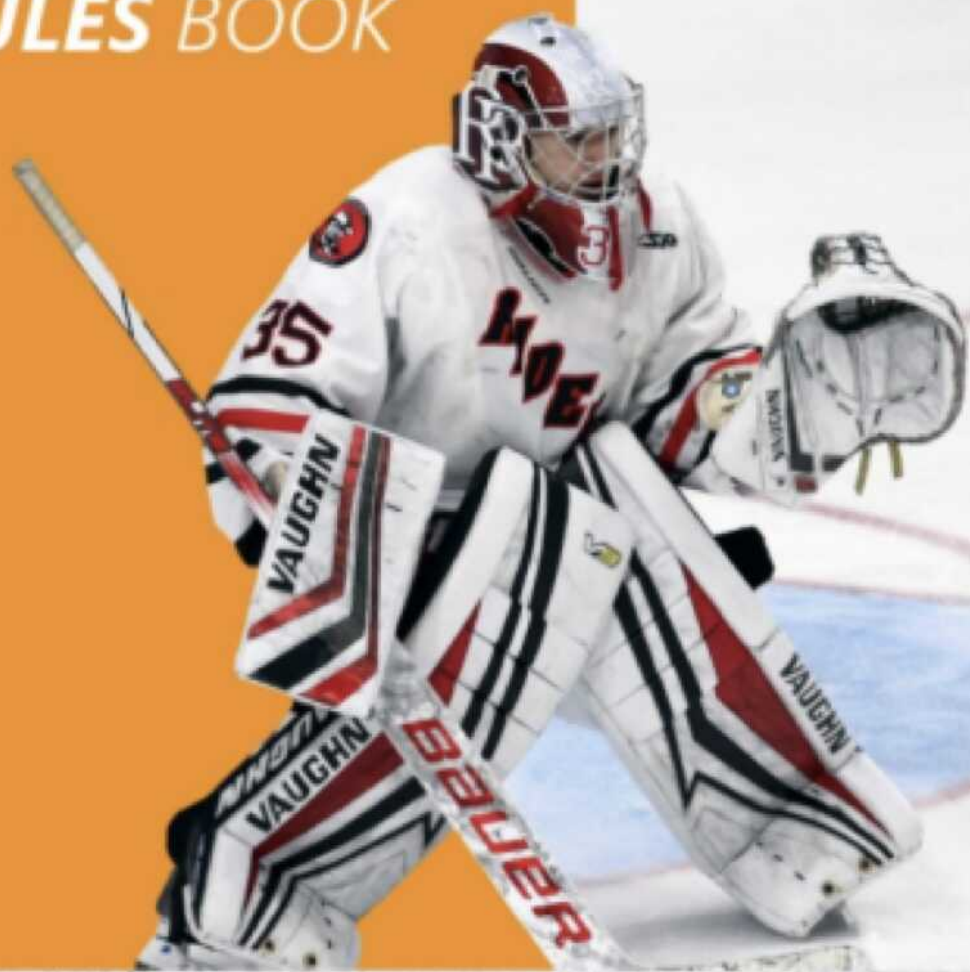


ICE HOCKEY

////// **RULES** BOOK



2024-25



**PLAY.
PERFORM.
COMPETE.
TOGETHER.**

IHRB25

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2024-25 Ice Hockey Rules Changes

3-3-1 — Changed to require a neck laceration protector for goalkeepers.

3-3-5 — Added neck laceration protector and flapper style throat protector to existing language.

3-4-4 — Changed to require a neck laceration protector for all players.

9-4-5 — Added language to define what it means to control the puck.

9-4-6 — Added language to define what it means to possess the puck.

For the Ice Hockey Rink Diagrams, see page 77.

For a Goalkeeper Mask Guide, see page 18.

Comments on the 2024-25 Rules Changes

Required Equipment for Goalkeepers (3-3-1) — This change added neck laceration protectors as required equipment for goalkeepers.

Stoppage in Play (3-3-5) — This change now adds a neck laceration protector and the flapper-style throat protector as pieces of equipment that will create a stoppage in play if the equipment is removed, broken, or displaced.

Required Equipment for Players (3-4-4) — This change added neck laceration protectors as required equipment for all players.

Puck Control (9-4-5) — This additional rule now provides language for what it means to control the puck.

Puck Possession (9-4-6) — This additional rule now provides language for what it means to possess the puck.

DISCLAIMER – NFHS Position Statements and Guidelines

The NFHS regularly distributes position statements and guidelines to promote public awareness of certain health and safety-related issues. Such information is neither exhaustive nor necessarily applicable to all circumstances or individuals, and is no substitute for consultation with appropriate health-care professionals. Statutes, codes or environmental conditions may be relevant. NFHS position statements or guidelines should be considered in conjunction with other pertinent materials when taking action or planning care. The NFHS reserves the right to rescind or modify any such document at any time. Please see pages 89-91 for these position statements.

Each state high school association adopting these rules is the sole and exclusive source of binding rules interpretations for contests involving its member schools. Any person having questions about the interpretation of NFHS rules should contact the rules interpreter designated by the state high school association.

The NFHS is the sole and exclusive source of model interpretations of NFHS rules. State rules interpreters may contact the NFHS for model rules interpretations. No other model rules interpretations should be considered.

2024-25 Points of Emphasis

The NFHS Ice Hockey Rules Committee continues in its belief that the main threat to the health of high school ice hockey is violent and reckless play. The safety and well-being of the participants is paramount and the primary focus of this committee. The committee has addressed the following areas to minimize dangerous, violent and reckless play.

NECK LACERATION PROTECTORS

All players and goalkeepers are required to wear neck laceration protectors. For the health and safety of all participants, all parties need to do their part that this piece of equipment is properly worn.

SPORTSMANSHIP

NFHS playing rules have always emphasized and encouraged sportsmanship. High school hockey should promote respect, integrity and sportsmanship.

Good sports win with humility, lose with grace and do both with dignity. It takes the efforts of everyone every day to ensure that sportsmanship remains one of the top priorities in education-based activity programs.

HEALTH AND SAFETY

Player Safety/Dangerous Hits

The purpose of a body-check is to gain possession of the puck, not to injure, punish or intimidate another player.

- Boarding and checking from behind are viewed as two of the most dangerous plays in the sport. Coaches and players must understand that the responsibility in this rule remains with the player approaching an opponent along the boards.
- The following are illegal and need to be eliminated from high school hockey:
 - Hits to the head
 - Fighting
 - Hits on defenseless players (blindsides hits)
 - Late hits and unnecessary body contact

OFFICIALS

Game Management

- Faceoffs – Both teams must have an equal opportunity to play the puck. This requires proper positioning of all players and the official conducting the faceoff.
- Icing – If the puck is shot from behind the center red line, potential icing applies. It is improper to waive icing simply because the puck is close to the center red line.
- Offsides – Officials must always be in a proper position to accurately determine offsides. A goal scored on an obvious offsides play will adversely impact the officials' credibility throughout the game.

FACILITIES

Because facilities used for high school athletics come in many shapes, sizes and conditions, on-site event management may on occasion conclude that compliance with NFHS directives about event configuration is not feasible. Under all circumstances, on-site event management should utilize set-ups that minimize risk. If a given facility cannot be made reasonably hazard-free, the event should be relocated.

Rule 1 Playing Area

SECTION 1 THE RINK

ART. 1 . . . Ice hockey shall be played on an area of ice called a rink.

NOTE: Information on the rink diagrams in the rules book is suggestive only; it is not required by NFHS rules. The construction and layout of rinks used for high school competition are subject to any controlling laws and building codes, and to the sound judgment of the persons in charge of the facilities.

ART. 2 . . . It is recommended no logo shall disrupt or interfere with any official ice markings.

SECTION 2 RINK DIMENSIONS

ART. 1 . . . The recommended dimensions of the rink shall be 200 feet long and 85 feet wide. The corners shall be rounded in the arc of a circle with a radius of 20 feet to 28 feet.

ART. 2 . . . The rink shall be surrounded by a wall or fence known as the "boards" which shall extend not less than 40 inches and not more than 48 inches above the level of the ice surface. The ideal height of the boards above the ice surface is 42 inches.

- a. It is recommended that boards be white in color and that the bottom dasher be yellow.

ART. 3 . . . The boards shall be constructed in such a manner that the surface facing the ice shall be smooth and free of any object that could cause injury to players.

- a. It is recommended that all doors giving access to the playing surface swing away from the ice surface.
- b. All glass, wire or other types of protective screens and gear used to hold the boards in position shall be mounted on the outside of the boards, away from the playing surface.

SECTION 3 GOAL POSTS AND NETS

ART. 1 . . . Goal posts shall be set between 10 feet and 15 feet from each end of the rink and in the center of a 2-inch-wide red line, known as the "goal line," drawn completely across the width of the ice and continued vertically up the side of the boards.

- a. It is recommended that posts be placed 11 feet from the end of the rink. The goal posts shall be set in such a manner as to remain stationary during the progress of a game. It is recommended that, whenever possible, the goal posts be anchored to the ice so the goal will release when struck by a player who collides with the goal cage.

ART. 2 . . . The goal posts shall extend vertically 4 feet above the surface of the ice. The posts shall be set 6 feet apart, measured from the inside of the posts. A crossbar of the same material as the goal posts shall extend from the top of one post to the top of the other. The goal frames shall not have a metal deflector plate along the base of the back of the goal frame.

ART. 3 . . . A net shall be attached to each goal frame. There shall be no tears or holes in the net which would permit the puck to pass through.

ART. 4 . . . The paint of the goal posts, crossbar and the exterior surface of the other supporting framework shall be entirely red. All other exterior and interior surfaces shall be painted entirely white.

ART. 5 . . . If a water bottle is used, it must be secured to the netting on the top or back of the goal frame.

SECTION 4 GOAL CREASE

One foot outside of each goal post, a 2-inch-wide red line shall be painted extending 4 feet, 6 inches in length. These lines shall be perpendicular to the goal line. A semicircular red line 6 feet in radius and 2 inches in width shall be drawn using the center of the goal line as the center point and connecting both ends of the sides of the crease. The area outlined by the crease lines (including the crease lines) and the space above it to 4 feet shall be known as the "goal crease." It is recommended that the goal crease area be colored light blue. There shall be two Ls in each goal crease. Each line shall be 5 inches long and 2 inches wide. The corners shall touch the goal crease line, 4 feet out from the goal line. The line shall be parallel to and perpendicular to the goal line.

SECTION 5 DIVISION OF ICE SURFACE

ART. 1 . . . The ice area between the two goals shall be divided into three parts by two 12-inch-wide blue lines drawn 64 feet from the goal lines, and extending completely across the rink, parallel with the goal lines, and continuing vertically up the side of the boards.

ART. 2 . . . That portion of the ice surface in which the goal is situated shall be called the "defending zone" of the team defending that goal. The "neutral zone" is the central portion of the ice. The "attacking zone" of a team is that portion of the ice farthest from their defended goal. The zone line shall be considered part of the zone in which the puck is located.

ART. 3 . . . There shall also be a line 12 inches in width and red in color drawn completely across the rink in center ice, parallel with the goal lines and continuing vertically up the side of the boards, known as the "center line."

SECTION 6 CENTER ICE SPOT AND CIRCLE

ART. 1 . . . A circular blue spot, 12 inches in diameter, shall be marked exactly in the center of the rink; and with this spot as a center, a circle of 15 feet radius shall be marked with a 2-inch-wide blue line.

ART. 2 . . . Two blue lines 4 feet apart and parallel to the center line, 2 feet long and 2 inches wide, shall be marked on the ice extending from the outer edge of both sides of the center circle.

SECTION 7 FACEOFF SPOTS IN NEUTRAL ZONE

Two red spots, 2 feet in diameter, shall be marked on the ice in the neutral zone 5 feet from each blue line. Within each faceoff spot, draw two parallel lines 4 inches from the top and bottom of the spot. The area within the two lines shall be painted red; the remaining area shall be painted white. The spots shall be 44 feet apart and each shall be the same distance from the adjacent boards.

SECTION 8 END ZONE FACEOFF SPOTS AND CIRCLES

ART. 1 . . . A red faceoff spot inside a circle shall be marked on the ice in both end zones and on both sides of each goal. The faceoff spots shall be 2 feet in diameter. Within the faceoff spot, draw two parallel lines 4 inches from the top and bottom of the spot. The area within the two lines shall be painted red, the remaining area shall be painted white. The faceoff circles shall be 2 inches wide with a radius of 15 feet from the center of the faceoff spots.

ART. 2 . . . Two red lines, 18 feet and 22 feet from the goal line and parallel to it, 2 feet in length and 2 inches wide, shall be marked on the ice extending from the outer edge of both sides of each faceoff circle.

ART. 3 . . . One foot away from the outer edge of the faceoff spot, two lines shall be drawn parallel with the sideboards that shall be 4 feet in length and 18 inches apart. Parallel to the endboards, commencing at the end of the line nearest to the faceoff spot, a line shall extend 2 feet, 10 inches in length. All lines shall be 2 inches wide. (See diagrams on pages 77 and 78)

ART. 4 . . . The location of the faceoff spots shall be fixed in the following manner: along a line 20 feet from each goal line and parallel to it, mark two points 22 feet on both sides of the straight line joining the centers of the goals. Each such point shall be the center of a faceoff spot and circle.

SECTION 9 PLAYERS' BENCHES

ART. 1 . . . Seats shall be provided for the use of team personnel. The accommodations provided, including seats and doors, shall be uniform for both teams. It is recommended each team bench accommodate at least 20 persons and be placed immediately alongside the ice, convenient to the dressing rooms, in the neutral zone, as near to the center of the rink as possible with two doors opening in the neutral zone. It is recommended the two team benches be separated by a substantial distance.

ART. 2 . . . Only players in uniform and five other team personnel shall be permitted to occupy the team bench area, unless modified by state association adoption.

ART. 3 . . . All students occupying any exposed bench area shall be required to wear a helmet with a face mask meeting HECC/ASTM standards.

PENALTY: First offense: Team warning; Subsequent offense: MINOR (captain's choice of players).

SECTION 10 PENALTY BENCHES

ART. 1 . . . Seats to accommodate eight persons, known as the "penalty bench," shall be provided. It is preferable to have penalty benches for each team separate from each other and substantially away from either team bench.

- a. The penalty bench(es) is for the exclusive use of the timekeeper, the penalty timekeeper, scorer and penalized players. No other person shall be allowed on the penalty bench(es).

ART. 2 . . . A semicircle of 10 feet radius, marked with a line 2 inches wide, known as the "referee's crease," shall be marked on the ice immediately in front of the penalty timekeeper's seat.

SECTION 11 SIGNAL AND TIMING DEVICES

ART. 1 . . . A suitable sound device must be provided for the use of timekeepers.

ART. 2 . . . An electrical clock, or other timing device, shall be provided for the purpose of keeping the spectators, players and game officials accurately informed as to all time elements at all stages of the game, including the time remaining to be played in any period.

- a. Time recording for both game time and penalty time shall show time remaining to be played or served.
- b. A backup timing device must be available.

ART. 3 . . . It is recommended electric lights should be set up behind each goal for the use of the goal judges. A red light will signify the scoring of a goal. Where automatic lights are available, a green light will signify the end of a period or a game. A goal cannot be scored when a green light is showing.

ART. 4 . . . It is recommended enclosures be provided behind each goal to prohibit spectators' interference with the activities of the goal judge assigned to that goal.

SECTION 12 GOALKEEPER'S PRIVILEGED AREA

The goalkeeper's privileged area is an area bounded in the rear by that goalkeeper's end of the rink, in front by an imaginary line connecting the end zone faceoff spots, and on the sides by imaginary lines from the end zone faceoff spots to the end boards.

Rule **2** Teams, Players and Substitutes

SECTION 1 TEAMS

ART. 1 . . . A team shall be composed of six players, designated: goalkeeper, right defense, left defense, center, right wing and left wing.

ART. 2 . . . All players shall wear numbered uniforms. It is required that all players be numbered with at least 10-inch high Gothic, colored numbers on the back of their jerseys and the same numbers at least 4 inches in height on both sleeves of the jersey. The color of the numbers shall contrast with the color of the jersey.

- a. All members of a team shall wear identical uniforms relative to color of helmets (excluding goalkeepers), jerseys, socks, pants and length of pants.
- b. It is required that the visiting team shall wear dark-colored jerseys; the home team shall wear white-/light-colored jerseys.
- c. One manufacturer's logo/trademark 2¼ square inches with no dimension more than 2¼ inches and one American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on each item of uniform apparel.
- d. By state association adoption, to allow for special occasions, commemorative or memorial patches, not to exceed 4 square inches, may be worn on jerseys without compromising the integrity of the uniform.

SECTION 2 TEAM CAPTAINS

ART. 1 . . . Each team shall designate prior to the game any combination of captains or alternates, not to exceed three. If more than one is on the ice at one time, only one may speak to the referee.

- a. The captain(s) and alternate(s) shall wear a "C" or an "A" in a contrasting color on the left, front shoulder of the jersey. No goalkeeper may have on-ice captain's privileges.

ART. 2 . . . If the captain or alternate receives a penalty, that player shall lose all captain's privileges for the duration of the penalty and shall proceed directly to the penalty bench.

ART. 3 . . . Only coaches, captains and alternates may request a team time-out.

ART. 4 . . . Only one of the playing captains of either team may have the privilege to talk or confer with a referee. The playing captain shall not dispute judgment decisions of the referee.

PENALTY: MINOR. If further disrespect, MISCONDUCT. If continued disrespect, GAME MISCONDUCT. If continued disrespect, GAME DISQUALIFICATION.

ART. 5 . . . The referee(s) shall meet with the captain(s) and head coaches prior to the start of the game.

ART. 6 . . . When rules indicate "captain's choice of players" for serving the penalty, the captain must select a player who was on the ice when play was stopped, excluding goalkeepers.

SECTION 3 PLAYERS IN UNIFORM

ART. 1 . . . A maximum of 20 players, including goalkeepers, may dress for and play in a game, unless modified by state association adoption. It is recommended that a minimum of two goalkeepers be among the 20 players dressed.

PENALTY: MINOR (captain's choice of players), and extra player(s) in uniform must be removed from the players' bench.

ART. 2 . . . A list of names and numbers of all eligible players and goalkeepers must be handed to the referee or official scorer before the game. After the game begins no changes may be made for a player who has already been listed. Additions may be made due to inadvertent clerical error.

PENALTY: MINOR (captain's choice of players).

ART. 3 . . . If a roster correction occurs after a game begins, that player's action shall stand.

PENALTY: MINOR (captain's choice of players).

ART. 4 . . . By state association adoption, at the conclusion of a period, teams must remain at their bench area until the referee signals the players to proceed directly to their respective dressing rooms.

PENALTY: MINOR (captain's choice of players).

SECTION 4 STARTING LINEUPS

ART. 1 . . . If the name of the home team has not been established, the competing teams will decide which is to be the home team by mutual agreement; that is, by the flip of a coin or some similar method.

ART. 2 . . . Teams shall be on the ice, ready to play promptly at the beginning of each period. After the first period, starting players shall remain in their half of the ice and proceed to the center ice faceoff positions. All remaining players shall proceed directly to their benches, unless modified by state association adoption. First violation results in a team warning. Subsequent violations shall be penalized.

PENALTY: MINOR (captain's choice of players).

ART. 3 . . . Team huddles are restricted to before the first period. Team huddles are not allowed before the second or third periods.

PENALTY: MINOR (captain's choice of players).

SECTION 5 CHANGE OF PLAYERS

ART. 1 . . . Substitutions may be made at any time provided the player coming off the ice shall be at the players' own bench and out of play before the substituting player enters onto the ice. All penalized players who are to be changed after a penalty has been served must skate to their own players' bench before any change shall be made.

PENALTY: MINOR (captain's choice of players).

NOTE: If, in the course of substitution, either the player legally entering the game or the player retiring is struck accidentally by the puck, the play will not be stopped and no penalty will be called.

ART. 2 . . . If during play a substitution is made for the goalkeeper before the goalkeeper is at the players' bench and out of play, play shall be stopped immediately by the trailing official unless the non-offending team has possession of the puck, in which case stoppage will be delayed until the puck is in the offending team's possession. Play shall resume without penalty with a center spot faceoff. Where play has stopped with the puck in the offending team's defending half of the ice, the faceoff shall take place at the point of the stoppage of play, as specified in Rule 9-1-8.

ART. 3 . . . The number of times any player may be substituted (i.e., withdrawn from, or returned to, the game within the same period, or otherwise) is not limited.

- a. A substitute player is not required to notify a referee before engaging in play; and although the officials shall not begin play with extra players on either team, the responsibility for maintaining the proper number of players rests with the teams.

ART. 4 . . . After any stoppage of play, the visiting team shall promptly place a lineup on the ice ready for play. Substitutions shall be made by the visiting team until the referee signals the home team for its last change. The home team then may make any substitutions that do not result in a delay of the game. The procedure for all stoppages is as follows:

- a. The referee points to site of the faceoff. This is at the discretion of the referee and starts the line-change procedure.
- b. The visiting team has up to five seconds to change players.
- c. The referee raises a hand up to the visiting team, indicating that the home team has up to five seconds to change players.
- d. When the referee's hand comes down, the official dropping the puck blows a quick whistle indicating the start of the faceoff and that the puck will be dropped in no more than five seconds.

PENALTY: If a team intentionally delays the line change, it shall be warned. This serves as that team's warning for the remainder of the game. If that team intentionally delays a line change later in the game, a minor penalty (captain's choice of players) shall be assessed. (9-1)

ART. 5 . . . When a substitution has been made under this rule, no additional substitution may be made until play commences except when any penalty is imposed.

PENALTY: MINOR (captain's choice of players).

ART. 6 . . . A player who has received a time penalty, or one who is serving for a disqualified player, shall remain on the penalty bench until the penalty time is completed unless the penalized player is injured or ill and cannot return to the ice at the proper time. If a time-out is called, a player who has received a time penalty shall remain on the penalty bench.

ART. 7 . . . On any faceoff, if a team starts play with fewer players than it is entitled to, any subsequently entering player shall not be eligible to play any puck

coming from that team's defending zone until the incoming player has returned to the defending zone or until control of the puck has been made by another player in the neutral zone or in the attacking zone of the incoming player.

PENALTY: Faceoff at the defending zone faceoff spot of offending team.

ART. 8 . . . If at any time a team plays too many players, it shall immediately send the extra player or players from the ice.

PENALTY: MINOR (captain's choice of players).

ART. 9 . . . If an extra player from the team bench or penalty bench prevents, or tries to prevent, a break-away attempt at goal, there shall be a delayed whistle.

PENALTY: PENALTY SHOT and MISCONDUCT.

ART. 10 . . . If there are less than two minutes remaining in regulation time or anytime during overtime and a deliberate illegal substitution occurs (such as too many players on the ice or leaving the penalty bench too soon), a penalty shot shall be awarded against the offending team.

PENALTY: PENALTY SHOT.

ART. 11 . . . A goalkeeper who has been substituted for by another goalkeeper at a stoppage of play may not re-enter until the next stoppage of play.

SECTION 6 INJURED PLAYERS

ART. 1 . . . Any player (including goalkeeper) who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the game and shall not return to play until cleared by an appropriate health-care professional. (See NFHS Suggested Guidelines for Management of Concussion).

ART. 2 . . . Should any player be injured during the game, or from any accident, be compelled to leave the ice, a referee shall immediately stop play regardless of which team has possession of the puck and a substitute shall take the place of the player leaving the ice. A player who is bleeding or has an open wound, or has an excessive amount of blood on the uniform shall be considered an injured player and must immediately leave the game for appropriate treatment. (See Communicable Disease Procedures.) An injured player (except the goalkeeper) for whom play is stopped must leave the ice and cannot return until play has resumed.

ART. 3 . . . In case a team has no substitutes in goalkeeper's equipment and it becomes necessary to substitute for the goalkeeper because of incapacitation by injury, breaking a skate or receiving a time or misconduct penalty, a reasonable length of time shall be allowed for the substitute to change into goalkeeper equipment.

PENALTY: MINOR.

ART. 4 . . . In case of injury to a goalkeeper, a reasonable length of time, as determined by the referee, shall be allowed for that player's recovery. All players are to go to the team bench area during the requested recovery period, and the time shall be kept by the game timekeeper. A goalkeeper who has been substituted for cannot re-enter the game until the next stoppage of play.

ART. 5 . . . An official who is bleeding or who has an open wound or who has an excessive amount of blood on the uniform shall be covered under Rule 2-6-2 and the Communicable Disease Procedures.

ART. 6 . . . If a penalized player has been injured, the player may proceed to the dressing room without taking a seat on the penalty bench. If the injured player receives a minor and/or major penalty, a substitute player shall be placed on the penalty bench immediately and shall serve the penalty without change, except by the injured penalized player. A replacement for the penalized player shall not be permitted to enter the game except from the penalty bench.

- a. The penalized player who has been injured and been replaced on the penalty bench shall not be eligible to play until the penalty has expired.

SECTION 7 PARTICIPANT DISABILITIES

Each state association may, in keeping with applicable laws, authorize exceptions to NFHS playing rules to provide reasonable accommodations to individual participants with disabilities or unique and extenuating circumstances. The accommodations should not fundamentally alter the sport, heighten risk to the athlete/others or place opponents at a disadvantage.

Rule **3** Equipment

The NFHS does not perform scientific tests on any specific items of equipment to determine if the equipment poses undue risks to student-athletes, coaches, officials or spectators. Such determinations are the responsibility of equipment manufacturers.

SECTION 1 STICKS

ART. 1 . . . Sticks shall be made of wood or other materials (non-metal protective coverings are permitted). The end of a hollow stick must be fully covered. The stick must be free of any projections, and all edges of the stick must be beveled.

PENALTY: MINOR.

ART. 2 . . . Sticks shall not be more than 65 inches in length and the blade shall not be more than 12½ inches in length and no more than 3 inches nor at the tip less than 2 inches high when measured perpendicularly to the normal lie of the stick.

PENALTY: MINOR.

ART. 3 . . . The widened portion of the goalkeeper's stick extending up the shaft from the blade shall not extend more than 28 inches from the heel and shall not exceed 3½ inches in width. The length of the blade shall not exceed 15½ inches.

PENALTY: MINOR.

ART. 4 . . . The curvature of the blade of all sticks shall be restricted in such a way that the distance of a perpendicular line measured from a straight line drawn between the heel and the end of the blade to the point of maximum curvature shall not exceed $\frac{3}{4}$ -inch, measured on the bottom of the blade from the toe to the heel.

PENALTY: MINOR.

ART. 5 . . . If a goal is scored with an illegal stick, and the stick is found to be illegal before play resumes following the goal, the goal is allowed and the assessed penalty begins immediately.

ART. 6 . . . Measurement of a challenged stick is to be made at first stoppage of play (or during the stoppage of play when the challenge is made). If a player's stick is found to be illegal, the minor penalty begins immediately. If a team challenges the stick of an opponent and if the measurement shows the opponent's stick to be legal, the challenging team will receive a minor penalty for delay of the game. This also applies to additional measurements requested by the same team in the same game in which sticks are found to be legal. Each stick examined is considered an individual challenge for the purpose of determining penalties.

PENALTY: MINOR (captain's choice of players).

ART. 7 . . . A player shall not break a stick intentionally or have it broken by another team member before a measurement can be made. A stick broken, exchanged or misplaced to avoid measurement will be assumed to be illegal.

PENALTY: MINOR and MISCONDUCT.

ART. 8 . . . No player (including goalkeeper) may participate in play while in possession of more than one stick, except that no penalty will be assessed to a player who is struck accidentally by the puck while carrying a replacement stick to a teammate.

PENALTY: MINOR.

ART. 9 . . . No player, excluding the goalkeeper, may participate in play while in possession of a goalkeeper's stick.

PENALTY: MINOR.

SECTION 2 SKATES

Skates shall be worn by all players and shall be free from points or dangerous extensions. It shall be considered dangerous if the blade extends more than three-quarters of an inch beyond the shoe at either toe or heel. The ends of the skates (both toe and heel) shall be rounded and blunt (covered with replaceable tips if necessary) so that there are no points which might cause injury.

PENALTY: GAME MISCONDUCT.

SECTION 3 GOALKEEPER'S EQUIPMENT

ART. 1 . . . Required equipment for goalkeepers shall include gloves, skates, stick, neck laceration protector, flapper-style throat protector, leg pads, padded hockey pants/hip pads, protective cup or pelvic protector, and chest and arm protector. In addition, HECC/ASTM full face mask and helmet with chin strap are required. Pants or socks shall be worn under leg pads to cover exposed skin on the legs. The headgear should be fastened in accordance with manufacturer's specifications, protecting the entire crown, front, temple and back of the head.

The neck laceration protector and the flapper-style throat protector must be separate pieces of equipment, shall not be modified from their original manufactured state, and shall be worn as intended by the manufacturer. The flapper-style throat protector shall be properly attached to the helmet or face mask.

PENALTY: MINOR.

GOALKEEPER MASK GUIDE

These images serve as a guide to distinguish the difference in a HECC certified cat-eye goalkeeper mask and a non-HECC certified cat-eye goalkeeper mask. Learn more at hecc.net.



**Cat-Eye
HECC certified**



**Cat-Eye
Non-HECC certified**



**HECC
certified**

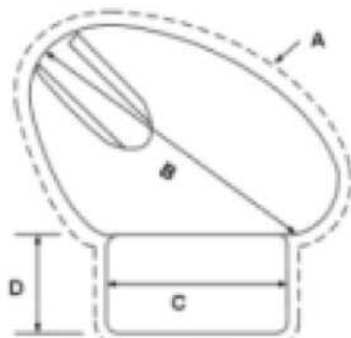
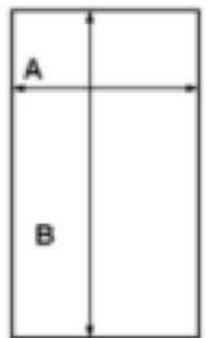



**Non-HECC
certified**

ART. 2 . . . The goalkeeper shall not wear or use any garment or equipment which would provide undue assistance. Webbing or aprons extending more than 3 inches below the crotch are not permitted.

Each of the goalkeeper's leg pads shall not be wider than 11 inches, nor longer than 38 inches.

ART. 3 . . . Protective padding attached to the back or forming a part of a goalkeeper's blocker glove shall not exceed 8 inches in width at any point, nor shall it exceed 15 inches in length. The goalkeeper's catching glove shall have a maximum circumference of 45 inches. The distance from the heel of the catching glove to the outside edge of the glove shall not exceed 18 inches. The wrist cuff of the goalkeeper's catching glove shall not exceed 4 inches in height and 8 inches in width across the wrist.

GOALKEEPER CATCHING GLOVE	GOALKEEPER BLOCKER	GOALKEEPER PADS
		
NFHS A B C D 45" 18" 8" 4"	NFHS A B 8" 15"	NFHS A B 11" 38"

ART. 4 . . . If a team challenges the opposing team's goalkeeper equipment under Articles 2 and 3 of this section, no measurement is required and the officials should report the challenge to the state association.

ART. 5 . . . If a goalkeeper's mask, helmet, neck laceration protector, flap-per-style throat protector, or glove(s) is displaced, or a skate blade is broken or displaced, play shall be immediately stopped.

SECTION 4 PROTECTIVE EQUIPMENT

ART. 1 . . . Each player is personally responsible for wearing protective equipment for all games. Equipment shall not be modified from its original manufactured state and shall be worn in the manner the manufacturer intended it to be worn.

ART. 2 . . . Required equipment shall be worn by all players and goalkeepers on the ice during warm-ups before the game, between periods and during each period. No team personnel shall be permitted on the ice for warm-up or play who are not wearing the required equipment specified in this section or who are wearing anything which is liable to cause injury to self or other players.

ART. 3 . . . Required equipment for players, other than goalkeepers, shall include a HECC-certified ice hockey helmet with chin straps which are securely fastened to the head, gloves, skates, full face mask, padded hockey pants/hip pads, shin pads, protective cup or pelvic protector, elbow pads, shoulder pads and stick. Shin, elbow and shoulder pads must be worn under outer clothing.

PENALTY: First offense, MISCONDUCT. Returning to the game without correct-ing equipment, GAME MISCONDUCT.

ART. 4 . . . All players shall properly wear a neck laceration protector that shall not be modified from its original manufactured state, and shall be worn as intended by the manufacturer.

If a player's neck laceration protector is not being worn, or comes off while play is in progress, an official shall order the player to return to the player's bench and play may continue. If the player does not comply, play shall be stopped and that player shall be penalized.

PENALTY: MINOR.

ART. 5 . . . All players, including goalkeepers, shall wear and have properly inserted into their mouth during the course of play a tooth and mouth protector. A tooth and mouth protector (intraoral) shall include an occlusal (protecting and separating the biting surfaces) and a labial (protecting the teeth and supporting structures) portion and shall cover the posterior teeth with adequate thickness. The tooth and mouth protector shall be of any readily visible color, and may not be completely clear. It is recommended that the protector be: (a) properly fitted, protecting the anterior (leading) dental arch, and; (b) constructed from a model made from an impression of the individual's teeth, or (c) constructed and fitted to the individual by impressing the teeth into the tooth and mouth protector itself.

PENALTY: INITIAL VIOLATION – TEAM WARNING: And, offending player (excluding goalkeeper) shall be immediately replaced on the ice. An offending goalkeeper shall be immediately provided a tooth and mouth protector. SUBSEQUENT TEAM VIOLATIONS – MISCONDUCT.

ART. 6 . . . All players, including goalkeepers, shall wear helmets and face masks which meet HECC/ASTM Standards at the time of manufacture. Helmets and face masks, including ear protectors, shall not be altered from original manufacturer specifications.

NOTE: Compliance with HECC/ASTM Standards requires that helmets and face masks be used no longer than 6½ years after the date of manufacture.

PENALTY: PLAYERS (excluding goalkeeper) – First offense, MISCONDUCT. Returning to the game without correcting equipment, GAME MISCONDUCT. GOALKEEPER – MINOR.

ART. 7 . . . A glove from which all or part of the palm has been removed or cut to permit the use of the bare hand shall be considered illegal equipment.

PENALTY: PLAYERS (excluding goalkeeper) – First offense, MISCONDUCT. Returning to the game without correcting equipment, GAME MISCONDUCT. GOALKEEPER – MINOR.

ART. 8 . . . An immediate whistle must be blown when a player's helmet or face mask becomes dislodged during play.

- a. That player must leave the ice for equipment adjustment and cannot return until after play resumes.

PENALTY: MINOR.

- b. Intentional dislodging of helmet/face mask.

PENALTY: MINOR and MISCONDUCT.

ART. 9 . . . All players are required to wear HECC-certified helmets with face masks while on the players' or penalty bench.

PENALTY: MISCONDUCT.

SECTION 5 DANGEROUS EQUIPMENT

ART. 1 . . . Hard and unyielding items (guards, casts, braces, etc.) on the hand, wrist, forearm, elbow or upper arm are illegal unless they are padded with a closed-cell, slow-recovery foam padding no less than ½" thick.

- a. Knee and ankle braces which are unaltered from the manufacturer's original design/production do not require any additional padding.

ART. 2 . . . Artificial limbs which, in the judgment of the rules-administering officials (state association office), are no more dangerous to contestants than the corresponding human limb and do not place an opponent in a disadvantage, may be permitted.

ART. 3 . . . Jewelry shall not be worn, except for religious or medical medals which shall be taped to the body under the uniform.

PENALTY: First offense, MISCONDUCT. Returning to the game without correcting equipment, GAME MISCONDUCT.

SECTION 6 PARTICIPANTS PROPERLY EQUIPPED

Prior to the start of the game, the head coach of each team is required to verify to the referee that all participants are properly equipped according to the rules. The game may not begin until both teams are in compliance.

SECTION 7 PUCK

ART. 1 . . . The puck shall be a vulcanized black rubber disc, uniformly 1 inch in thickness and 3 inches in diameter, weighing from 5½ to 6 ounces, and free from cuts and indentations.

ART. 2 . . . It is recommended that pucks be slightly beveled or rounded on the edges and that they be chilled before being placed in competition. The puck shall have the NFHS authenticating mark.



SECTION 8 ELECTRONIC DEVICES

Electronic devices shall not be used by team personnel or spectators to communicate with on-ice players or goalkeepers during play.

PENALTY: First offense, MISCONDUCT. Returning to the game with illegal equipment, GAME MISCONDUCT.

Rule 4 Types of Penalties

SECTION 1 TIME PENALTIES

ART. 1 . . . Time penalties are:

- a. Minor – two minutes of actual playing time;
- b. Major – five minutes of actual playing time; and
- c. Misconduct – 10 minutes of actual playing time.

ART. 2 . . . The time shall be served by the offending player unless otherwise specified. That player shall report immediately to the penalty bench and remain there until the penalty timekeeper indicates the penalty time has expired, except when a game disqualification penalty is also imposed on the player, in which case that player shall be represented by a teammate on the penalty bench.

ART. 3 . . . If the penalty time is unexpired at the end of a period, the penalty carries over into the next regular or overtime period.

SECTION 2 MINOR PENALTIES

ART. 1 . . . For a "minor penalty," any player, other than a goalkeeper, shall be ruled off the ice for two minutes, during which time no substitute shall be permitted.

ART. 2 . . . If a goal is scored while a team has fewer players on the ice than the opposing team because of one or more minor penalties, the first penalty shall terminate and all delayed minor penalties signaled by the referee on that team shall be served. The minor penalty that terminates shall be the one with the least time remaining on the penalty clock.

ART. 3 . . . When two minor penalties are assessed to one player at the same time and the opposing team scores a goal before expiration of two minutes, the remaining time for the first minor is eliminated and the second minor penalty begins.

ART. 4 . . . No penalty shall terminate as a result of a goal scored on a penalty shot or awarded goal.

ART. 5 . . . When minor penalties on two players of the same team terminate at the same time, the captain of that team shall designate to the referee which player shall return to the ice first, and the referee shall instruct the penalty timekeeper accordingly.

ART. 6 . . . When a player receives a major and minor penalty at the same time, the major penalty shall be served first.

ART. 7 . . . Immediate substitution may be made for an equal number of coincident minor penalties assessed to each team. Each penalized player shall report immediately to the respective penalty bench and shall not return to the ice until the first stoppage of play following expiration of the full penalty time. The penalty times of the players for whom substitutions have been made under this rule shall begin immediately.

ART. 8 . . . When rules indicate "captain's choice of players" for serving the penalty, the captain must select a player who was on the ice when play was stopped, excluding goalkeepers. The penalty shall not be charged to the player selected to serve this penalty.

SECTION 3 MAJOR PENALTIES

ART. 1 . . . For any major penalty, the offender shall be ruled off the ice for five minutes, during which time no substitute shall be permitted.

ART. 2 . . . When a major penalty is assessed to a goalkeeper, the penalty time shall be served by the goalkeeper. A replacement on the ice shall be allowed for the penalized goalkeeper. An additional player shall go to the penalty bench with the penalized goalkeeper and shall enter the game when the penalty time has expired. The penalized goalkeeper shall not go on the ice until the substitute goalkeeper has left the ice.

ART. 3 . . . Immediate substitution may be made for an equal number of coincident major penalties assessed to each team. Each penalized player shall report immediately to the respective penalty bench and shall not return to the ice until the first stoppage of play following expiration of the full penalty time.

ART. 4 . . . Any player who incurs two major penalties in the same game shall be assessed a game misconduct.

SECTION 4 MISCONDUCT PENALTIES

ART. 1 . . . A misconduct penalty involves the removal of a player, including a goalkeeper, from the game for a period of 10 minutes, but a substitute is permitted to replace that player immediately. A player whose misconduct has expired shall remain on the penalty bench until the next stoppage of play.

ART. 2 . . . If a major or minor penalty is also assessed on the player receiving the misconduct penalty, a substitute shall accompany the penalized player to the penalty bench; and the substitute may enter the game when the major or minor time has expired. If no penalty is assessed in addition to the misconduct penalty, a substitute for the penalized player may enter the game immediately.

ART. 3 . . . When a misconduct penalty is assessed to a goalkeeper, the penalty time shall be served by the goalkeeper. A replacement on the ice shall be allowed for the penalized goalkeeper. The penalized goalkeeper shall not go on the ice until the substitute goalkeeper has left the ice.

SECTION 5 GAME MISCONDUCT PENALTIES

ART. 1 . . . A game misconduct penalty may be assessed when the referee determines that to preserve a sportsmanlike atmosphere of a specific game, a player, coach, manager or other team personnel should be removed from that game for its duration. When such penalty is assessed, the offender shall be removed immediately from the playing area (4-11). A substitute shall replace a penalized player immediately on the ice or on the penalty bench.

ART. 2 . . . Any player who incurs five penalties, any combination of minors, majors or misconducts in the same game, shall be assessed a game misconduct penalty.

SECTION 6 GAME DISQUALIFICATION

ART. 1 . . . A game disqualification penalty consists of a major penalty, suspension for the remainder of the current game and next game of that season. Within a single game, only one disqualification penalty can be assigned a player. However, after a disqualification this does not limit assessment of multiple major penalties to a single player.

a. Unless increased by state association, the minimum application of the following progressive game disqualification structure applies throughout each season, including playoff games:

1. first disqualification – that game plus the next;
2. second disqualification – that game plus the next two;
3. third disqualification – that game plus the next three – and so forth.

ART. 2 . . . The offending player shall not occupy the team bench or the penalty bench and may not occupy any area designated or reserved for players. When such a penalty is assessed, the offender shall be removed immediately from the playing area (4-11). A substitute, other than a spare goalkeeper, shall enter the penalty bench in place of the disqualified player and shall not enter the game until the major penalty time has elapsed.

ART. 3 . . . When coincident game disqualification penalties are assessed to an equal number of players of each team, the penalized players shall leave the game and each team shall thereafter be permitted to place a substitute player on the ice for each of its disqualified players.

ART. 4 . . . All provisions of Rule 4-6, including the major penalty and suspension, shall apply for a game disqualification penalty assessed to a coach or other team personnel.

ART. 5 . . . It is recommended that all game disqualifications be reported to the state association office.

SECTION 7 PENALTY SHOT

ART. 1 . . . A penalty shot is awarded to restore a lost scoring opportunity. (See Summary of Penalties, Penalty Shot)

ART. 2 . . . If the offense for which the penalty shot was awarded was one that normally would incur a minor penalty, the non-offending team may, prior to the penalty shot, elect that the minor penalty be assessed to the offending player or team in lieu of the penalty shot. If the penalty shot is taken, the player committing the infraction shall be charged with a penalty on the score sheet, but no penalty time will be served.

ART. 3 . . . The penalty shot shall be taken by the player fouled. If no player has been fouled, or if the fouled player is injured, the shot may be taken by any

player of the nonoffending side who is on the ice when play is stopped to award the penalty shot (captain's choice of players).

ART. 4 . . . The puck shall be placed at the center faceoff spot. At the referee's instruction, the attacking player shall begin toward the goal, keeping in motion toward the goal until the puck is shot or has crossed the goal line extended. Only one shot is permitted.

ART. 5 . . . Only a player who is ruled a goalkeeper (9-2-1) may defend a penalty shot. The goalkeeper shall remain in the goal crease until the attacking player has touched the puck. The goalkeeper may attempt to stop the puck in any manner except by throwing the stick. If a foul is committed by the goalkeeper during the try and the try is unsuccessful, another penalty shot is awarded.

ART. 6 . . . If the attacking player commits a foul, that player may be permitted to take the shot before going to the penalty bench.

ART. 7 . . . All players shall move to their respective bench areas and remain quiet until the shot has been completed. If a player other than the defending goalkeeper causes the penalty shot by another player to fail, a second attempt shall be awarded, and a misconduct penalty assessed to the player who interfered with or distracted the shooter.

ART. 8 . . . If a goal is scored from a penalty shot, a further penalty to the offending player shall be applied if the offense for which the penalty shot was awarded was such as to incur a major, disqualification or misconduct penalty. In that case, the penalty prescribed for the particular offense shall be imposed.

ART. 9 . . . In order to be awarded a penalty shot during a breakaway, all five of the following criteria must be met:

- a. The player must be in control of the puck. The key word here is control. For example, a player who shoots the puck slightly ahead in a controlled manner in order to skate faster is still considered in possession and control of the puck whereas a player who is trying to kick the puck out between skates while moving may not be considered to have enough control.
- b. The player must be beyond the defending blue line.
- c. There is no opponent present between the player and the opposing goalkeeper. (Note, the opponent does not have to be directly in the player's path but simply between the player and the opposing goalkeeper.)
- d. The player must be fouled directly from behind. An opponent who has an angle on the breakaway player and commits the foul from the side should be penalized, but no penalty shot shall be awarded.
- e. The player must have been deprived of a reasonable scoring opportunity.

NOTE: A player who still has a reasonable scoring opportunity, even though fouled from behind, should not be awarded a penalty shot.

Like most rules, the term "reasonable scoring opportunity" is left to the official's discretion.

SECTION 8 GOALKEEPER'S PENALTIES

ART. 1 . . . When a minor penalty is assessed to a goalkeeper, the penalty time shall be served by a teammate on the ice at the time the offense was committed (chosen by the captain of that goalkeeper's team).

ART. 2 . . . If a goalkeeper incurs a major or misconduct penalty, the goalkeeper shall serve the time penalty.

SECTION 9 DELAYED PENALTIES

A team shall not be reduced by time penalties so that it has fewer than four players, including the goalkeeper, on the ice at any time. When two players of the same team are serving penalties and a third player of that team is penalized, the time of the third player's penalty shall not begin until one of the two previous penalties has elapsed. Players shall return to the ice in the order of their penalty expiration.

SECTION 10 CALLING OF PENALTIES

ART. 1 . . . If a foul is committed by one team while the other team is in possession of the puck, the stoppage of play shall be delayed until the offending team has control of the puck.

ART. 2 . . . If a goal is scored either while teams have equal number of players on the ice or if the scoring team is shorthanded, and one or more delayed minor penalties are called, the first minor penalty shall not cause the offending player's team to lose a player from the ice. If any other fouls are committed on the same play or after the referee has stopped play, the offending players shall be penalized. The signaled penalty shall be recorded on the scoresheet, but no penalty time will be served.

SECTION 11 REMOVAL FROM THE GAME

ART. 1 . . . When a player, manager or other team personnel is removed from the game, that person is to leave the playing area immediately. If the removed person is a student or school-age person, the removal will take place only if there are authorized school personnel available for supervision.

ART. 2 . . . If there is no one available for supervision, the individual must remain on the bench. At that point, the coach shall be notified that any further disruption by that individual shall result in termination of the contest.

PENALTY: FORFEITURE, and the score shall be 1-0.

SECTION 12 STATE ASSOCIATION PENALTIES

State associations are authorized to investigate any incident that occurs in connection with any game and may assess additional suspensions and/or penalties, whether or not such offense has been penalized by the referee.

Rule **5** Officials

SECTION 1 APPOINTMENT OF OFFICIALS

ART. 1 . . . All games shall be officiated by a two-official, three-official or four-official system. The on-ice officials shall be the referees and linesman/linesmen. It is required that on-ice officials are adults. The off-ice officials should be a game timekeeper, a penalty timekeeper, scorer and two goal judges. The officials shall conduct the game in accordance with the official rules and interpretations contained in the NFHS Ice Hockey Rules Book.

ART. 2 . . . The referees shall have sole authority and control of the game. The decision of the referees shall be final and there shall be no appeals.

ART. 3 . . . The officials retain clerical authority over the contest through the completion of any reports, including those imposing disqualifications that are responsive to actions occurring while the officials had jurisdiction. State associations may intercede in the event of unusual incidents that occur before, during or after the officials' jurisdiction has ended or in the event that a contest is terminated/suspended prior to the conclusion of regulation play.

SECTION 2 OFFICIATING SYSTEMS

ART. 1 . . . The two-official system consists of two referees. The three-official system consists of two referees and one linesman. The four-official system consists of two referees and two linesmen.

ART. 2 . . . The on-ice officials should arrive on the ice together prior to arrival of teams before the warm-up dressed in accordance with Article 3 of this section and before each period and shall remain on the ice at the conclusion of each period until all players have proceeded to their dressing rooms.

ART. 3 . . . The on-ice officials shall be dressed in black trousers, an official's sweater, a black HECC-certified ice hockey helmet with chin strap fastened and a half face shield which meets HECC certification at the time of manufacture. The on-ice officials shall be equipped with whistles. The referees in the three-official or four-official system shall wear arm bands.

ART. 4 . . . If an on-ice official accidentally leaves the ice or receives an injury that incapacitates the individual from discharging the duties of the position while play is in progress, the game shall be stopped immediately by a remaining on-ice official, unless one of the teams has the puck in a scoring position, in which case the play shall be allowed to be completed. If it is obvious that the injury sustained is of a serious nature, play shall be stopped immediately. Should one of the appointed officials be unable to officiate because of sickness or accident or be unable to finish the game:

- a. In the two-referee system, the remaining referee shall have the power to appoint a replacement, if necessary, or finish the game alone.
- b. In the three-official system, the remaining officials shall officiate the game using a two-official system.
- c. In the four-official system, the remaining officials shall officiate the game using a three-official system.

SECTION 3 DUTIES OF THE REFEREES

The duties of the referees are as follows:

- a. Shall have general supervision of the game and shall have full control of all game officials and players. The referees shall have jurisdiction over the game upon entry on the ice prior to the game until the ice is cleared of contestants after the game. The referees shall enforce all rules and shall rule on situations not specifically covered by rule. The referees may increase any penalty, especially for deliberate or repeated infringement of the rules. In case of any dispute, the decision of the referees shall be final and there shall be no appeal. The referees may change their own decision or that of any other official, provided the change precedes resumption of play following rendering of the original decision. The referees may replace off-ice officials who interfere with the progress of the game.
- b. It is the responsibility of the referee to have an NFHS Ice Hockey Rules Book upon reasonable request.
- c. The referees shall, before starting the game, see that the appointed game timekeeper, penalty timekeeper, official scorer and goal judges are in their respective places, be satisfied that the timing and signaling equipment is in order, and see that markings and cages conform to the rules.
- d. Meet with team captains and head coaches prior to the start of the game. The referee shall receive verification from the coach that all participants are properly equipped and emphasize to the coach and captains that all participants are expected to exhibit good sportsmanship throughout the contest.
- e. The referees shall impose such penalties as are prescribed by the rules for infractions thereof, to stop play for any other infraction of the rules and to give final decisions in the matters of disputed goals. The referees may, in matters of disputed goals, consult with the linesman and/or goal judge before making a decision.
- f. The referees shall order the teams on the ice at the appointed time for the beginning of the game and at the commencement of each period.
- g. When a referee becomes aware of any lack of conformity to the regulations on equipment, it shall be a duty to see that the required equipment is in use.
- h. The referee shall announce to the official scorer or penalty timekeeper all goals and assists legally scored, as well as penalties, and for what infractions such penalties are imposed.
- i. Suspend the game if playing conditions become unsatisfactory.
- j. Start play, even when a player who is attempting to delay the game is not ready.
- k. Stop play whenever necessary, including when there is an injury to a player (including the goalkeeper) or on-ice official, when the puck goes outside the

playing area, when the puck is interfered with by ineligible persons, when the puck is struck with an illegal stick, and when there is an infringement of the rules, except that for a foul committed to prevent a goal, play shall not be stopped until the offending team has control of the puck.

- l. In the two-official system, determine infractions of rules concerning off-sides and icing the puck.
- m. At the center ice faceoff spot for the start of each period and after a goal, one referee shall drop the puck while facing the timekeeper, and the other referee shall stand at center ice across the rink.

SECTION 4 DUTIES OF THE LINESMAN

The duties of the linesman are as follows:

- a. The linesman shall determine infractions of the rules concerning offsides and icing the puck.
- b. The linesman shall stop the play:
 - 1. When puck goes outside the playing area;
 - 2. For premature substitution for a goalkeeper;
 - 3. When an ineligible player plays the puck coming from the defending zone;
 - 4. When an injury is sustained by a player, goalkeeper or official;
 - 5. When the puck is played illegally with a hand or high stick; and
 - 6. When there is a faceoff violation.
- c. The linesman shall conduct all faceoffs not required by these rules to be conducted by the referee, unless requested to do so by the referee.
- d. The linesman shall, when requested to do so by the referee, offer insight of any incident that may have taken place during the playing of the game.
- e. The linesman shall not stop the play to impose any penalty, except for violations of too many players on the ice and articles thrown onto the ice from the players' bench, and shall report such violations to a referee.
- f. The linesman shall report immediately to a referee insight and feedback with respect to deliberately displacing the goal post from its normal position.
- g. The linesman shall report to a referee at the first stoppage insight and feedback of any infraction of the rules constituting a minor, major, disqualification or regarding game misconduct penalty or any conduct calling for a misconduct penalty that occurs behind the play and is not observed by the referee.
- h. The linesman shall report a goal not observed by the referee.
- i. The linesman shall escort penalized players to the penalty bench.

SECTION 5 GOAL JUDGES

ART. 1 . . . If goal judges are used, one goal judge shall be assigned to and shall judge at the same goal cage during the entire game. The rules committee recommends that the goal judges be isolated from spectators.

ART. 2 . . . The goal judge shall signal the referee when the puck enters the goal cage. The referee may give the goal judge an opportunity to:

- a. describe the manner in which the puck was caused to enter the goal cage; and

- b. determine compliance with the goal crease rule. The final decision as to whether or not it shall be scored shall be made by the referee.

SECTION 6 PENALTY TIMEKEEPER

ART. 1 . . . The penalty timekeeper shall keep a record of the offenses and the players penalized and shall keep any players off the ice for the time of the penalty in actual time of play, starting when the puck strikes the ice on the faceoff and stopping whenever a referee signals the play to stop or when a goal is made.

ART. 2 . . . If a penalized player enters the rink before complete penalty time has been served, the penalty timekeeper shall notify the referee when play is stopped.

ART. 3 . . . In case of a delayed time penalty, the timekeeper shall see that no penalized player returns to the ice until there is a stoppage of play or the team is entitled to an additional player on the ice.

SECTION 7 SCORER

ART. 1 . . . The scorer shall be responsible for keeping the score as reported by the referee.

ART. 2 . . . The scorer shall be responsible for seeing that after each goal the name of the persons scoring and assisting are announced as reported by the referee and, in the event a goal is disallowed, for seeing that the referee's decision is properly announced.

ART. 3 . . . A current NFHS Ice Hockey Rules Book shall be at the scorer's table.

SECTION 8 TIMEKEEPER

ART. 1 . . . The timekeeper shall time the actual play starting when the puck hits the ice on the faceoff and stopping whenever an on-ice official signals play to stop or when a goal is made.

ART. 2 . . . The timekeeper shall signal the end of each regular period and of any other period designated by the referee, and this signal shall mark the absolute conclusion of play. For a charged time-out, the timekeeper shall signal the referee when it is time to play.

ART. 3 . . . The timekeeper shall time intermissions and shall notify the referee and teams to be ready for play three minutes before the expiration of each intermission.

ART. 4 . . . It is recommended that, where reasonably possible, all rinks have automatic light equipment to mark the end of periods.

ART. 5 . . . The timekeeper shall time time-outs as designated by the referee. The referee's signal shall mark the beginning and conclusion of play. During time-out periods, teams must return to their team bench.

Rule Participant Conduct

SECTION 1 ABUSE OF OFFICIALS AND OTHER MISCONDUCT

ART. 1 . . . No player, when penalized, shall fail to go directly and immediately to the penalty bench.

PENALTY: MISCONDUCT. If further refusal, GAME MISCONDUCT. If continued refusal to obey the official, GAME DISQUALIFICATION.

ART. 2 . . . No player may enter or remain in the referee's crease except to enter the penalty bench while the referee is consulting with game officials or enforcing a penalty.

PENALTY: MISCONDUCT. If further disrespect, GAME MISCONDUCT. If continued disrespect, GAME DISQUALIFICATION.

ART. 3 . . . No player shall use obscene language directed at officials or others during the warm-up, during the progress of the game, or during an intermission.

PENALTY: MINOR and MISCONDUCT. If continued or excessive, GAME MISCONDUCT. If further continued or if after the game, GAME DISQUALIFICATION.

ART. 4 . . . No coach or other team personnel shall use obscene language directed at officials or others during the warm-up, during the progress of the game, or during an intermission.

PENALTY: MINOR (captain's choice of players). If continued or excessive, GAME MISCONDUCT. If further continued or if after the game, GAME DISQUALIFICATION.

ART. 5 . . . No player, coach or other team personnel shall use any obscene gestures directed at officials or others during the warm-up, during the progress of the game, or during an intermission or after the game.

PENALTY: MINOR and GAME MISCONDUCT to the offending player. If coach or other personnel, MINOR (captain's choice of players) and GAME MISCONDUCT. If further continued or if after the game, GAME DISQUALIFICATION.

ART. 6 . . . No player, coach or other team personnel shall use any racial, ethnic or gender slur directed at officials or others during the warm-up, during the progress of the game, or during an intermission or after the game.

PENALTY: GAME DISQUALIFICATION.

ART. 7 . . . No player, coach or other team personnel shall intentionally touch, trip, hold, push or in any other way physically abuse or attempt to physically abuse an official before, during or after the game.

PENALTY: GAME DISQUALIFICATION.

ART. 8 . . . No participant, team personnel, or coach shall use any form of alcohol or tobacco or be under the influence or (i.e., impaired by) a controlled or illicit substance(s), beginning the contest.

PENALTY: GAME MISCONDUCT.

ART. 9 . . . No player, coach or team personnel shall spit at an opponent, teammate or game official.

PENALTY: GAME DISQUALIFICATION.

SECTION 2 UNSPORTSMANLIKE CONDUCT

The NFHS disapproves of any form of taunting which is intended or designed to embarrass, ridicule or demean others under any circumstances.

ART. 1 . . . No player shall display any unsportsmanlike conduct, or act in any way to incite, threaten or taunt an opponent into incurring a penalty (e.g., threatening, dropping of gloves or stick, abusive language, gestures, intentionally spraying a goalkeeper or banging sticks on the ice or boards) during the warm-up, during the progress of the game, or during an intermission, or following the game.

PENALTY: MINOR. If further disrespect, MISCONDUCT. If continued disrespect, GAME MISCONDUCT. If continued disrespect or if after the game, GAME DISQUALIFICATION.

ART. 2 . . . No coach or other team personnel shall display any unsportsmanlike conduct, or act in any way to incite, threaten or taunt an opponent into incurring a penalty (e.g., threatening, abusive language, gestures or banging sticks on the ice or boards) during the warm-up, during the progress of the game, during an intermission, or following the game.

PENALTY: MINOR (captain's choice of players). If further disrespect, GAME MISCONDUCT. If continued disrespect or if after the game, GAME DISQUALIFICATION.

ART. 3 . . . There shall be no whistles blown or other mechanical devices used to signal by coaches, other team personnel or anyone other than officials.

PENALTY: MINOR (captain's choice of players).

ART. 4 . . . No coach or other team personnel shall enter onto the ice during the game, except by permission of the referee.

PENALTY: MINOR (captain's choice of players).

ART. 5 . . . Activities of the coach or other team personnel shall be confined to the immediate area of the bench.

PENALTY: MINOR (captain's choice of players).

ART. 6 . . . No player, coach or other team personnel shall throw a stick, puck or other equipment onto the ice. If equipment is thrown onto the ice which definitely interferes with or confuses play, an immediate whistle should occur. If play is not interfered with or confused, a slow whistle is in order.

PENALTY: MINOR to offending player. If player is not identifiable, or if coach or other team personnel, MINOR (captain's choice of players).

ART. 7 . . . No player shall deliberately shoot the puck after the whistle has been blown.

PENALTY: MINOR.

SECTION 3 REFUSING TO START PLAY

There shall be no refusal of a coach or other team personnel to obey the decision of the referee.

PENALTY: FORFEITURE, and the score shall be 1 to 0, unless the decision of the referee is accepted within three minutes, in which case a MAJOR penalty shall be assessed.

Rule 7 Physical and Stick Fouls

SECTION 1 BODY-CHECKING (BOYS TEAMS ONLY)

ART. 1 . . . A fair body-check is one in which a player checks an opponent who is in control of the puck, by using the upper body from the front or diagonally from the front or straight from the side, and does not take more than two steps in executing the check.

ART. 2 . . . In addition, a fair body-check involves intentionally contacting an opponent with the hip or shoulder in all areas of the ice. The defensive player's objective is to gain control of the puck by separating the puck carrier from the puck with a legal body-check.

SECTION 2 BODY CONTACT (BOYS AND GIRLS TEAMS)

Body contact is allowed. Body contact occurs when both players, attempting to play the puck, establish body position and a lane to the puck.

- a. A defensive player, when skating in the same direction as the puck, may legally hold a position on the ice to block and stop forward progression of the puck carrier.
- b. Offensive and defensive players are allowed to establish body position in front of the net.
- c. Angling is permitted. Angling is a legal defensive skill used to influence the puck carrier to a place where the player must stop due to a defensive player's body position.
- d. Incidental contact is permissible, and occurs when two players collide unintentionally.
- e. When playing in a one-on-one situation, a defensive player is allowed to stop forward progress of the puck carrier by establishing position in the path of the puck carrier. Body contact is permitted. The defensive player cannot detain the puck carrier once forward progress has been stopped.

SECTION 3 BODY-CHECKING (GIRLS TEAMS)

There shall be no body-checking.

PENALTY: MINOR. If flagrant, MAJOR or GAME DISQUALIFICATION.

SECTION 4 PENALTY OPTIONS

ART. 1 . . . Options for the following infractions:

MINOR PENALTY or MAJOR PENALTY or GAME DISQUALIFICATION PENALTY			
Body Checking (Girls)	Rule 7-3	Holding	Rule 7-11
Charging	Rule 7-5	Hooking	Rule 7-12
Contact to the Head	Rule 7-6	Interference/Obstruction	Rule 7-13
Cross-checking	Rule 7-7	Kneeing	Rule 7-14
Elbowing	Rule 7-8	Slashing	Rule 7-15
Goalkeeper Contact	Rule 7-9	Tripping	Rule 7-16
High Sticking	Rule 7-10	Unnecessary Roughness	Rule 7-17

ART. 2 . . . Options for the following infractions:

MAJOR PENALTY or a MAJOR and MISCONDUCT PENALTY or GAME DISQUALIFICATION PENALTY			
Boarding	Rule 7-18	Grabbing a Face Mask	Rule 7-20
Checking from Behind	Rule 7-19	Head-butting	Rule 7-21
<i>There is no provision for minor penalty assessment for any of these infractions.</i>			

ART. 3 . . . The following infractions require:

GAME DISQUALIFICATION PENALTY			
Attempting to Injure	Rule 7-22	Kicking a Player	Rule 7-25
Butt-ending	Rule 7-23	Leaving Bench during Altercation	Rule 7-26
Fighting	Rule 7-24	Spearing	Rule 7-27
<i>There is no provision for a minor penalty, major penalty, or major and misconduct penalty assessment for any of these infractions.</i>			

ART. 4 . . . All Game Disqualification penalties include a MAJOR PENALTY. (4-6-1)

SECTION 5 CHARGING

ART. 1 . . . No player may charge an opponent. Charging is defined as the action of a player who, as a result of distance traveled, checks an opponent violently in any manner from the front or side. Charging shall also apply if a player skates with more than two strides and jumps into an opponent.

ART. 2 . . . No player shall body-check the opposing goalkeeper in the privileged area.

ART. 3 . . . No player shall make physical contact with an opponent after the whistle has been blown if, in the opinion of the referee, the player has had sufficient time after the whistle to avoid such contact.

ART. 4 . . . For any violation under Rule 7, Section 5:
PENALTY: MINOR. If flagrant, MAJOR or GAME DISQUALIFICATION.

SECTION 6 CONTACT TO THE HEAD

ART. 1 . . . No player shall make contact from any direction with an opposing player's head or neck area in any manner, including, but not limited to, with the shoulder, stick, elbow, hand, etc.

ART. 2 . . . Indirect contact to the head or neck area shall be penalized under this rule. Indirect contact occurs when the initial force of the contact begins below the neck and progresses upward to the head or neck area.

PENALTY: MINOR. If flagrant, MAJOR or GAME DISQUALIFICATION.

ART. 3 . . . Direct contact to the head or neck area is a flagrant foul under this rule. Direct contact occurs when the initial force of the contact occurs to the head or neck area.

PENALTY: MAJOR or GAME DISQUALIFICATION.

SECTION 7 CROSS-CHECKING

No player may cross-check an opponent. Cross-checking is defined as a check delivered by extending the arms with both hands on the stick and thrusting the stick into an opponent, unless part of the stick is on the ice and the primary effort is towards the puck, not the opponent.

PENALTY: MINOR. If flagrant, MAJOR or GAME DISQUALIFICATION.

SECTION 8 ELBOWING

No player shall force an elbow into an opponent.

PENALTY: MINOR. If flagrant, MAJOR or GAME DISQUALIFICATION.

SECTION 9 GOALKEEPER CONTACT

ART. 1 . . . No player shall slash, jab or poke at the puck after the goalkeeper has the puck covered and/or in control, or body-check the goalkeeper when the goalkeeper is in the privileged area, regardless of whether the referee has stopped play or not.

PENALTY: MINOR. If flagrant, MAJOR or GAME DISQUALIFICATION.

ART. 2 . . . No player shall charge into, rough, physically interfere with, or commit any foul against a goalkeeper who is in the goal crease.

PENALTY: MINOR. If flagrant, MAJOR or GAME DISQUALIFICATION. Exception: Waving arms in front of the goalkeeper is a MINOR penalty.

ART. 3 . . . An attacking player may stand on the goal crease line or in the goal crease if, in the opinion of the official, the player does not physically or visually prevent the goalkeeper from defending the goal.

SECTION 10 HIGH STICKING

ART. 1 . . . The puck may not be played or stopped with any part of the stick when the puck is over 4 feet off the ice. If a puck is touched by a stick when the puck is more than 4 feet off the ice, a slow whistle shall be in order unless the puck is first played by an opponent, regardless of the zone in which this violation occurs. However, if the puck is directed at the goalkeeper or goal cage by a player from the attacking team, play shall be stopped immediately.

PENALTY: Faceoff at a defending zone faceoff spot of the offending team.

ART. 2 . . . Carrying sticks above the height of 4 feet in a way likely to cause injury is prohibited.

PENALTY: MINOR.

ART. 3 . . . Striking an opponent with the stick above the opponent's shoulders is prohibited.

PENALTY: MINOR. If flagrant, MAJOR or GAME DISQUALIFICATION.

SECTION 11 HOLDING

ART. 1 . . . There shall be no holding of an opponent, or an opponent's stick, with the hand, arm, leg, stick or otherwise, except that it shall be permissible for a player to lift the stick of an opponent who is playing or attempting to play the puck. Such lifting up or pressing down of the opponent's stick shall be only momentary and only for the purpose of obtaining the puck or preventing the opponent from playing it.

ART. 2 . . . This rule does not permit lifting or raising near the handle of an opponent's stick or with the stick across and against the opponent's body, or the raising of the opponent's stick so high that the player's progress is stopped.

ART. 3 . . . For any violation under Rule 7, Section 11:

PENALTY: MINOR. If flagrant, MAJOR or GAME DISQUALIFICATION.

SECTION 12 HOOKING

ART. 1 . . . No player shall use the stick in a hooking manner to impede or hold back an opponent.

ART. 2 . . . No player shall use the stick in a reverse position to obtain the puck or prevent an opponent from playing the puck.

ART. 3 . . . For any violation under Rule 7, Section 12:

PENALTY: MINOR. If flagrant, MAJOR or GAME DISQUALIFICATION.

SECTION 13 INTERFERENCE/OBSTRUCTION

ART. 1 . . . Interference with an opponent not in possession of the puck is not permitted anywhere under any circumstances.

NOTE: A player is considered to be in possession of the puck after making a pass or shot until the puck is controlled by an opponent or teammate.

ART. 2 . . . Obstruction, defined as use of stick or body to interfere with an opponent away from the play of the puck, shall be penalized under this rule.

ART. 3 . . . No player shall kick, throw, hold or knock an opponent's stick, glove, tooth and mouth protector or any other piece of equipment for the purpose of keeping it from the possession of an opponent.

ART. 4 . . . For any violation under Rule 7, Section 13, Articles 1 through 3:

PENALTY: MINOR. If flagrant, MAJOR or GAME DISQUALIFICATION.

ART. 5 . . . No attacking player who is in the goal crease (body and/or stick) may make incidental contact with or visually impede the goalkeeper.

PENALTY: Stoppage in play. If a goal is scored it shall be disallowed, faceoff at the nearest neutral zone faceoff spot.

This rule applies if all of these conditions are met: (a) the attacking team is in possession of the puck, (b) the goalkeeper is in the goal crease, and (c) the puck is not already in the crease.

NOTE: Regardless of the location of the goalkeeper or the puck, if the goalkeeper is fouled, apply Rule 7-9.

SECTION 14 KNEEING

No player shall force a knee into an opponent.

PENALTY: MINOR. If flagrant, MAJOR or GAME DISQUALIFICATION.

SECTION 15 SLASHING

No player shall swing a stick at an opponent with unnecessary force, regardless of height (slashing). Slashing includes all cases in which a slashing gesture is made, regardless of whether contact occurs.

PENALTY: MINOR. If flagrant, MAJOR or GAME DISQUALIFICATION.

SECTION 16 TRIPPING

ART. 1 . . . No player shall body-check an opponent below the opponent's knees (tripping).

PENALTY: MINOR. If flagrant, MAJOR or GAME DISQUALIFICATION.

ART. 2 . . . No player shall trip an opponent with a stick, leg, foot or sliding body block.

PENALTY: MINOR. If flagrant, MAJOR or GAME DISQUALIFICATION.

ART. 3 . . . A player who dives or lunges causing the skate blades to leave the ice shall not make contact with the opponent.

PENALTY: MINOR. If flagrant, MAJOR or GAME DISQUALIFICATION.

ART. 4 . . . No player shall foul from behind an opponent who is in control of the puck in the offending player's defending zone or neutral zone when there are no defending players except the goalkeeper between the attacker and the defending team's goal, thus preventing a reasonable scoring opportunity.

PENALTY: PENALTY SHOT. If this occurred when the goalkeeper had been removed and prevented an obvious and imminent goal, AWARD GOAL.

SECTION 17 UNNECESSARY ROUGHNESS (ROUGHING)

ART. 1 . . . No player, whether in the act of covering or being covered, shall cross-check, hook, hold, shove, push or charge an opponent. A player may, however, guard, cover or maintain position against an opponent not playing the puck by standing in front of that player, even touching the opponent with some part of the body.

ART. 2 . . . A penalty shall be assessed due to any avoidable body-check to an opponent who does not have control of the puck.

NOTE: A player is no longer considered to be in control of the puck after making a pass or shooting the puck.

ART. 3 . . . No player shall deliver a check to an unsuspecting and vulnerable player.

ART. 4 . . . For any violation under Rule 7, Section 17:

PENALTY: MINOR. If flagrant, MAJOR or GAME DISQUALIFICATION.

SECTION 18 BOARDING

ART. 1 . . . No player shall check, cross-check, elbow, charge, trip or otherwise contact an opponent in such a manner that causes the opponent to be thrown violently into the boards.

PENALTY: MAJOR.

ART. 2 . . . If flagrant or the action causes the player to crash headfirst into the boards, either a **MAJOR and MISCONDUCT or GAME DISQUALIFICATION** penalty must be assessed.

SECTION 19 CHECKING FROM BEHIND

ART. 1 . . . No player shall push, charge, cross-check or body-check an opponent from behind in open ice.

PENALTY: MAJOR.

ART. 2 . . . No player shall push, charge, cross-check or body-check an opponent from behind into the boards or goal frame.

PENALTY: MAJOR and MISCONDUCT or if flagrant, GAME DISQUALIFICATION.

NOTE: The rules committee reminds coaches and players that the responsibility in this rule remains with the player approaching an opponent along the boards. While players turning to draw penalties is a concern, the positive change in behavior the committee observed outweighs this issue.

SECTION 20 GRABBING THE FACE MASK

No player shall grab the face mask of an opponent.

PENALTY: MAJOR. If flagrant, **MAJOR** and **MISCONDUCT** or **GAME DISQUALIFICATION**.

SECTION 21 HEAD-BUTTING

No player shall head-butt or head-spear (driving the head, helmet and/or face mask into the body of an opponent).

PENALTY: MAJOR. If flagrant, **MAJOR** and **MISCONDUCT** or **GAME DISQUALIFICATION**.

SECTION 22 ATTEMPT TO INJURE

No player shall commit any act which deliberately attempts to injure or deliberately injures an opponent.

PENALTY: GAME DISQUALIFICATION.

SECTION 23 BUTT-ENDING

No player shall butt-end an opponent or attempt to butt-end an opponent. A butt-end occurs when a player uses the shaft of the stick above the upper hand to jab an opponent.

PENALTY: GAME DISQUALIFICATION.

SECTION 24 FIGHTING

ART. 1 . . . A **GAME DISQUALIFICATION** shall result for fighting.

ART. 2 . . . Subsequent player(s) shall not enter into a fight.

PENALTY: GAME DISQUALIFICATION.

ART. 3 . . . Players not involved in an on-ice fight shall, upon verbal signal from the referee, skate immediately to their respective team bench area, excluding goalkeepers.

PENALTY: MINOR for each player who does not comply.

SECTION 25 KICKING A PLAYER

No player shall kick or attempt to kick another player.

PENALTY: GAME DISQUALIFICATION.

SECTION 26 LEAVING PLAYERS' BENCH OR PENALTY BENCH

No player shall leave the team bench or the penalty bench during an altercation.

PENALTY: GAME DISQUALIFICATION.

SECTION 27 SPEARING

No player shall spear or attempt to spear an opponent. Spearing shall mean stabbing an opponent with the point of the stick blade while the stick is being carried with one or both hands. **PENALTY: GAME DISQUALIFICATION.**

Rule 8 Other Fouls

SECTION 1 BROKEN STICK

ART. 1 . . . A player or goalkeeper without a stick may participate in the game. A broken stick shall be dropped to the ice immediately, which means the player or a goalkeeper shall be allowed reasonable time to be aware that the stick is broken.

NOTE: A stick is not considered broken if the blade is only chipped or cracked, provided the blade is entirely covered with tape and there are no projecting points.

PENALTY: MINOR.

ART. 2 . . . A player whose stick is broken shall (or a teammate on the ice shall) procure another stick from that player's team bench. A goalkeeper may not go to the bench to obtain a new stick.

PENALTY: MINOR.

ART. 3 . . . A player or goalkeeper shall not leave or discard a stick or other equipment in such a way as to prevent a goal.

PENALTY: MINOR. If this illegal act prevents an obvious and imminent goal, AWARD GOAL.

SECTION 2 DELAY OF GAME

ART. 1 . . . No player or goalkeeper shall deliberately shoot or bat the puck outside the playing area during play or during a stoppage of play

PENALTY: MINOR.

ART. 2 . . . No player shall deliberately hold (freeze) the puck against the boards, goal cage or ice with a stick, skate, foot or any other part of the body for the purpose of delaying the game.

PENALTY: MINOR. If by goalkeeper out of the privileged area, MINOR.

ART. 3 . . . No player shall deliberately displace a goal cage.

PENALTY: MINOR. If during a breakaway or occurring with less than two minutes remaining in regulation time or anytime during overtime, PENALTY SHOT. If preventing an obvious and imminent goal, AWARD GOAL.

ART. 4 . . . No players shall delay the game by unnecessarily celebrating after goals, conferring with coaches, players or others, or committing any act for the obvious purpose of stalling.

PENALTY: After a team has once been warned for delay, subsequent violations call for a MINOR PENALTY (if more than one player, captain's choice of players).

ART. 5 . . . No player shall deliberately remove a helmet and/or face mask during play.

PENALTY: MINOR and MISCONDUCT. If during a breakaway, or during the last

two minutes of regulation time or anytime during overtime, **PENALTY SHOT and MISCONDUCT.**

ART. 6 . . . No players shall delay the game by unnecessarily adjusting equipment or clothing or tying skates.

PENALTY: After a team has once been warned for delay, subsequent violations call for a **MINOR PENALTY.**

ART. 7 . . . No player other than the goalkeeper shall pick up, throw, cover or trap the puck with the hands or body.

PENALTY: **MINOR.** If in the goal crease of the defending team, **PENALTY SHOT.**

SECTION 3 EMBELLISHMENT

ART. 1 . . . No player shall attempt to draw a penalty through any exaggerated or deceitful action.

PENALTY: **MINOR.**

ART. 2 . . . A player who has been fouled shall not exaggerate the impact of the foul. An embellishment penalty may be called in conjunction with an opponent's penalty.

PENALTY: **MINOR.**

SECTION 4 INTERFERENCE BY/WITH SPECTATORS

ART. 1 . . . In the event that objects interfere with the progress of the game and are thrown onto the ice, a whistle is blown by a non-official or other fan interference occurs, the official shall blow the whistle and stop the play, and the puck shall be faced off at the nearest faceoff spot in the zone where play is stopped.

ART. 2 . . . No player may physically interfere with a spectator.

PENALTY: **GAME MISCONDUCT.**

SECTION 5 KICKING THE PUCK

The puck may be stopped and carried or kick-passed by the skate; but it shall not be played by the so-called "kick shot" which combines use of the leg and foot driving the shaft and blade of the stick into the puck, producing a very dangerous shot.

PENALTY: **MISCONDUCT.**

SECTION 6 LEAVING PENALTY BENCH (NON-ALTERCATION)

ART. 1 . . . No player who is serving a penalty may return to the ice without permission of the penalty timekeeper.

PENALTY: **MINOR.**

ART. 2 . . . In the case of a player returning to the ice before penalty time has expired through an error of the penalty timekeeper, the player is not to serve an additional penalty, but must serve the unexpired time.

ART. 3 . . . Penalized players may return to their team during intermissions.

SECTION 7 THROWING STICK OR OTHER EQUIPMENT

ART. 1 . . . No player, goalkeeper or bench personnel shall throw a stick or other equipment on or onto the ice.

PENALTY: MINOR. If to prevent a reasonable scoring opportunity in the attacking zone or with less than two minutes remaining in regulation time or anytime during overtime, **PENALTY SHOT.** If this occurred in the attacking zone when the goalkeeper had been removed from the ice and prevented an obvious and imminent goal, **AWARD GOAL.**

ART. 2 . . . No player, including the goalkeeper, shall throw a stick or portion of a stick from the playing surface.

PENALTY: MISCONDUCT.

Rule **9** Game Flow

SECTION 1 FACEOFFS

ART. 1 . . . All faceoffs must be conducted on one of the nine faceoff spots located on the ice.

ART. 2 . . . The puck shall be faced off by the referee or linesman dropping the puck on the ice between the sticks of the players facing off. Players facing off will stand squarely facing their opponents' end of the rink, approximately one stick length apart with the blade of their sticks touching the ice. When the faceoff occurs at any of the end zone or neutral zone faceoff spots, the sticks of both players facing off shall have the blades on the ice within the designated white area. The attacking team player shall place a stick within the white area first.

The official dropping the puck shall set the players by blowing the whistle and holding the puck at the beltline. When players are legally set, the official shall present the puck to the players and drop the puck.

ART. 3 . . . If a player facing off fails to take the proper position immediately when directed by the official, the official may order that player replaced for that faceoff by any teammate then on the ice.

ART. 4 . . . A player facing off shall not contact an opponent with the body or stick except in the course of playing the puck after the faceoff.

PENALTY: MINOR.

ART. 5 . . . All other players shall, at the time of a faceoff, be positioned so that their bodies and sticks are no closer than 36 inches from an opponent. They shall be closer to their own end of the rink than is the spot of the faceoff. No other players shall be allowed to have their skates (on or off the ice) inside the faceoff circle or beyond the parallel faceoff lines extended or come within 15 feet of the players facing off the puck.

Excluding goalkeepers, players shall take a stationary position on all faceoffs before the puck is dropped.

PENALTY: First violation, the official shall order the individual(s) of the offending team(s) taking the faceoff to be replaced for that faceoff by any teammate on the ice. Second violation, at the same faceoff by same team, MINOR penalty on player who commits the violation.

ART. 6 . . . When players are penalized at a stoppage in play where an immediate on-ice player differential is created due to the assessment of one or more penalties, the ensuing faceoff will occur at the defending zone faceoff spot of the team whose player reduction is greater.

EXCEPTIONS:

1. when a penalty is assessed after the scoring of a goal the faceoff is at center ice; or
2. when a penalty is assessed at the end of or prior to the start of a period, the faceoff is at center ice.

ART. 7 . . . The puck shall be faced off at the center ice faceoff spot:

- a. at the start of each period and overtime period and after a goal is scored;
- b. when ends are changed at the middle of any period;
- c. when play is stopped for premature substitution for a goalkeeper. (2-5-2);
- d. when the center ice faceoff spot is the nearest faceoff spot as defined in Articles 8, 9 and 10 of this rule; or
- e. official's error – not covered elsewhere in Rule 9-1.

ART. 8 . . . The puck shall be faced off at the nearest faceoff spot providing the least territorial advantage to the team causing the stoppage, in the zone where the puck was last fairly played, which is where the puck was last fairly in contact with a player or that player's stick, unless otherwise provided for in these rules, when:

- a. a player causes the puck to leave the rink from that player's defending zone or the neutral zone or that player's stick was the last to touch it before it left the rink from these zones;
- b. play becomes stalled in the neutral zone;
- c. a player passes or shoots the puck into the attacking zone from the neutral zone or that player's defending zone when a teammate is in the attacking zone;
- d. play is officially stopped for any other reason not covered by these rules while the puck is in the neutral zone;
- e. play is stopped because of an injury, accident to or illness of a player when the puck is in that player's defending zone or the neutral zone;
- f. on any faceoff, a team starts play with fewer players than entitled to and a subsequently entering player plays any puck coming from that player's defending zone before that player has returned to the defending zone, or until the puck has been played by another player in the neutral zone or in that player's attacking zone;
- g. a stick, puck or other equipment is thrown onto the ice;
- h. the puck strikes an overhead obstruction; or
- i. play is stopped for premature substitution for a goalkeeper. (2-5-2)

ART. 9 . . . The puck shall be faced off at the nearest faceoff spot in the zone where the puck was last fairly played, which is where the puck was last fairly in contact with a player or that player's stick, unless otherwise provided for in these rules, when:

- a. play is stalled by two opposing players in any zone;
- b. fouls are called simultaneously on opposing players in any zone and no immediate on-ice differential is created due to the penalties assessed;
- c. the puck leaves the rink for any unnatural reason (under the boards at end, etc.);
- d. a player shoots the puck off the goal frame or net, causing the puck to leave the rink;
- e. the puck becomes lodged on the outside of the goal cage.
- f. any player causes the puck to leave the rink, or that player or player's stick was last to touch the puck before it left the rink from this zone; or
- g. a goal is illegally scored as a result of a puck being deflected off an official.

ART. 10 . . . The puck shall be faced off at the neutral zone faceoff spot nearest to where the puck was at the time of the stoppage in play, unless otherwise provided for in these rules, when:

- a. an attacking player is illegally in the goal crease (7-13-5);
- b. play is stopped because of injury, accident to or illness of a player of the attacking team when the puck is in the attacking zone;
- c. any stoppage of play is caused by the attacking team in its attacking zone except as otherwise specified in these rules;
- d. a goal is scored illegally unless covered by these rules;
- e. a stoppage of play in an end zone takes place and is followed by a gathering of players. No attacking player on the ice or other player coming from the bench shall enter the end zone further than the outer edge of the faceoff circles nearest the blue line, except when a goal is scored.
- f. a puck carrier enters the attacking zone from the neutral zone when a teammate is in the attacking zone;
- g. play is stopped for an erroneous offside infraction; or
- h. a player in the attacking zone commits a penalty that does not result in an immediate on-ice player differential.

ART. 11 . . . The puck shall be faced off at the defending zone faceoff spot of the offending team whenever:

- a. icing is called;
- b. in the opinion of the referee, an intentional offside has been made;
- c. defensive stalling occurs;
- d. a goal cage is unintentionally displaced by the defending team;
- e. a defensive player causes the puck to become lodged on the outside of the goal cage;
- f. a penalty shot has been tried but not made;
- g. play is stopped due to a player striking the puck with the stick when the puck is above the height of 4 feet in any zone;

- h. play is stopped due to a player batting or propelling the puck with the hand or arm to a teammate;
- i. play is stopped when the puck is batted with the hand directly on goal by the attacking team;
- j. when puck is grasped by hand (not a hand pass) and play is stopped; or
- k. in penalty situations. (9-1-6)

SECTION 2 GOALKEEPER PLAY OF PUCK

ART. 1 . . . A team shall have only one goalkeeper (player with goalkeeper's equipment and privileges) on the ice at any one time. If, at any time, a player not wearing goalkeeper's equipment is substituted for the goalkeeper, that player shall not be ruled as a goalkeeper.

ART. 2 . . . Within the privileged area bounded in the rear by the goalkeeper's end of the rink, in front by an imaginary line connecting the end zone faceoff spots, and on the sides by imaginary lines from the end zone faceoff spots to the end boards, the goalkeeper has certain privileges (see diagram of rink). The goalkeeper:

- a. may, when the puck is on or off the ice, and on or in front of the goal line, cover or trap it only to prevent an opponent from scoring. When the puck is behind the goal line, the goalkeeper shall not deliberately fall on or gather into the body, nor hold or place the puck against the boards, unless part of the goalkeeper or the goalkeeper's equipment is in the goal crease. If the covering or trapping is done by the goalkeeper's body or equipment other than skates or stick, the official shall immediately signal play to stop. The faceoff shall be taken on the nearest end zone faceoff spot;

PENALTY: MINOR.

- b. may, in stopping the puck, catch it, propel it or bat it with a stick or hands in any direction. In clearing the puck, the goalkeeper may pick it up, carry it out of the crease, or throw it towards the nearest end of the rink. In doing these things, the goalkeeper shall not hold the puck for more than three seconds. A goalkeeper, after initial warning, may be guilty of delay of the game for unnecessary holding of the puck and may be subject to a minor penalty;

PENALTY: End zone faceoff spot faceoff, except in deliberate falling on the puck when the puck is behind the goal line, which is a MINOR penalty.

- c. may not deliberately use equipment to conceal the puck;

PENALTY: End zone faceoff spot faceoff, except in deliberate falling on the puck when the puck is behind the goal line, which is a MINOR penalty.

- d. may not throw the puck towards the opponent's end of the rink; or

PENALTY: End zone faceoff spot faceoff.

- e. may not, with hands or arms, propel the puck on the ice or bat it in the air towards the opponent's end of the rink.

PENALTY: End zone faceoff spot faceoff.

ART. 3 . . . When outside the privileged area, the goalkeeper does not have the privileges of ART. 2 in this section, and shall play the puck in the same manner as that prescribed for other players and is subject to the same penalties as other players except that the penalty time shall be served by another player.

ART. 4 . . . If beyond the center red line, a goalkeeper shall not participate in play in any manner.

PENALTY: MINOR.

SECTION 3 GOALS AND ASSISTS

ART. 1 . . . A goal is made when the puck, entering from the front, passes between the goal posts below the top of the net and completely across the goal line.

ART. 2 . . . An attacking player may score a goal when the puck was last touched by that player's stick, and then only if the puck was not more than 4 feet off the ice (height of the goal cage). If the puck was last touched by a defending player before it entered the goal cage, the goal is allowed regardless of the manner in which the puck was caused to enter the goal cage, except as prohibited in this section.

ART. 3 . . . A goal shall NOT be allowed if:

- a. the puck is kicked, thrown, carried or otherwise deliberately directed into the goal by any means other than by a stick, or propelled illegally with the stick, even if the puck bounds or deflects off the person or equipment of any defensive player into the net;
- b. the puck hits an official and goes directly into the net;
- c. the puck is between the goalkeeper's pads or lodged in the equipment and is carried over the goal line by an opponent pushing the goalkeeper into the goal cage. (But, if it is so carried over by a teammate pushing the goalkeeper, or if the goalkeeper propels it over the goal line, the goal is allowed);
- d. the attacking team commits a foul which assists in the making of a goal;
- e. the attacking team has too many players on the ice at the time the goal is made;
- f. the goal is contributed to by anyone other than an actual player;
- g. an attacking player is illegally in the goal crease (7-13-5);
- h. a goal is made after a referee or timekeeper has signaled play to stop;
- i. the goal is made by a member of a team which has an illegal player on the ice (e.g., a penalized player returns to the ice from the penalty bench before penalty has expired either by the player's error or an error of the penalty timekeeper);
- j. the puck enters the defending team's goal during a delayed offside or immediately after the offside;
- k. during the delayed calling of a penalty, a goal is scored into the net of the non-offending team if the puck deflects off an offending player or puck movement is affected by any action of an offending player; or
- l. the goal cage becomes unintentionally displaced prior to the puck completely crossing the goal line. If the action is ruled intentional, apply Rule 8-2-3.

ART. 4 . . . A goal scored shall count one point for the team not defending the goal cage in which the goal is made.

ART. 5 . . . A goal shall be credited in the scoring records to the player who propelled the puck into the opponent's goal. If the puck deflected into the goal from the shot of an attacking player by striking any part of the person of a player of the same side, a goal shall be allowed. If a goal is scored by a defensive player, credit shall go to the last offensive player to have touched the puck. Each goal shall count one point in the player's record.

ART. 6 . . . An assist shall be credited to the player or players taking part in the play preceding the goal, even though the play may originate in the defending zone. Not more than two assists shall be given on any goal. Each assist so credited shall count one point in the player's record.

ART. 7 . . . A save for a goalkeeper shall be credited only when the goalkeeper has prevented the puck from entering the net.

SECTION 4 HANDLING THE PUCK

ART. 1 . . . The puck may be stopped by any part of the body and shall only be carried via a stick. The puck may be stopped by the hand on or off the ice. It may be propelled by the hand or arm, even though in the crease, along the ice, but not thus passed to a teammate, unless both players are in their defending zone. If the puck is caught and dropped immediately, play shall continue. (9-1-11j)

PENALTY: Faceoff at the defending zone faceoff spot of the offending team.

ART. 2 . . . If the puck is first played by an opponent (except a deflection off the goalkeeper), after being batted in the air by hand or propelled by the hand along the ice, all players are eligible and play is not stopped.

ART. 3 . . . If the puck is first played by a teammate (except a sideward or backward bat from the goalkeeper) after being batted in the air by hand, or propelled by the hand along the ice, then play shall be immediately stopped (i.e., the player who last hit the puck is required to play it next for that team), unless both players are in their defending zone.

PENALTY: Faceoff at the defending zone faceoff spot of the offending team.

ART. 4 . . . If the puck is batted directly on goal by the attacking team there is an immediate whistle.

PENALTY: Faceoff at the defending zone faceoff spot of the offending team.

ART. 5 . . . Control of the puck is the act of propelling the puck with the stick, hand or feet. Control of the puck is not lost when contact with the puck is made by an opponent, the boards or the net, provided the player in control of the puck continues propelling the puck.

ART. 6 . . . The last player to physically touch the puck with the stick or body shall be considered in possession of the puck. NOTE: A player can have possession of the puck without control, but cannot have control of the puck without possession.

SECTION 5 ICING THE PUCK

ART. 1 . . . For the purpose of this rule, the center line will divide the ice into halves. Should any player of a team, equal or superior in numerical strength to the opposing team, shoot, bat or deflect the puck from the player's own half of the ice beyond the goal line extended of the opposing team, play shall be stopped and the puck faced off at an end faceoff spot of the offending team, unless on the play the puck enters the net of the opposing team, in which case the goal shall be allowed. (If applicable, Rule 9-1-6 takes precedence.)

- a. For the purpose of this rule, the point of last contact with the puck by the team in possession shall be used to determine whether icing has occurred or not.
- b. Icing shall occur the instant the puck crosses the opponent's goal line extended. When a team is shorthanded as a result of a penalty and the penalty is about to expire, the decision as to whether icing has occurred shall be determined at the instant the penalty expires. If the puck is shot before the penalty expires, icing shall not be called. The action of a penalized player remaining on the penalty bench will not alter the ruling.

ART. 2 . . . Icing is nullified and play shall continue when:

- a. players of the team icing the puck, deflect (or tip) the puck in the attacking half of the ice before the puck reaches the goal line extended;
- b. the icing team has fewer players on the ice than the opposing team;
- c. the shot is made from a faceoff;
- d. the puck touches an opposing player or the player's equipment before reaching the goal line extended;
- e. a player of the opposing team other than the goalkeeper is able, in the opinion of the referee, to play the puck before it passes the goal line extended but does not do so;
- f. the puck is played by the goalkeeper prior to reaching the goal line extended on the rink or enters the goal cage (in which case a goal is scored); or
- g. the puck is shot and rebounds from the body or stick of an opponent in the player's own end of the ice, and it crosses the goal line extended of the player shooting the puck.

PENALTY: Faceoff at end zone faceoff spot in defending zone on side nearer the place from which shot was made.

ART. 3 . . . If the officials shall have erred in calling an "icing the puck" infraction (regardless of whether either team is shorthanded), the ensuing faceoff shall take place at the center ice faceoff spot.

SECTION 6 OFFSIDES

ART. 1 . . . A player is offside when both skates are completely over the outer edge of the blue line involved in the play at the instant the puck completely crosses the outer edge of that line. The position of the player's skates and not that of the player's stick shall be the determining factor in all instances in deciding an "offside." To establish onside, one skate must be on the zone line.

EXCEPTION: An attacking player in control of the puck may precede the puck over the blue line.

ART. 2 . . . If an attacking player precedes the puck which is shot, passed or deflected into the attacking zone, but a defending player is able to play the puck, the official shall signal a delayed offside. The official shall drop an arm to nullify the offside violation and allow play to continue if:

- a. the defending team passes or carries the puck into the neutral zone; or
- b. all attacking players in the attacking zone clear the attacking zone by making skate contact with the blue line. If the attacking team does not clear the attacking zone, the official shall stop play for the offside violation if any attacking player touches the puck or attempts to gain control of a loose puck while the puck is still in the attacking zone, or forces the defending puck carrier further back in the attacking zone.

NOTE: The attacking zone must be completely clear of attacking players before a delayed offside can be nullified with the puck still in the attacking zone.

If the puck enters the defending team's goal during a delayed offside or immediately after the offside, the goal is disallowed.

ART. 3 . . . An intentional offside is one which is made for the purpose of deliberately securing an immediate stoppage of play, regardless of the reason, or where an offside play is made under conditions where there is no possibility of completing a legal play. If, in the opinion of the official, an intentional offside has been made, the puck shall be faced off at the end zone faceoff spot in the defending zone of the offending team. If the defensive player fails to advance the puck, a neutral zone faceoff shall result.

SECTION 7 PASSES

ART. 1 . . . Any player is eligible to play the puck (on-side):

- a. in the neutral zone or that player's defending zone.

EXCEPTION: Players returning to the ice (2-5-7);

- b. in that player's attacking zone, provided the puck preceded that player into that zone; or
- c. in that player's attacking zone and the puck is carried or passed there from the neutral zone by an opponent.

ART. 2 . . . The puck may be passed or carried from the defending zone to the neutral zone, and any players who are in the defending zone or neutral zone are eligible to play it.

EXCEPTION: Players returning to the ice. (2-5-7)

SECTION 8 PUCK MUST BE KEPT IN MOTION

ART. 1 . . . A team in possession of the puck in its defending zone shall always advance the puck towards the opposing goal except if prevented from doing so by players of the opposing team.

PENALTY: Faceoff at the near defending zone faceoff spot of the offending team.

ART. 2 . . . If the referee loses sight of the puck during a scramble in front of the net or because a player accidentally falls on the puck, play shall be stopped immediately and a faceoff conducted at the point where play was stopped unless otherwise stated in these rules.

ART. 3 . . . A minor penalty may be imposed on any player, including the goal-keeper, who holds, freezes or plays the puck with a stick, skates or body along the boards in such a manner as to cause a stoppage of play. There will not be a whistle for any reason for a stalled puck along the boards unless a player unintentionally falls on the puck, or in the judgment of the referee, continued play would lead to unnecessary contact surrounding the puck.

ART. 4 . . . If at any time while play is in progress a puck other than the one officially in play shall appear on the playing surface and interferes with the progress of the game, play shall be stopped immediately and the puck shall be faced off at the nearest faceoff spot in the zone where play is stopped.

ART. 5 . . . Should either team refuse to take control of the puck during the delayed whistle, the official shall stop play and take the proper action as provided for in these rules.

SECTION 9 PUCK STRIKING OFFICIAL

If the puck hits an official, play shall not be stopped. (9-3-3b)

SECTION 10 START OF GAME AND PERIODS/PREGAME WARM-UP

ART. 1 . . . A coach from each team shall be at the team's bench for pre-game warm-ups.

ART. 2 . . . The home team shall have the choice of goal to defend. Teams shall change ends at the beginning of each subsequent regular period. If, in the opinion of the referee, conditions are more favorable to play at one end of the rink than at the other, the referee may equalize opportunities by having teams change ends at the middle of one or all three regular and overtime periods, but not in only two regular periods. The referee shall declare before the commencement of the game or period that this change is to be made, and the change shall take place at the exact midpoint of a period and not at a stoppage of play nearest that point.

NOTE: The intent of this article is that no team shall play under unfavorable conditions for a disproportionate period of time.

ART. 3 . . . During the pregame warm-up, each team shall proceed to its end of the ice and confine its activity to its own end of the rink for the duration of the warm-up.

SECTION 11 TIED GAMES

ART. 1 . . . In case of a tie score at the end of the third period, if an overtime is played, there shall be a three-minute intermission, ends shall be changed, and play shall be continued for not more than eight minutes. Teams shall remain in the bench area between the end of the third period and the beginning of the overtime

period. The team that scores first wins, and the game is ended. If no score is made in these eight minutes, the game shall be declared a tie.

NOTE: All games may be played under overtime policies adopted by the state high school association.

PENALTY: If either team should decline to play the necessary extra period, the game shall be declared a loss for that team, and the score shall be 1 to 0.

ART. 2 . . . If, in the opinion of the officials, the ice surface is unplayable, the ice shall be resurfaced. The normal intermission shall be in effect.

SECTION 12 TIME OF GAME AND TIME-OUTS

ART. 1 . . . There shall be three periods, each consisting of 15 minutes of actual play, with recommended intermissions of 12 minutes each between periods.

ART. 2 . . . By state association adoption, a procedure may be established whereby schools may play up to a 17-minute period.

ART. 3 . . . By state association adoption, procedures may be established whereby games may be terminated after two periods or during the third period when a team leads another team by a specified number of goals. By state association adoption, running time may be utilized at any time when a team is leading another by a specified number of goals.

EXAMPLES:

1. Games may be terminated when a team leads the opposing team by 10 or more goals.
2. Games may be shortened anytime by using running time when a team leads an opposing team by six or more goals.

ART. 4 . . . Each team will be permitted to take one time-out of one-minute duration during the game. The time-out must be taken during normal stoppage of play prior to the drop of the puck. Only coaches, captains and alternate captains may call a time-out. The time-out may be used for warming up the substitute goalkeeper or any other purpose. If a team takes a time-out, the opposing team may exercise the rights of the time-out, including warming up the goalkeeper. A maximum of 10 pucks may be used for warm-up of the goalkeeper.

ART. 5 . . . If, in the opinion of the referees, the conditions become unsatisfactory during the course of the game, they may call the game at any time. If, before two periods have been completed, a game is interrupted because of events beyond the control of the responsible administrative authorities (i.e., not involving the players), it shall be continued from the point of interruption, unless the teams agree otherwise or there are state association rules to cover the situation. If the interruption occurs after two periods, the game is considered completed and the score shall stand, unless the teams agree otherwise or there are state association rules to cover the situation.

ART. 6 . . . If any unusual delay occurs in the first or second periods, the referee may order the next regular intermission to be taken immediately and the balance of the period will be completed upon the resumption of the play with the teams defending the same goal, after which the teams will change ends and resume play of the ensuing period without delay.

SUMMARY OF PENALTIES

These tables indicate the locations of penalties contained within NFHS Rules. Many rule infractions have penalty options. Please refer to the specified penalty location before applying a rule.

Minor Penalty (2 Minutes)			
	Rule		Rule
Abusive language (non-player)	6-1-4	Goalkeeper equipment, improper	3-3-1
Altercation – players to bench	7-24-3	Goalkeeper fouled in crease	7-9-2
Avoidable contact	7-17-2	Goalkeeper illegally checked	7-9-1
Bench activities of non-players	6-2-5	Goalkeeper, improper or missing equipment	3-3-1
Body-checking (girls hockey)	7-3	Goalkeeper, play beyond red line	9-2-4
Broken stick	8-1-1, 2	Goalkeeper, puck shot out of rink – deliberate	8-2-1
Captain/alternate disputes judgment	2-2-4	Goalkeeper, substitution delay	2-6-3
Charging	7-5	Helmet (playing without after dislodged)	3-4-8
Contact to the head	7-6	High sticking	7-10
Cross-checking	7-7	Holding	7-11
Delay of game	8-2-1, 2, 3, 4	Hooking	7-12
Displacing cage	8-2-3	Interference/Obstruction	7-13
Elbowing	7-8	Interference with play from bench	6-2-6
Embellishment	8-3	Kneeing	7-14
End of period, Team protocol	2-3-4	Leaving feet to play puck	7-16-3
Entering ice (non-player)	6-2-4	Leaving penalty bench prematurely	8-6-1
Equipment, adjustment (after warning)	8-2-6	Leaving sticks, objects in front of goal	8-1-3
Face masks (playing without)	3-4-8	Line change violation (subsequent)	2-5-4, 5
Faceoff interference	9-1-4	Physical contact after whistle	7-5-3
Faceoff violation (second)	9-1-5	Playing with goalkeeper's stick	3-1-9
Falling on, trapping puck	8-2-7	Playing with more than one stick	3-1-8
Goalkeeper delay of game	9-2-2, 3	Preventing possession of player's equipment	7-13-3

Minor Penalty (2 Minutes)			
	Rule		Rule
Puck leaving rink (intentional)	8-2-1	Student on bench not wearing helmet/face mask (captain's choice)	1-9-3
Puck not kept in motion	9-8-3	Substitution upon penalty expiration	2-5-1
Roster violation	2-3-1, 2, 3	Throwing stick or other equipment onto the ice	8-8-1
Shooting puck after whistle	6-2-7	Too many players on ice	2-5-8
Slashing	7-15	Tripping	7-16
Slashing goalkeeper after catching puck	7-9-1	Unnecessary roughness	7-17
Start of play	2-4-2, 3	Unsportsmanlike conduct	6-2-1, 2
Stick challenged – measures legal	3-1-6	Waving arms in front of goalkeeper	7-9-2
Stick measurement (illegal dimension)	3-1-1, 2, 3, 4	Whistle blown by coach or other team personnel	6-2-3
Minor Plus Misconduct (2 plus 10 minutes)			
	Rule		Rule
Obscene language	6-1-3	Stick measurement refused	3-1-7
Removing helmet/face mask – player or goalkeeper (deliberate)	3-4-8, 8-2-5		
Minor Plus Game Misconduct			
	Rule		Rule
Obscene gesture	6-1-5		
Major Penalty (5 Minutes)			
	Rule		Rule
Boarding	7-18-1	Elbowing, flagrant	7-8
Body-checking (girls hockey), flagrant	7-3	Goalkeeper, flagrantly fouled	7-9-1
Charging, flagrant	7-5	Goalkeeper fouled in crease, flagrant	7-9-2
Checking from behind	7-19-1	Grabbing face mask	7-20
Contact to the head, flagrant	7-6	Head-spearing/head-butting	7-21
Cross-checking, flagrant	7-7	High sticking, flagrant (whether injury or not)	7-10-3, 4
Disqualification	4-6-1	Holding, flagrant	7-11

Major Penalty (5 Minutes)			
	Rule		Rule
Hooking, flagrant	7-12	Slashing, flagrant	7-15
Interference, flagrant	7-13	Slashing goalkeeper after catching puck, flagrant	7-9-1
Kneeing, flagrant	7-14	Tripping, flagrant	7-16
Refusing to start play	6-3	Unnecessary roughness, flagrant	7-17
Misconduct Penalty (10 Minutes)			
	Rule		Rule
Captain/alternate disputes judgment (continued)	2-2-4	Referee crease violation	6-1-2
Disrespect to officials	6-2-1	Required equipment violation (first offense)	3-4-3, 5, 6, 7
Helmet (not wearing on players' or penalty bench)	3-4-9	Throwing stick off ice	8-7-2
Jewelry, wearing of (first offense)	3-5-3	Tooth and mouth protector violation – player	3-4-5
Kick shot	8-5	Unsportsmanlike conduct – player (further disrespect)	6-2-1
Penalized player not going directly to penalty bench	6-1-1	Use of electronic devices	3-8
Player interference with penalty shot	4-7-7		
Major Plus Misconduct (5 plus 10 Minutes)			
	Rule		Rule
Boarding, flagrant or headfirst	7-18-2	Grabbing face mask, flagrant	7-20
Checking from behind into boards/ goal frame	7-19-2	Head-butting, flagrant	7-21
Game Misconduct			
	Rule		Rule
Disputing judgment (continued)	2-2-4	Interference with spectators	8-4
Equipment violation (second offense) – player	3-4-3, 5, 6, 7	Jewelry, wearing of (second offense)	3-5-3
Five penalties to a player in a single game	4-5-2	Obscene language (continued or excessive)	6-1-3, 4

Incurring two major penalties in same game	4-3-4	Penalized player to penalty bench (further refusal)	6-1-1
Game Misconduct			
	Rule		Rule
Referee crease violation (continued)	6-1-2	Unsportsmanlike conduct (continued disrespect)	6-2-1, 2
Skates (after warning)	3-2	Use of electronic devices (continued)	3-8
Tobacco/alcohol products, use of	6-1-8		
Game Disqualification (includes Major Penalty)			
	Rule		Rule
Boarding, flagrant or headfirst	7-18-2	Intentional high stick above shoulders, flagrant	7-10-4
Body-checking (girls hockey), flagrant	7-3	Interference, flagrant	7-13
Butt-ending or attempting to butt-end	7-23	Kicking	7-25
Charging (flagrant)	7-5	Kneeing, flagrant	7-14
Checking from behind into boards/goal frame, flagrant	7-19-2	Leaving bench during altercation	7-26
Contact to the head (flagrant)	7-6	Obscene language/gestures (further or after game)	6-1-3, 4, 5
Cross-checking, flagrant	7-7	Penalized player to penalty bench (continued disrespect)	6-1-1
Deliberate attempt to injure	7-22	Physical abuse or attempted physical abuse of an official	6-1-7
Deliberate injury	7-22	Progressive game suspension	4-6-1
Disputing judgment (continued)	2-2-4	Racial/ethnic/gender slurs	6-1-6
Elbowing, flagrant	7-8	Referee crease violation (continued)	6-1-2
Fighting	7-24	Slashing, flagrant	7-15
Goalkeeper flagrantly fouled	7-9-1	Spearing or attempt to spear	7-27
Goalkeeper fouled in crease, flagrant	7-9-2	Spitting	6-1-9
Grabbing face mask	7-20	Subsequent player into altercation	7-24-2
Head-spearing/head-butting	7-21	Tripping, flagrant	7-16
Holding, flagrant	7-11	Unnecessary roughness, flagrant	7-17

Hooking, flagrant	7-12	Unsportsmanlike conduct (continued disrespect or after game)	6-2-1, 2
Penalty Shot/Awarded Goal			
Penalty Shot (only)	Rule	Penalty Shot or Awarded Goal Options	Rule
Deliberate illegal substitution	2-5-10	Deliberate goal displacement*	8-2-3
Interference on penalty shot (retry)	4-7-5	Fouled from behind on breakaway*	7-16-3
Trapping, covering puck in crease (player)	8-2-7	Throwing stick or other equipment*	8-7-1
Awarded Goal (only)	Rule	* Goal awarded only if illegal action listed prevented an obvious and imminent goal.	
Stick or equipment left on ice that prevented a goal	8-1-3		
Misconduct Plus Penalty Shot			
	Rule		Rule
Extra player prevents breakaway	2-5-9	Helmet/face mask removal (deliberate) during breakaway, or last two minutes of play or during overtime	8-2-5
Forfeiture of Match			
	Rule		Rule
Disruption by disqualified player left on bench	4-11-2	Refusal to play overtime period	9-11-1
Refusal to obey referee (continued)	6-3		
Scoring			
	Rule		Rule
Goal not allowed	9-3-3		