it's on the playing surface, he will be assessed a Minor penalty for "Delay of Game."
- (e) A goal that is scored as the result of the puck being batted, directed by, or thrown into the goal either directly or after deflecting off any other player, including the goalkeeper, shall be disallowed.

Rule 15 - High Sticks

- (a) The carrying of the stick above the normal height of the shoulders is prohibited, and the Referee shall, at his discretion, assess a Minor, Major, Major plus a Match penalty, or Match penalty for "Illegal Use of the Stick" for "High Sticking" to any player who strikes an opponent with a high stick.
- (a) Referees are instructed to make discretionary calls for "Illegal Use of the Stick" for High Sticking as follows:

1. Minor - obvious contact above the shoulders with no injury potential, and/or obvious contact to the head or face causing injury but deemed to be accidental and/or careless by the Referee.
 2. Major - obvious contact above the shoulders that, in the Referee's opinion, was deliberate and possesses injury potential.
 3. Major plus a Match penalty - "Illegal Use of the Stick" may be assessed, at the discretion of the Referee, if a player is injured as a result of "High Sticking."
 4. Match - "Illegal Use of the Stick" for High Sticking may be treated as a Match Penalty for Attempt to Injure or Deliberate Injury, at the Referee's discretion.
- (b) A goal scored by an attacking player who strikes the puck with his stick, which is carried above the height of the goal frame's crossbar, shall not be allowed.
- (c) A puck batted with a high stick that makes contact with an opposing goalkeeper shall result an immediate stoppage of play. Batting the puck above the normal height of the shoulders with the stick is prohibited, and when it occurs, play shall be stopped unless:
1. The puck has been batted to an opponent, in which case the play shall continue.
 2. A player of the defending team shall bat the puck into his own goal, in which case the goal shall be allowed.

Rule 16 - Holding

- (a) A Minor penalty for "Illegal Use of the Body" for "Holding" shall be assessed to a player who holds an opponent with his hands, legs, feet or stick, or in any other way.
- (b) A Minor, Major, or Major plus a Match penalty for "Illegal Use of the Body" for "Holding the Facemask," at the discretion of the Referee, shall be assessed to a player who grabs or holds the face mask of an opponent.
- (c) A Major plus a Match penalty for "Illegal Use of the Body" may be assessed to any player who injures an opponent as a result of Holding the Facemask.
- (d) Holding the Facemask may also be treated as a Match penalty for "Illegal Use of the Body" for Attempt to Injure at the Referee's discretion.

Rule 17 - Hooking

- (a) A Minor penalty for "Illegal Use of the Stick" for "Hooking" shall be assessed to a player who impedes or seeks to impede the progress of an opponent by hooking with his stick. When a player is checking another player in such a way that there is only stick-to-stick contact, such action is not hooking or holding. He may turn the stick down over the opponent's stick.

- (b) A Major penalty for "Illegal Use of the Stick" at the Referee's discretion, may be assessed when an opponent is injured as the result of Hooking.
- (c) Hooking may also be treated as a Match Penalty for "Illegal Use of the Stick" for Attempt to Injure at the Referee's discretion.

Rule 18 - Interference

- (a) A Minor penalty for "Illegal Use of the Body" and/or for "Illegal Use of the Stick" for "Interference" shall be assessed to any player who interferes with or impedes the progress of an opponent who is not in possession of the puck. "Interference" shall also be assessed to a player who deliberately knocks the stick out of an opponent's hand, prevents a player who has dropped a stick or a piece of equipment from regaining possession of it, or shoots a stick or other object toward an opponent. The last player to touch the puck, other than the goalkeeper, shall be considered to be in possession.
- (b) A Minor penalty for "Illegal Use of the Body" and/or for "Illegal Use of the Stick" shall be assessed to any player on the player's bench or penalty bench who interferes with the movements of the puck or an opponent with the stick or body. A player illegally enters the game from the player's bench or penalty bench and interferes with an opponent, who has no other player to beat than the goalkeeper, in the Attacking Zone shall be assessed a Major penalty for "Illegal Use of the Body."
- (c) A Minor penalty for "Illegal Use of the Body" shall be assessed to any player who interferes with or impedes the movements of the goalkeeper while he is in the goal crease area, or prevents a goalkeeper outside the goal crease from returning to the goal crease.
 1. Player(s) from the attacking team may position themselves in the goal crease provided they do not interfere with or impede the movements of the goalkeeper.
 2. A goal scored while an attacking player is in the goal crease shall be disallowed only if the attacking player, either by his positioning or contact with the body or stick, impairs the goalkeeper's ability to move freely within the goal crease and/or defend the goal.
 3. If a player of the attacking team has been pushed or otherwise physically forced into the goal crease by a defending player, and the puck enters the goal while the attacking player is in the goal crease, the goal shall be allowed.
- (d) When the goalkeeper has been removed from the floor and any teammate not legally on the surface interferes with the movements of the puck or an opposing player, in any way, play shall be stopped immediately and a goal shall be awarded to the non-offending team.

- (e) A Minor penalty for "Illegal Use of the Body" for "Obstruction Interference" shall be assessed to any player who interferes with or impedes a player's ability to become involved in either an offensive or defensive play or opportunity.
1. A player that "cuts off" or "sets a pick" (either with or without body contact) on an opposing player without the puck, thus giving a teammate a distinct advantage at advancing/obtaining the puck or obtaining a scoring opportunity shall be called for Obstruction Interference.
 2. Players are always entitled to the space on the floor that they occupy.
 3. Players may use their body position or "angling" to deny an opponent a direct route to the puck when both players are trying to gain possession of the puck.
- (f) The Referee(s) shall pay particular attention to three types of offensive "Interference" in which the offending team shall be assessed a Minor penalty.
1. When the a team secures possession of the puck in its Defensive Zone and teammates run interference for the puck carrier by forming a protective screen against fore-checkers.
 2. When the puck carrier delivers a drop pass and follows through so as to make body contact with an opponent.

Rule 19 - Interference by/with Spectators

- (a) In the event of a player being interfered with by a spectator(s), the Referee shall immediately stop play, unless the team of the player being interfered with has possession of the puck, in which case the play shall continue.
- (b) Any player engaging in physical interference with spectators shall be assessed a Match Penalty. The Referee(s) shall report all such infractions to the IHA Commissioner.
- (c) In the event that objects are thrown onto the floor, which interferes with the progress of the game or safety of the players, the Referee shall stop play immediately.

Rule 20 - Kicking a Player and Kicking the Puck

- (a) A Match penalty for "Illegal Use of the Body" for "Kicking" shall be assessed to any player who kicks or attempts to kick another player. If, at the discretion of the Referee, a player attempting to play the puck accidentally kicks a player, no penalty shall be assessed.
- (b) Kicking the puck shall be permitted in all zones. A goal that enters the goal directly or after deflecting off another player or the goalkeeper, as a result of an attacking player kicking the puck, or directing the puck towards the goal with the skate shall be disallowed.

Rule 21 - Leaving Player or Penalty Benches

- (a) No player may leave the players' or penalty benches at any time for the purpose of starting or entering an altercation. Substitutions made prior to the start of an altercation shall not be penalized under this rule provided the players so substituting do not enter the altercation.
- (b) A Match Penalty shall be assessed to the player who was the first to leave the players' bench or penalty bench during an altercation. If players of both teams leave their benches at the same time, the first identifiable player shall be penalized according to this rule. The Referee(s) may consult with other Game Officials for assistance in identifying which players left the players' or penalty bench.
- (c) Any player who leaves the players' bench during an altercation and is assessed a Minor, Major or penalty for his actions, shall also be assessed a Match penalty for "Illegal Use of the Body."
- (d) Other players who leave the players' or penalty bench during an altercation shall be assessed a Match penalty for "Illegal Use of the Body."
- (e) Except at the end of a half or an expiration of a penalty, no player may leave the penalty bench at any time.
- (f) A penalized player who leaves the penalty bench before his penalty has expired, whether play is in progress or not, shall be assessed an additional Minor penalty for "Delay of Game" to be served after serving the remaining penalty time.
- (g) A penalized player who leaves the penalty bench before his penalty has expired through an error of the Penalty Timekeeper, shall not be penalized, but must serve any remaining penalty time.
- (h) If a penalized player returns to the floor from the penalty bench before his penalty has expired, by his own error or that of the Timekeeper, any goal scored by his team while he is illegally on the floor shall be disallowed, but any penalties assessed will be served in their entirety.
- (i) If a player of the attacking team in possession of the puck shall have a breakaway and is interfered with by a player who has entered the game illegally, either from the players' or penalty bench, the offending player shall be assessed a Major penalty. The Coach shall select the player to take the shot.
- (j) If the opposing goalkeeper is off the floor or, in the opinion of the Referee, the player has an uncontested shot at an open goal and the attacking player is interfered with by an illegal player, a goal shall be awarded to the non-offending team.
- (k) If a Team Official steps onto the floor, he shall be penalized in accordance Rule 5 -(c)4

Rule 22 - Puck Must Be Kept in Motion and Turnover Rule

- (a) The puck must be kept in motion at all times. Play shall not be stopped because two or more opposing players freeze the puck along the boards, unless one of the players unintentionally falls onto the puck.
- (b) A Minor penalty for "Delay of Game" shall be assessed to a player who deliberately freezes the puck against the boards or deliberately falls on the puck.
- (c) The Referee may stop play along the boards if, in his opinion, allowing play to continue shall lead to "Unnecessary Roughness" or jeopardize the safety of the players.

Rule 23 - Puck Out of Bounds or Unplayable

- (a) Any stoppage of play caused by a team in the Attacking Zone under this rule shall result in a face-off outside the attacking zone.
- (b) When the puck goes outside the playing area or strikes any obstacles above the playing surface other than the boards, glass or wire, player, Referee, or goal; play shall be stopped immediately and a face-off shall occur at the face-off location nearest where the puck left the playing area.
- (c) When the puck becomes unplayable due to a defect in the rink, play shall be stopped immediately and a face-off shall occur at the nearest face-off location.
- (d) When the puck becomes lodged in the netting on the outside of the goal or if it is frozen between opposing players, the Referee shall allow play to continue until the puck becomes dislodged.
- (e) If the puck comes to rest on top of the boards surrounding the playing area, it will be considered to be in play and may be played legally by hand or stick.
- (f) If the puck comes to rest on top of the goal frame, the play shall be stopped immediately and a face-off shall occur at the nearest corner face-off location.
- (g) A Minor penalty for "Delay of Game" shall be assessed to a goalkeeper who deliberately drops or freezes the puck on the goal netting.

Rule 24 - Puck Out of Sight and Illegal Puck

- (a) Should the Referee ever lose sight of the puck, the play shall be stopped immediately.
- (b) If another puck, other than the one officially in play, shall appear on the floor at any time, play shall be stopped immediately.

Rule 25 - Refusing to Start Play

- (a) If a team shall at any time refuse to place the proper number of players on the floor when ordered to do so by the Referee, the Captain of the team so refusing shall be warned and that team shall have 15 seconds to start the

game or resume play. If, after 15 seconds, the team still refuses to start or resume play, a Minor penalty for "Delay of Game" shall be assessed to the offending team. The Referee shall then warn the Captain a second time and allow 15 more seconds for the team to start or resume play. If the team still refuses to start or resume play, the Referee shall suspend the game, assess a Match penalty to the Coach of the team, and refer the matter to the IHA Commissioner. The IHA Commissioner shall review the circumstances involving the refusal of the offending team to place the required number of players on the floor and issue a ruling as to the outcome of the game within 72 hours.

Rule 26 - Slashing

- (a) Any player deliberately attempting to slash an opposing player with a swinging motion of the stick shall be assessed a Minor, Major, Major plus a Match penalty, or Match penalty, for "Illegal Use of the Stick" for "Slashing" at the discretion of the Referee.
- (b) Referees shall assess a penalty for "Illegal Use of the Stick" for Slashing to any player who swings his stick at an opposing player (whether in or out of range) without actually striking him.
 - 1. Referees are instructed to make discretionary Slashing calls as follows:
 - 2. Minor - Contact or attempted contact with the stick used in a slashing motion on an opposing player.
 - 3. Major - A slash that possesses extreme force and possesses injury potential.
 - 4. Major plus a Match penalty - may be assessed, at the discretion of the Referee, if a player is injured as a result of a slash.
 - 5. Match penalty - Any player who swings the stick during an altercation shall be assessed a Match Penalty.
- (c) A Minor penalty for "Illegal Use of the Stick" shall be assessed to any player who makes stick contact with the opposing goalkeeper who has covered or caught the puck, regardless or whether or not there was a whistle to stop play. The Referee should pay particular attention to unnecessary slashes on the goalkeeper.
- (d) Slashing may also be treated as a Match penalty for "Illegal Use of the Stick" for Attempt to Injure or Deliberate Injury, at the Referee's discretion.

Rule 27 - Spearing

- (a) A Major penalty for "Illegal Use of the Stick" for "Spearing" shall be assessed to any player who attempts to spear an opponent without making contact.

1. Spearing shall mean stabbing an opponent with the point of the stick blade while the stick is being carried with one or both hands.
 2. An attempt to spear shall include all situations where a spearing gesture is made.
- (b) A Match penalty for "Illegal Use of the Stick" shall be assessed to a player who spears an opponent.

Rule 28 - Throwing Stick

- (a) When any player or Team Official of the defending team throws or shoots a stick or any other object the puck in the Defensive Zone, the Referee shall stop play immediately and assess a Major penalty for "Illegal Use of the Stick" to the offending player/team. If the goal is unattended and the player has no defending player to beat or, in the opinion of the Referee, has an uncontested shot at an open goal, a goal shall be awarded.
- (b) A Minor penalty for "Illegal Use of the Stick" shall be assessed to any player on the floor who throws or shoots a stick or any other object in the direction of the puck in any zone, except when such an act shall warrant a Major penalty or awarded goal.
- (c) A Match penalty for "Illegal Use of the Stick" shall be assessed to any player who throws a stick, or portion of a stick, outside the playing area.
- (d) A Match penalty for "Illegal Use of the Stick" shall be assessed to any player who throws his stick out of the playing surface in the direction of any spectators.
- (e) If a player throws his stick out of the playing surface in protest of a Referees' call, he shall be assessed a Match penalty for "Illegal Use of the Stick".

Rule 29 - Tripping

- (a) A Minor penalty for "Illegal Use of the Stick" shall be assessed to any player who places his stick, knee, foot, arm, hand, or elbow in such a manner that it causes his opponent to trip or fall. However, if in the opinion of the Referee, the player is unquestionably hook checking and gains possession of the puck, and the puck carrier is tripped thereafter, no penalty shall be assessed. Accidental trips that occur simultaneously with the whistle shall not be penalized.
- (b) Any player who deliberately dives onto to playing surface, or leaves his feet, to play the puck, except to block a shot, and makes contact with an opponent that causes the player to trip or fall, shall be assessed a Minor penalty for "Illegal Use of the Stick" for "Tripping."
- (c) When a player, in possession and control of the puck in the Attacking Zone and has no opponent between him and the goalkeeper, is tripped or otherwise fouled directly from behind, thus preventing a reasonable scoring opportunity, a Major penalty shall be awarded to the player on the non-offending team. The

intent of this rule is to restore a reasonable scoring opportunity to the player having been fouled from behind in the Attacking Zone. The Referee shall consider whether or not the fouled player took a shot and, if a shot was taken, and the quality of the shot when determining the loss of a reasonable scoring opportunity.

- (d) If, when the opposing team has pulled the goalkeeper and a player in possession and control of the puck and has no opponent between him and the goal, and is tripped or otherwise fouled directly from behind, thus preventing a reasonable scoring opportunity, the Referee shall stop play immediately and the non-offending team shall be awarded a goal.

Rule 30 - Unnecessary Roughness (Roughing)

- (a) A Minor or Major penalty for "Illegal Use of the Body" for "Roughing," at the discretion of the Referee, shall be assessed to any player who uses unnecessary roughness against an opponent.
- (b) The act of riding an opponent off the puck, or meeting the opponent head-on while attempting to play the puck, will not be considered roughing.
- (c) A Minor or Major penalty for "Illegal Use of the Body" for Roughing shall be assessed to any player who makes unnecessary contact with the head of the player in possession of the puck.

Rule 31 - Unsportsmanlike Conduct

- (a) A Minor penalty for "Delay of Game" shall be assessed to any player, at the discretion of the Referee, for exhibiting "Unsportsmanlike Conduct." Examples include, but are not limited to: taunting, "diving" to draw a penalty, excessive celebrations directed at an opponent after a goal, etc.
- (b) A Major penalty plus a Match penalty for "Illegal Use of the Body" shall be assessed to any player for "Unsportsmanlike Conduct" including but not limited to: hair pulling, biting, eye poking and/or gouging, etc.

Section VII: SUPPLEMENTAL DISCIPLINE

Rule 1 - Supplemental Discipline

- (a) In addition to any automatic fines and/or suspensions imposed under these rules, the NRS Commissioner may, at his discretion, investigate any incident that occurs in connection with an exhibition, League, or playoff game and may assess additional fines and/or suspensions for any offense committed during the course of a game or any aftermath thereof by a player, Trainer, Manager,

Coach, or club executive, whether or not such offense had been penalized by the Referee(s).

- (b) A mandatory hearing shall be held and a decision rendered with regards to any suspension or further discipline (including fines) within 30 days of the incident. If circumstances prevent the NRS from conducting a hearing and rendering a decision, the suspension shall be automatically terminated after 30 days.
- (c) Suspensions for Major penalties (non-fighting), Match penalties:
 1. When a player receives his second Major penalty (fighting or non-fighting) in a game he shall be assessed a Match penalty. The NRS Commissioner shall have the authority to levy any additional suspension(s) and/or fines.
 2. If a player or Team Official receives a second Match penalty in a season, he shall receive an automatic one (1) game suspension.
 3. If a player receives two Major penalties for Fighting in a season, he shall receive a one (1) game suspension in addition to the automatic one (1) game suspension for Fighting. Any subsequent Major penalties for Fighting shall result in a hearing with League authorities before said player may resume play in the League.
 4. If a player receives three Match penalties in a season, he shall receive an automatic one (1) game suspension. All subsequent Match penalties shall warrant a one (1) game suspension.
 5. If a player or Team Official receives a Match penalty, he shall be suspended from *all* games and practices pending a hearing.
 6. All players have a right to appeal any suspension and may request a hearing with the NRS Commissioner. The player's Coach also has the right to attend said hearing. Any suspension under appeal will not be served until the NRS Commissioner has made a decision concerning the suspension. The NRS Commissioner will make every effort to hold a hearing in a timely manner, either in person or by teleconference.
 7. All suspensions assessed during the regular season shall carry over to the playoffs and/or the next season where applicable.

Section VIII: AMENDMENTS

Rule 1 - Amendments to Rulebook

- (a) Any proposed rule changes or amendments to the NRS rulebook shall be submitted in writing to the NRS Commissioner within 60 days of completion of the current season to be considered for the following season.

- (b) The NRS Commissioner shall present all proposed rule changes or amendments to the NRS rulebook, submitted in accordance with rule 69(a), to the NRS rules Committee for consideration.