Essa Hockey: Ball Hockey Rulebook

ALL REFEREES DECISIONS ARE FINAL. ANY RULE CLARIFICATIONS WILL COME FROM THE HOCKEY CANADA REFEREE'S CASEBOOK/RULEBOOK IF NOT SPECIFICALLY COVERED IN THESE RULES.

ESSA HOCKEY MANAGEMENT RETAINS THE RIGHT TO ENFORCE THE PROPER APPLICATION OF ALL RULE INTERPRETATIONS.

SPECIFIC RULES TO ESSA HOCKEY - BALL HOCKEY

1. THERE IS NO ICING DUE TO THE SIZE OF THE RINK.
2. ALL GAMES (LADIES, MENS AND KIDS) ARE PLAYED 4 ON 4 PLUS A GOALIE.
3. TEAMS MAY SUBSTITIUTE UP TO 3 PLAYERS FROM ANOTHER TEAM IF THEY ARE SHORT PLAYERS UP TO A MAXIMUM OF 8 PLAYERS (INCLUDING THE GOALIE). SUBSTITUTES MUST BE REGISTERED IN THE LEAGUE PRIOR TO THE GAME IN QUESTION.
4. WHEN A TEAM IS ALREADY PENALIZED AND THEY RECEIVE A SECOND PENALTY, THE SECOND PENALTY WILL NOT COMMENCE UNTIL THE FIRST PENALTY HAS EXPIRED, OR A GOAL IS SCORED. UNDER NO CIRCUMSTANCES SHOULD TEAMS PLAY 4 ON 2. IF BOTH TEAMS GET COINCIDENTAL MINORS THEN THE TEAMS WILL PLAY 4 ON 4 AND BOTH PLAYERS WILL SIT FOR THE FULL 2 MINUTES REGARDLESS OF A GOAL.
5. WOODEN STICKS ARE ALLOWED, HOWEVER, THE STICK MUST BE IN GOOD CONDITION AND NOT DAMAGED IN ANY WAY AS TO CREATE A POTENTIAL INJURY TO ANOTHER PLAYER. SANDPAPER TAPE IS NOT ALLOWED.
6. FAKE SHOTS ARE ALLOWED HOWEVER CALLING FOR A PASS THAT RESULTS IN A HIGH STICK RESULTS IN THE PLAY BEING BLOWN DEAD AND THE FACEOFF WILL COME BACK INTO THE OFFENDING PLAYER'S ZONE. ALL OTHER HIGH STICK INFRACTIONS RESULT IN A MINOR PENATLY.
7. ALL STICK INFRACTIONS ARE AUTOMATICALLY A 4 MINUTE PENALTY. STICK INFRACTIONS INCLUDE THE FOLLOWING: HIGH STICK ON AN OPPOSING PLAYER, (REGARDLESS OF BLOOD OR INJURY), BUTT END, SLASHING, SPEARING, AND CROSS CHECKING. NOTE: REFS MAY ALSO ASSESS A 5 MIN MAJOR AND/OR GAME EJECTION IF THE PLAY IN CONSIDERED DANGEROUS, OR AN INTENT TO INJURE. A PLAYER THAT WAIVES AT A BALL OR KNOCKS A BALL DOWN WITH A HIGH STICK WILL BE ASSESSED A 2 MINUTE PENALTY.

SECTION ONE - TEAMS

RULE 1- TEAM ROSTERS:

All teams in the Ladies, Coed and Men's divisions must have the team fee paid in full prior to game three of the regular season, unless exception is provided by Essa Hockey management, also teams will be required to cover any shortages due to players quitting.

Roster additions may not be permitted after the teams' sixth regular season game unless expressly permitted by Essa Hockey. Any player whose identity is called into question

must provide photo identification immediately or will be ineligible to participate in the remainder of the game. All Players must register prior to playing in their first game of the season. The Team Rep will be suspended after the 6th game if team fees are still not paid and will remain suspended until all team fees are paid in full.

Referees will be instructed to ask team reps if they have any illegal players prior to the start of the first two games of the season to allow team reps the opportunity to confirm with the players on the bench. After the second game, the team rep will be responsible for ensuring all players are registered.

Teams playing with non-registered players will be penalized as follows:

- If they won or tied the game, the game will be changed to a forfeited loss and the non-registered player will be issued a one game suspension.
- If the non-registered player does not return to the rink, the team rep will serve the one game suspension.
- If they lost the game, the team rep and the non-registered player will be issued a one game suspension.
- Non-registered players receiving any type of suspension due to their actions in the game they played in will receive an additional six game suspension. The team rep will be responsible for serving any suspensions for non-registered players.

TEAM REPRESENTATIVES
Team reps are an important link between the players participating at the Essa Hockey club and the Management of the facility. We are always encouraging organized individuals to take on the challenge of running and leading their team.
The Team Rep has the following responsibilities and benefits in coordinating his/her team at the Essa Hockey Club.

Benefits:
You will play for FREE when you have paid the team fee. Enjoy the pleasure of leading your friends into each game at the club!!!

Responsibilities:
Act as a communication liaison between your players for all issues around scheduling, rules, regulations or suspensions. Confirm the game sheet prior to the start of each game. Ensure that suspended or non-registered players are not allowed to participate in games. Control your bench when emotions run high.

RULE 2– PLAYERS IN UNIFORM:
Essa Hockey shall provide official game sheets for each game. Team reps shall ensure game sheets are correctly completed with each player's first and last name and jersey number prior to the scheduled start of each game. No change or addition will be permitted to the team line-up after the start of the game with the following exception(s):

If a player arrives late for a game and his/her name is already listed on the game sheet, then the player will be allowed to participate. If a player arrives late for a game and is a registered player on the team but his/her name was not listed on the game sheet, the player will be allowed to participate (name added) with the approval of the opposing team rep. If a player's name is omitted from the game sheet but that player was on the floor or on the player's bench prior to the start of the game, the referee shall allow that player's name to be added to the game sheet.

Each player on a team shall have the same base colour jersey, including the goaltender, where possible. Each player shall have a number on the back of the jersey. This number shall be no less than 8" in height with 10" being the preferred size. Each team shall have only one goaltender on the floor during play. The goaltender may be removed and another player substituted. The substituted player shall not have the privileges of the goaltender.

Where a colour conflict arises, the AWAY team must wear alternate jerseys. Where possible the league will try to provide replacement jerseys for that game.

RULE 3 – PLAYER CHANGES:
Players may be changed at any time from the players' bench provided that the player(s) leaving the rink surface are at the bench (within 10' of the bench and out of play) before the change takes place. A goaltender may be changed for another player at any time in accordance with this rule. A player on the penalty bench, who is to be changed after expiration of his penalty, must do so by way of the floor.

Teams shall be required to place the correct number of players on the floor when requested by the referee. The visiting team must be the first to place its players on the floor at all times. Each team is allowed only one change of players during each stoppage of play.

At stoppages of play, the referee shall assume his/her normal position for the face-off. He/she will then allow a five-second period for the visiting team to complete any player change. He/she will then raise his hand towards the visiting bench and make eye contact with the home bench. He/she will then allow another five-second for the home team to complete its changes. After this his/her hand is lowered and no further changes will be permitted A Bench Minor penalty shall be assessed for a violation of any section of this rule. The penalty shall be served by a player from the floor, except the goaltender.

During the last two minutes of regular playing time or overtime, should a team be assessed a Bench Minor penalty for DELIBERATE illegal substitution, a Penalty Shot shall be given to the non-offending team and the Minor Penalty shall not be served.

(Note 1): When changing while play is in progress, should either a player entering the

floor or leaving the floor INTENTIONALLY play the ball with his stick, his feet or his hands or INTENTIONALLY check or make physical contact with an opposing player while the change is ongoing, a Bench Minor penalty shall be assessed.

(Note 2): While changing should a player entering the floor or leaving the floor be accidentally struck by the ball, the play should continue and no penalty assessed.

(Note 3): When the goaltender leaves his crease to be substituted, the substitute player must wait for the goalie to be within 10' of the player's bench. Should the substitute player leave the bench early, the referee shall stop play immediately. If the offending team has possession of the ball, the resulting face-off shall be at the centre face-off dot. Should the offending team not have possession of the ball, a Minor Penalty shall be assessed.

RULE 4 – INJURED PLAYERS:

When a player, other than a goaltender, is injured or compelled to leave the floor during the game, a substitute player must replace him and play must continue without the teams leaving the floor.

A goaltender that goes to the bench because of an injury or illness may be replaced by a substitute goaltender. No warm up will be allowed for the substitute. The substitute goaltender shall be subject to the regular rules applying to goaltenders. He/she shall also be entitled to the same privileges.

If a penalized player sustains an injury, which requires him/her to leave the game, he/she may proceed off the floor without proceeding to the penalty bench. He/she shall be replaced on the penalty bench immediately by a player from his team who is on the floor at the time of the stoppage of play. If the penalized player returns to the game before the expiration of his/her penalty, he/she shall immediately replace the substitute on the penalty bench. Should the penalized player take part in the play before the expiration of his penalty, he/she shall be assessed an additional minor penalty.

When a player is injured so that he cannot continue play or make his way to his/her bench, the play shall be stopped when his/her team is in possession of the ball. If his/her team is in scoring position, the referee should wait until play is completed.

(Note 1): Where there is suspicion that a player has sustained a serious injury, the referee should stop play immediately.

(Note 2): When play is stopped because of injury, the injured player must leave the surface before play resumes. Should the injured player refuse to leave the floor, a minor penalty shall be assessed for delay of game.

SECTION TWO - EQUIPMENT

RULE 5 – STICKS:
Wooden sticks with tape are allowed. However, the stick must be in good condition and not damaged in any way as to create a potential injury to another player (i.e. sharp edges, pieces missing, wood chips, etc. are not allowed). Any player participating with an illegal stick may be removed from the playing surface at the request of the opposing team or game officials, during a stoppage of play. The offending player may not return to the playing surface until play resumes.

Any player caught using any illegal stick again in the same game shall be assessed a minor penalty for dangerous/illegal equipment.

Players may have tape anywhere on their stick, and must have a minimum of two revolutions of tape on the extreme butt end of the shaft (at least ." tape width from the top).

RULE 6 – FOOTWEAR:
All players shall wear running shoes. Goaltenders may wear footwear with reinforced toes. Boots, steel toes and broomball shoes are not permitted.

RULE 7 – GOALTENDERS EQUIPMENT:
All the equipment worn by the goaltender must be constructed solely for the purpose of protecting the head or body and he/she must not wear any garments or use any contrivance, which would give him/her undue assistance in tending goal.

The leg guards worn by goaltenders shall not exceed 12" in extreme width when on the leg of the goaltender. All Goaltenders should wear full equipment, and must have a goalie stick, protective gloves and a CSA approved hockey helmet with full facial protection (Street Hockey Masks are permitted provided that they have heavy gage wire to protect the face, and proper protection for the back of the head).

RULE 8 – PROTECTIVE EQUIPMENT:
Helmets are recommended by Essa Hockey, but are optional for all players over 18 years of age. Players wearing helmets shall ensure the helmet is CSA approved and properly fastened with a proper chinstrap. Children under 18 must wear a properly fitted helmet with a full face mask and will not be allowed to play without same. Anyone playing in an adult division and turning 18 during the season must continue to wear the helmet until the end of that particular season.

All players must wear gloves of some design. The entire hand must be covered. A glove missing all or part of the palm to permit the use of the bare hand shall be considered illegal equipment. Any player using such a glove shall be assessed a minor penalty. Should a player choose to wear elbow pads, they must be completely covered by the sleeve of the jersey. All upper body protective equipment must be covered.

RULE 9 – DANGEROUS EQUIPMENT:
The use of pads or protectors made of metal or any other material likely to cause injury to a player shall be prohibited. Sticks having a blade with a pointed, chipped or squared off corners on the blade are prohibited.

RULE 10 – BALLS:
All games will be played with Official balls. Game balls will be supplied by each team playing the game for all divisions. Each team is responsible for supplying their own practice balls. Balls can be purchased from Essa Hockey at cost price. The orange balls are used in temperatures above 6-8 degrees Celsius; the pink balls are used in temperatures below.

SECTION THREE - PENALTIES

RULE 11 – PENALTIES:
Penalties shall be assessed in actual playing time, and are divided into the following classes:

-Minor Penalties
-Bench Minor Penalties
-Major Penalties
-Misconduct Penalties
-Game Ejections
-Game Misconduct Penalties
-Gross Misconduct Penalties
-Match Penalties
-Penalty Shots

Penalties may be assessed at any time before, during or after a game. Penalties may be re-assessed at any time during or after a game. Where the rules state that the team rep or coach shall designate a player to serve a penalty and the team rep or coach refuses to name a player, the referee shall name any player off the offending team to serve the penalty. Where penalties are assessed to players of both teams at the same time, the penalized players of the visiting team shall take their position in the penalty box first.

RULE 12 – MINOR PENALTIES:
For a minor penalty, any player except the goaltender shall be ruled off the rink for two minutes of actual playing time. If a team is playing short-handed because of one or more minor or bench minor penalties and the opposing team scores a goal, the first of such penalties shall automatically terminate. When a goal is scored on a penalty shot against a team that is shorthanded by reason of a minor or bench minor penalty, no penalized player shall return to the floor with the scoring of the goal.

When a player is assessed both a major and a minor penalty at the same time, the

major penalty shall be served first. The same principle applies for a match penalty. If a goal is scored against a team that is short-handed because of one or more minor penalties, the player serving the first penalty shall return to the floor. A player serving a double minor shall have his first penalty terminated.

On coincidental minor penalties, adult teams shall play shorthanded for the duration of the penalties. In the GUTS divisions, teams will be allowed to substitute for the penalized players.
A player incurring a total of 6 minutes in minor penalties in a game will be assessed a game ejection. Goaltenders assessed six or more minutes in minor penalties in a game will not be ejected, but will be suspended from their next game in that division.

RULE 13 – BENCH MINOR PENALTIES:
A team assessed a bench minor penalty must play one player short for two minutes of actual playing time. Whenever a bench minor penalty is to be assessed according to the rules, if the referee identifies the player guilty of the infraction, that player shall serve the penalty except when the player is already on the penalty bench serving a penalty. If the player is not identified the coach or team rep shall designate any player on the floor at the time of the infraction to serve the penalty.

RULE 14 – MAJOR PENALTIES:
Any player or goaltender assessed a major penalty shall automatically be assessed a game misconduct penalty. A substitute for the penalized player shall take his place on the penalty bench to serve any time penalty.

Should a goal be scored on a team serving a major penalty, the major penalty shall not be terminated. Time penalties for a major penalty shall be five minutes in duration. When a player receives two major penalties that need to be served by team-mates, the team will be allowed to change the person serving the penalties after the first penalty expires.

Any player assessed a major penalty in the last period or overtime of a game shall automatically be suspended for a minimum of the next game.

RULE 15 – MISCONDUCT PENALTIES:
A player other than a goaltender assessed a misconduct penalty shall serve 10 minutes of actual playing time. A substitute for the penalized player will be allowed immediately. Goaltenders are allowed to remain in the game and a substitute player from the floor shall serve the penalty. At the first whistle after five minutes, a change to the player serving this penalty is allowed.

When a player is assessed a minor or a major penalty and a misconduct penalty at the same time, the penalized team shall immediately place a substitute player on the penalty bench to serve the minor or major time penalty. The misconduct penalty shall

start at the expiration of the minor or major penalty.

RULE 16 – GAME EJECTION/GAME MISCONDUCT PENALTIES:
A player incurring a game ejection penalty shall be ordered off the rink for the remainder of the game. A player assessed a game misconduct penalty in the last period or overtime of a game shall be on warning, if a second game misconduct penalty is received at any point in a following game, the player will automatically be suspended for a minimum of one game. 2 game misconducts in the same game result in an automatic one game suspension.

RULE 17 – GROSS MISCONDUCT PENALTIES:
Any player or team official assessed a gross misconduct penalty shall be ordered off the rink for the remainder of the game. A substitute for the penalized player shall be allowed immediately. Gross misconduct penalties shall be assessed where a person conducts himself in a manner that makes a travesty of the game.

Any player or team official who is assessed a gross misconduct penalty in the last period or overtime of a game shall be suspended for a minimum of the next game, pending review by Essa Hockey. A total of 10 minutes will be charged in the game records for any player or coach assessed a gross misconduct penalty.

Any player engaging in verbal taunts, insults or intimidation based on discriminatory grounds (ethnic background, religion, gender or sexual orientation, etc.) will be assessed a game misconduct penalty. Any continued abuse will result in an additional gross misconduct.

RULE 18 – MATCH PENALTIES:
Any player or coach assessed a match penalty shall be ordered off the rink for the duration of the game. Such a player or team official shall not be allowed to participate in any further games until the case has been dealt with by Essa Hockey.

Where a player is assessed a match penalty, a player from the offending team shall serve five minutes for the penalized player. The player designated to serve the time penalty associated with a match penalty shall have been on the floor at the time of the infraction.

(Note 1): REFEREES ARE REQUIRED TO PROVIDE A DETAILED WRITTEN ACCOUNT OF THE CIRCUMSTANCES SURROUNDING A MATCH PENALTY IMMEDIATELY FOLLOWING THE GAME.

(Note 2): ALL MAJOR, MISCONDUCT AND MATCH PENALTIES WILL BE REVIEWED.

RULE 19 – PENALTY SHOT:
Any infraction of the rules which calls for a penalty shot shall result in the following:

The referee shall place the ball at the center face off spot. The player taking the shot shall, on instruction from the referee play the ball from there and shall attempt to score on the goaltender. The ball must be kept in motion towards the opponents' goal line and once it is shot the play is considered complete.
No goal can be scored on a rebound of any kind and any time the ball crosses the goal line, the shot shall be considered complete. The goaltender must remain in the goal crease until the ball crosses the adjacent blue or yellow line. In the event of a violation of this rule, the player taking the shot shall be allowed to take the shot over again.

The goaltender may attempt to stop the shot in any manner except by throwing his stick or any other object, or deliberately dislodging the net, in which case a goal shall be awarded. When a penalty shot has been awarded and the referee can identify the player fouled, that player shall be designated to take the shot.

Should the player fouled be injured or the referee cannot make a determination of the player fouled, the team rep of the team awarded the penalty shot may designate the player to take the shot. The player designated to take the shot must have been on the floor at the time of the infraction. Should a player to whom a penalty shot has been awarded, himself commit a foul in connection with the same play or circumstances after the penalty shot has been awarded, he shall first be allowed to take the penalty shot before proceeding to the penalty bench, provided the penalty assessed was not a game ejection, major, game misconduct, gross misconduct or match penalty.

If at the time a penalty shot is awarded, the goaltender of the penalized team has been removed from the floor to substitute another player, the goaltender shall be allowed to return to the floor before the Penalty Shot is taken. If the goalie has not been designated at the time of the infraction, then a goal shall be awarded rather than a penalty shot.

While the penalty shot is being taken, players of both teams shall withdraw to the sides of the rink and beyond the centerline. If, while the penalty shot is being taken, any member of the opposing team shall have by some action interfered with or distracted the player taking the shot, and because of such action the shot failed, a second attempt shall be permitted and the referee shall assess a misconduct penalty to the player so interfering or distracting.

If a goal is scored from the penalty shot, the ball shall be faced-off at the centre face-off dot in the usual manner. If a goal is not scored, the face-off shall take place at either of the end-zone face-off spots in the zone where the shot was taken. Should a goal be scored from a penalty shot, a further penalty to the offending team shall not be applied unless the was such as to incur a major or match penalty, in which case the prescribed penalty shall be assessed. If the offence for which the penalty shot was awarded was such as would normally incur a minor penalty, then no time penalty

shall be served regardless of the outcome of the penalty shot.

RULE 20 – AWARDED GOALS:
A goal shall be awarded to the attacking team when the opposing team has taken their goaltender off the floor and an attacking player has possession and control of the ball on the opponents' side of the center line, without a defending player between himself and the goal and:

He is interfered with by an opposing player who has illegally entered the game or; A stick or any other object is thrown by a player on the defending team or; The ball carrier is fouled from behind and prevented from having a clear shot on the open goal or; Any member of the defending team including team officials, whether on the player's bench or the penalty bench, interferes by means of his body, stick or other object with the ball or the ball carrier.

A goal will be awarded when the goaltender is removed from the floor and he, or any team-mate, has deliberately piled snow or any obstacle at or near his net, or deliberately dislodged the net from its moorings, when any such action has prevented a goal from being scored.

RULE 21 - GOALTENDER PENALTIES:
No goaltender shall be sent to the penalty bench for an infraction, which incurs a minor or misconduct penalty. Such a penalty shall be served by any player who was on the floor at the time of the infraction. An alternate goaltender may replace a regular goaltender who has been ejected from the game or has been assessed a major, game misconduct, gross misconduct or match penalty. In the event there is no alternate goaltender, any player on the game sheet may replace the goaltender.

However, such a substitute will not be allowed to delay the game to put on full goaltender's equipment. When a goaltender leaves his goal crease during a fight, he shall be assessed a minor penalty plus any other penalties he incurs. When a goaltender leaves his goal crease to join in a fight, act as a peacemaker or take part in another fight, during the same stoppage of play, he shall receive a game misconduct penalty plus any other penalties he incurs.

If a goaltender intentionally participates in the play in any manner when he is beyond the centre line, he shall be assessed a minor penalty. A minor penalty shall be assessed to a goaltender who, after catching the ball, drop kicks the ball. If injury results, a major penalty shall be assessed. A goaltender who is assessed six minutes in minor penalties shall not be subject to the game ejection rule; however such a goaltender shall be suspended for his next scheduled game.

A goaltender assessed a major, misconduct, game misconduct or match penalty in the last period or overtime of a game shall be automatically suspended for a minimum of

the next scheduled game.

RULE 22 – DELAYED PENALTIES:
If a third player of any team shall be penalized while two players of the same team are serving penalties, the penalty time of the third player shall not commence until the penalty time of one of the other two penalized players has elapsed. However, the third player penalized must at once proceed to the penalty bench, but shall be replaced on the floor by a substitute until such time as the penalty time of the penalized player shall commence.

When a team has three players serving penalties at the same time and while due to the delayed penalty rule a substitute for the third player is on the floor, none of the three penalized players may return to the floor until play has stopped.

When play has stopped, the player whose full penalty has expired may return to play. When the penalties to the player or players have expired and the penalized team is entitled to more than four players, including the goaltender, on the floor, the penalty timekeeper shall permit the penalized players to return to the floor in order of expiry of their penalties.

In cases where minor penalties are assessed at the same time to more than one player from the same team, the penalties shall be served in the order of occurrence. When a major penalty and a minor penalty are assessed at the same time against two different players of the same team, the penalty timekeeper shall record the minor as being the first penalty assessed.

RULE 23 – CALLING OF PENALTIES:
If a player on the team in possession of the ball commits an infraction which would call for a penalty, the referee shall blow his whistle immediately and give the penalties to the offending players.

The referee shall blow his whistle immediately when the offending team gains possession and control of the ball. The resulting face-off shall be deep in the offending zone.

If the penalty to be assessed is a minor penalty and a goal is scored by the non offending side, the minor penalty shall not be assessed.

However, other minor, bench minor, major, misconduct and match penalties shall be assessed in the normal manner, regardless of a goal being scored.

(Note 1): If after the referee has signaled a penalty, but before the whistle has blown, a member of the nonoffending team shall put the ball in his own net in any manner through no contact by the offending team, the goal shall be allowed and the penalty

signaled shall be called in the normal manner.

(Note 2): If the referee signals a minor or bench minor penalty against a team that is shorthanded by reason of one or more minor or bench minor penalties, and a goal is scored by the non-offending team before the whistle is blown, the goal shall be allowed and the player who is serving the first minor or bench minor penalty will return to the floor, while the signaled penalties shall be served in the normal manner. If further infractions are committed by the same offending player, either before or after the referee blows his whistle, that player shall serve the penalties consecutively.

The referee has the right to stop the play immediately in the case of a match penalty. The resulting faceoff will be where the play has stopped. Unless the stoppage occurred in the offending player's attacking zone, in which case the face-off is taken at the face-off dot outside the offending player's attacking zone.

SECTION FOUR - PLAYING RULES

RULE 24 – ABUSE OF OFFICIALS AND OTHER MISCONDUCT:

Team reps /coaches are responsible for the conduct of their players. A minor penalty shall be assessed to any player or coach who challenges or disputes the rulings of any official during the game or who displays unsportsmanlike conduct. If a player or goaltender persists, he shall be assessed a misconduct penalty and any further disputes will result in a game misconduct penalty being assessed to the offending player or goaltender. If a coach persists, he will be immediately assessed a game misconduct penalty.

A referee is not required to call a minor penalty under this rule before assessing the misconduct or game misconduct penalty, but may assess either of these penalties initially. A misconduct penalty shall be assessed any player who uses obscene, profane or abusive language to any person. Persists in disputing or shows disrespect for the ruling of any official. Intentionally knocks or shoots the ball out of reach of an official who is retrieving it. Damages the playing surface or the rink boards by slamming their stick. (a player will be required to compensate the club and / or Township for damage incurred), throws a playing or goal stick over the rink boards.

A player who, after receiving a misconduct penalty, persists in any of the actions in above, shall be assessed a game misconduct penalty. In the case of a coach, a bench minor shall be assessed instead of a misconduct. A coach after receiving a bench minor would receive a game misconduct penalty if the action continues. A referee is not required to assess a bench minor penalty under this rule before assessing a game misconduct penalty. If the referee is unable to identify the person responsible for the use of obscene, profane or abusive language, a bench minor penalty shall be assessed to the offending team. A misconduct penalty shall be assessed to any player who does not proceed directly to the penalty bench when he has been penalized. Where the

penalized player causes any delay by returning for their equipment, the misconduct penalty shall apply. The equipment shall be delivered to the penalty bench by a player of his team that is on the floor at the time. A misconduct penalty shall be assessed to any player who, after one warning by the referee, persists in any course of conduct (including threatening and abusive language or gestures or similar actions) designed to incite an opponent into incurring a penalty. A misconduct penalty shall be assessed to any player or players who, except for taking his position on the penalty bench, enters or remains in the referees crease while the referee is reporting to or consulting with any game official. A bench minor penalty shall be assessed to a team where any player or coach on the bench protests an official ruling through verbal or physical gestures that may be considered disrespectful in any way, or who bangs the boards or floor with a stick or any other object in protest of the ruling. When the penalty is assessed against a player on the penalty bench, another player from the floor must serve the bench minor penalty. When the player on the floor commits the infraction described above, the unsportsmanlike conduct penalty shall be assessed.

RULE 25 – ADJUSTMENT OF EQUIPMENT/CLOTHING:
A minor penalty shall be assessed to any player who delays the game for adjustment of equipment. If equipment adjustments are required, the player shall proceed to the players' bench and be replaced by a substitute. A goaltender may be allowed to make minor equipment adjustments in his goal crease during a stoppage of play, at the discretion of the referee. A goaltender shall not proceed to the players' bench during a stoppage of play without the permission of the referee.

RULE 26 – ATTEMPT TO INJURE OR DELIBERATE INJURY:
A match penalty shall be assessed to any player or coach who deliberately attempts to or deliberately injures an opponent or spectator in any manner. A match penalty shall be assessed to any player or coach who head-butts or attempts to head-butt an opponent with force or who injures an opponent with this action. A player who attempts to kick or deliberately kicks an opponent shall be assessed a match penalty. A player who pulls an opponents hair or who grabs the facial protector, helmet or chin strap of an opponent and uses this to gain advantage, or to inflict punishment or injury shall be assessed a match penalty. A match penalty shall be assessed to any player who deliberately butt-ends or deliberately attempts to butt-end an opponent by jabbing him forcefully with the butt-end of the stick or injures an opponent by such action. A match penalty shall be assessed to any player who deliberately spears or deliberately attempts to spear an opponent by jabbing him forcefully with the toe of the blade of the stick or who injures an opponent by any spearing action. A match penalty shall be assessed to any player who deliberately attempts to or deliberately injures an opponent with a slash, high stick or cross-check.

RULE 27 – BODY CHECKING
A minor or major penalty shall be assessed, depending on the degree of violence, any player who deliberately body checks an opponent. If injury occurs because of a body

check, a major penalty shall be assessed.

RULE 28 – BROKEN STICKS:
A player or goaltender may participate in play without a stick. A player or goaltender whose stick is broken must drop the broken portions immediately. Any player failing to drop broken portions of a stick shall be assessed a minor penalty.

(Note 1): Should a player discard a broken stick by tossing the broken portions to the side of the rink but not over the rink boards, in a manner that does not interfere with the play or opposing players, no penalty shall be assessed. A player who has lost or broken his stick may only receive another stick at his own players' bench or be handed one by a team-mate on the floor and may not receive a stick thrown on the playing surface from any other part of the rink. A player shall be assessed a minor penalty for an infraction of this rule.

(Note 2): A player who does not pick up a stick thrown onto the playing surface from anywhere in the rink shall not receive a penalty. However, the person responsible for throwing the stick on the surface shall receive an interference penalty.

A goaltender may not use a broken stick at any time. A goaltender who breaks or loses his stick may use a stick of a player handed to him by a player until the next stoppage of play. A goaltender receiving a stick illegally shall be assessed a minor penalty. A goaltender may not go to the players' bench during a stoppage of play to replace his stick. He must be brought a stick by one of his players on the surface. An infraction of this rule shall result in a delay of game penalty.

RULE 29 – CHARGING:
A minor penalty shall be assessed to a player who runs, jumps into or charges an opponent. A major penalty shall be assessed to any player who charges a goaltender while the goalie is inside his goal crease area. A major penalty shall be assessed to any player who injures an opponent as a result of a charge.

(Note 1): For the purpose of this rule more than two steps towards an opponent shall be considered a charge.

RULE 30 – CHECKING FROM BEHIND:
A minor penalty plus a game misconduct or a major penalty shall be assessed to any player who intentionally pushes, body checks or hits an opponent from behind anywhere on the floor. If a player is injured, a major penalty must be assessed. Where a player is pushed, body-checked, hit or propelled from behind into the boards or goal net, in such a way that he cannot defend or protect himself, a match penalty shall be assessed.

RULE 31 – CROSS CHECKING:

A minor or major penalty shall be assessed to any player who cross checks an opponent. Any player who strikes an opponent above the normal height of his shoulders with a crosscheck shall be assessed a major penalty whether injury results or not. A major penalty shall be assessed to any player who cross checks a goaltender while he is in the goal crease area. A major penalty shall be assessed to any player who injures an opponent with a crosscheck. A match penalty shall be assessed to any player who deliberately injures an opponent with a crosscheck.

RULE 32 – DELAY OF GAME:
A bench minor penalty shall be assessed to any team, which is deliberately delaying the game in any manner. A minor penalty shall be assessed to any goaltender that shoots or bats the ball directly out of the rink with his stick. A minor penalty shall be assessed to a player or goaltender that shoots the ball out of the rink during a stoppage of play. Any player who leaves his player's bench to deliver instructions to his team but does not stay on the surface, as a substitute shall be assessed a minor penalty. Any deliberate action by a defending player including a goaltender to knock the goal from its position shall be considered an act of deliberate delay of game. A penalty shot shall be awarded against a goaltender who deliberately moves the goal from its position while an opponent is on a breakaway across the centerline. A bench minor shall be assessed to any team, which after a warning from the referee fails to place the correct number of players on the floor and commence play. If in the last two minutes of regular playing time, a team is penalized for any of the following actions, a penalty shot shall be awarded to the non-offending team:

-Deliberate illegal substitution
-Protective equipment
-Deliberately knocking the goal net from its position
-Refusing to start play

(Note 1): In overtime a minor penalty shall be assessed under this section of the rule except in the case of refusing to start play in which case a major penalty shall be assessed.

RULE 33 – ELBOWING:
A minor penalty shall be assessed to any player who fouls an opponent in any manner with his elbow. A major penalty shall be assessed to any player who injures an opponent by elbowing.

RULE 34 – FACE-OFFS:
A face-off shall take place when the referee drops the ball on the floor between the sticks of the player's facing-off. The players taking the face-off shall stand squarely facing their opponents' end of the rink, approximately one stick length apart with the full blade of the stick flat on the floor. All other players must be at least 8' from the players taking the face-off and they must be on side with their sticks outside the

encroachment area. The visiting team player taking the face-off must place his stick on the floor for the face-off first.

If a player other than the player taking the face-off moves off-side, makes physical contact with an opponent or encroaches on the face-off circle prior to the dropping of the ball, then the offending team's player taking the face-off shall be ejected from the face-off. If a player taking a face-off fails to take his proper position immediately when directed to do so by the referee, the referee may order him replaced at the face-off by any player on the floor. A team committing a second violation under these two sections during the same face-off may be assessed a Minor penalty. When an infringement of a rule has been committed or a stoppage in play caused by the team in the attacking zone, the ensuing face-off shall take place at the nearest faceoff spot in the offending team's zone. When the ball becomes lodged in the wire mesh around the rink or between any signs mounted on the wire mesh, the face-off shall take place at the centre face-off spot.

RULE 35 – FALLING ON THE BALL:
A minor penalty shall be assessed to any player except a goaltender who deliberately falls on or gathers the ball into his body by any means while standing or lying on the floor. A minor penalty shall be assessed to any goaltender that deliberately falls on or gathers the ball into his body, or holds or places the ball against any part of the goal or the boards when the ball is behind the goal line and the goaltenders body is entirely out of the goal crease area. A penalty shot shall be awarded against the offending team when a defending team player (except the goaltender) deliberately falls on the ball, holds or gathers the ball into his body in any manner or picks up the ball with his hand, while the ball is in his goal crease. No other penalty shall be assessed.

(Note): For the purpose of section (c) a penalty shot shall only be awarded when the ball is in the crease at the moment the infraction occurs.

RULE 36 – FIGHTING AND ROUGHING:
A major penalty shall be assessed to any player who fights. A player who is identified by the referee, as being the instigator or the aggressor in a fight shall be assessed a minor penalty in addition to any other penalties he may incur. A minor penalty shall be assessed to any player who having been struck shall retaliate with a blow or an attempted blow. Should such a player continue to retaliate, he shall be assessed a major penalty. Any player who does not retaliate after being struck will not be assessed a penalty under this section but may incur a penalty for violation of other rules. Any player wearing a ring or rings, tape or any other material on his hands who becomes involved in a fight and who uses such to gain an advantage or to inflict punishment and/or injury shall be assessed a match penalty in addition to any other penalties he may incur. When a fight occurs, all other players except the goaltender shall immediately go to their respective player's benches or a neutral area and remain there until the referee calls them back to resume play. The goaltenders must stay in their

goal creases or proceed to a neutral area. Any players refusing to do so after being directed by the referee shall be assessed a misconduct penalty plus any other penalties they incur. A minor or major penalty shall be assessed to any player who is guilty of unnecessary rough play. When injury occurs a major penalty may be assessed. Any player joining in a fight, acting as a peacemaker or taking part in another fight at the same stoppage of play will be assessed a game misconduct penalty plus any other penalties he incurs. Any player or coach who becomes involved in a fight with an opposing coach shall be assessed a gross misconduct. A minor or major penalty shall be assessed to any player who makes deliberate physical contact with an opponent after the whistle.

Note 1: Any players engaged in a fight receive an automatic 5 game suspension. A second fighting incident in the same season results in an automatic suspension for the rest of the season (including playoffs) and could result in a lifetime ban from the league.

Note 2: A player that drops his gloves with intent to fight but does not throw a punch will receive a game misconduct and an automatic 1 game suspension.

RULE 37 – GOALS AND ASSISTS:
A goal shall be scored when the entire ball has legally passed between the goal posts, below the cross bar and completely across the goal line. A goal shall be scored if a player of the defending team puts the ball in the goal in any manner. The player of the attacking team who last touched the ball shall be credited with the goal but no assist shall be given. A goal shall not be allowed if the ball has been kicked, thrown or otherwise deliberately directed into the goal by any means other than the stick or a redirection using the foot. If a goal is scored as the result of the ball deflecting directly into the goal off the person or feet of an official, the goal shall not be allowed. Should the ball be propelled into the goal crease of the opposing team and ball becomes loose and available to an attacking player, the ball shall be considered legally in the crease and any goal scored on this play would be a legal goal. Each goal and assist shall count one point in the scoring records. Not more than two assists shall be credited on each goal.

RULE 38 – HANDLING THE BALL:
Play shall be immediately stopped and a minor penalty assessed to any player except a goaltender who closes his or her hand on the ball, thereby gaining an advantage on an opponent. When a player simply closes his hand on the ball and immediately drops it to the floor without gaining or attempting to gain an advantage by this action, play shall be allowed to continue. A minor penalty shall be assessed to a goaltender who deliberately holds the ball and is causing an unnecessary stoppage in play. When the ball is thrown by a goaltender towards an opponent's goal and an opponent receives it, play shall continue. If a team-mate receives the ball, however, play shall be stopped. A minor penalty shall be assessed to any player except the goaltender who, while play is

in progress, picks up the ball with his hand. A player shall be allowed to bat the ball in the air with an open hand or push it along the floor and play shall not be stopped unless the ball is directed to a team-mate in the attacking zone. A player shall not be allowed to bat the ball in the air more than twice (i.e. propelling the ball while running and palming the ball). When this occurs, the referee will stop play, and the face off shall be held at the point that penalizes the offending team the most. A goal will not be allowed If batted into the goal by an attacking player even if the ball deflects into the goal off any defending or attacking player.

RULE 39 – HIGH STICKS:
The carrying of the stick above the normal height of the shoulder of an opponent is not allowed. A minor or major penalty shall be assessed to any player who checks or intimidates an opponent while carrying his stick above the shoulder of his opponent. A player who deliberately contacts an opponent above the shoulder with a high stick shall be assessed a double minor or major penalty. If the official deems that the high stick injures or is an attempt to injure a player a major or match penalty shall be assessed to any player who deliberately attempts to injure or injures an opponent with a high stick. Contacting the ball or attempting to contact the ball with a high stick is prohibited. If a high stick makes contact with a ball a minor penalty will be called. A goal scored from a high-stick shall not be allowed except when such goal is the result of a defending player knocking the ball into his own net.

For Kids leagues only: Raising the stick above the shoulders making contact with the ball, or to swing at a ball (without making contact) or to celebrate a goal will lead to a high stick warning to the team. A team will be assessed a bench minor after one warning. A player must have full control of their stick at all times. A windmill/broomball swing is prohibited and will result in a minor penalty. A player may also be assessed penalty for high sticking when winding up for a shot above the normal height of the shoulders and not following through with the shot or failing to maintain continuous motion.

RULE 40 – HOLDING:
A minor penalty shall be assessed to any player who holds an opponent with his hands, stick or in any other manner. A minor penalty shall be assessed to any player who holds the stick of an opponent. A major penalty shall be assessed to any player who injures an opponent by holding. A minor penalty for butt-end holding shall be assessed to a player who impedes an opponent with the shaft of his stick above his upper hand.

RULE 41 – HOOKING:
A minor penalty shall be assessed to any player who impedes or seeks to impede the progress of an opponent by hooking with the stick in any manner, including using the butt end of the stick. A major penalty shall be assessed to any player who injures an opponent by hooking.

RULE 42 – ICING THE BALL:
Refer to ICING rules at the start of the Rulebook.

RULE 43 – INTERFERENCE:
A minor penalty for interference shall be assessed to any player who interferes with or impedes the progress of an opponent who is not in possession of the ball. Deliberately knocks the stick of an opponent, out of his hands. Prevents an opponent who has lost his stick from regaining possession of it. A minor penalty shall be assessed to any player who by means of his body or stick interferes with or impedes the movements of the goaltender by actual physical contact. Unless the ball is in the crease area, a player of the attacking team may not stand in the goal crease. If the ball enters the net while such a condition exists, the goal shall not be allowed. If an attacking player has physically interfered with the goaltender prior to or during the scoring of a goal, the goal shall be disallowed and a minor penalty assessed to the offending player. A minor penalty shall be assessed to any player who deliberately piles snow or any other obstacle at or near his net which would tend to prevent a goal from being scored. A major penalty shall be assessed to any player who injures an opponent by interfering with him/her. A minor penalty plus game misconduct shall be assessed any player who deliberately interferes with, or makes contact with an opponent from his players or penalty bench. If he cannot be identified, a bench minor penalty shall be assessed.

RULE 44 – INTERFERENCE BY SPECTATORS:
The referee shall stop play if a player is being held or interfered with by a spectator unless that player's team is in possession of the ball and in scoring position at the time. The referee shall stop play if any objects are thrown onto the surface, which interferes with the progress of play.

RULE 45 – KICK SHOT:
A minor penalty shall be assessed to any player except the goaltender who uses a kick shot during the game.

RULE 46 – KICKING THE BALL:
Kicking the ball shall be permitted in all zones. A goal will not be allowed when an attacking player kicks the ball into the net, either directly or indirectly off any other player.

RULE 47 – KNEEING:
A minor penalty shall be assessed to any player who fouls an opponent by kneeing. A major penalty shall be assessed if injury occurs.

RULE 48 – LEAVING THE PLAYERS OR PENALTY BENCH:
No player may leave the players' bench or penalty bench at any time during a fight on the rink, or for the purpose of starting a fight. For a violation of Rule 48(a), a Double

Minor penalty shall be imposed on the player of the team who was the first to leave the players' or penalty bench during a fight. If players of both teams leave their respective benches at the same time, the first identifiable player of each team to do so shall incur a Double Minor penalty. A Game Misconduct penalty shall also be imposed on any player penalized under this section, plus any other penalties he may incur. Any player (other than those dealt with under Section (b) who leaves his players' or penalty bench during a fight and is assessed a Minor, Major or Misconduct penalty for his actions, shall also incur an automatic Game Misconduct penalty, in addition to any other penalties he may incur. This includes a player leaving the penalty bench, for which he is to be assessed a Minor penalty in addition to the Game Misconduct. Such player would not have to be the first player to leave a bench.

(Note 1): A maximum of 5 players per team may be assessed Game Misconduct for violations of Sections (b) and (c) of this rule during a stoppage of play. The maximum of 5 players shall include any players penalized under Rule 36 – Fighting and Roughing.

(Note 2): Where one team has been clearly identified as the first to leave the bench and the Referee has assessed the 5 player maximum Game Misconduct, then in this situation a sixth player on one team may be assessed a Game Misconduct under this section. This sixth player must be the player who left the bench first.

(Note 3): Referees must record in detail on the Official Game Report or separate Penalty Report Form, any bench clearing incidents. A penalized player may not leave the penalty bench (whether or not play is in progress), except at the end of the period or on the expiration of his penalty. A Minor penalty shall be assessed for a violation of this rule, including the situations dealt with under Sections (b) and (c) of this rule. However, in the case of a player returning to the surface before his time has expired through an error of the Penalty Timekeeper, he is to serve only his unexpired time. When a player on a breakaway on the opponents' side of the centre red line is interfered with by a player of the opposing team who shall have illegally entered the game, or by a player or coach on the players' or penalty bench, the Referee shall award a penalty shot to the nonoffending team. If a penalized player returns to the rink from the penalty bench before his penalty has expired, any goal scored by his own team while he is illegally on the rink shall not be allowed. All penalties assessed either team shall be served as regular penalties. If a player shall illegally enter the game from his own players' bench, any goal scored by his own team while he is illegally on the rink shall not be allowed. All penalties assessed either team shall be served a regular penalties.

RULE 49 – PHYSICAL ABUSE OF THE OFFICIALS:

Any player or coach who intentionally touches, strikes or threatens a Referee; before, during or after a game shall be assessed a Match penalty and a full written report shall be submitted by the Referee. ANY ABUSE TOWARDS AN OFFICIAL WILL NOT BE TOLERATED!!!

RULE 50 – OFFSIDES:
Off sides will be determined at the red line. Delayed off sides will be in effect to allow teams to clear the offensive zone. The face-off after an offside will be held in the offending teams' zone at the face-off square located between the blue and red lines, or point of origin of pass. Deliberate off sides will result in a face-off deep in the offending team's zone. A direct shot on goal while clearing the zone will not result in an automatic offside unless the offending team fails to attempt to clear the zone. No goal can be scored while delayed offside is in effect.

RULE 51 – BALL MUST BE KEPT IN MOTION:
A team in possession of the ball in its defending zone shall always advance the ball towards the opposing goal, except if prevented from doing so by players of the opposing team. For an infraction of this rule, play shall be stopped and the face-off shall be at either end zone face-off spot in the defending zone of the offending team. A Minor penalty shall be assessed any player who deliberately holds the ball against the boards or any part of the goal in any manner, unless he is being checked by an opponent.

RULE 52 – BALL OUT OF BOUNDS OR UNPLAYABLE:
When the ball goes outside the playing area, or strikes obstacles above the playing surface play shall be stopped. The resulting face-off shall be where the ball last touched a player. A Minor penalty shall be assessed any player who delays the game by deliberately shooting, batting or throwing the ball outside the playing surface of the rink. The resulting face-off shall be at the spot where the offence occurred. If the ball is shot on the back of the net and comes off without any delay or, if a player or goaltender knocks the ball off the back of the goal netting without unnecessary delay, play shall continue. If the ball is frozen between opposing players or cannot be removed from the back of the net, the Referee shall stop play and the face-off shall take place at a location covered by the rules. A Minor penalty shall be assessed a goaltender who causes the ball to go out of bounds, or deliberately drops or throws the ball on the goal netting to cause a stoppage in play.

RULE 53 – BALL OUT OF SIGHT OR ILLEGAL BALL:
At any time where the Referee loses sight of the ball, play shall be stopped. The resulting face-off shall be at the point where play was stopped, unless otherwise stated in the rules. If, while play is in progress a ball other than the one legally in play appears, the play shall not be stopped, but shall continue with the legal ball until the play then in progress is completed, unless the illegal ball is impacting the play of the game at the referee's discretion.

RULE 54 – BALL STRIKING OFFICIAL:
Play shall not be stopped if the ball touches an official anywhere on the rink, except when the ball is deflected directly off an official into the goal or out of the playing area

or the play results in an injury to an official. No goal shall be allowed if a ball deflects directly off an official into the net.

RULE 55—STARTING OF GAME:
Games will be played in virtually any type of weather conditions due to the fact that the surface is covered with a roof. Players will be notified by coaches or team representatives of any cancellations or postponements. For safety reasons, games may be delayed, cancelled or postponed by Essa Hockey management or the Township of Essa only, due to extreme cold, electrical activity and severe storms.

a. All games shall start on time or as close to the scheduled start time as possible.
b. Each participating team is required to be prepared to start on time. Any team which fails to field 4 or more players and a goalie, or five runners will automatically forfeit. A five minute grace period will be run off the clock prior to the game being declared a forfeit. If during the grace period the offending team is able to start play, they will be assessed a delay of game penalty. A forfeit will not count towards a player suspension for the offending team. Forfeits can be avoided by using approved spare players. If a team is aware that they are going to forfeit a game, it will be considered a courtesy to your scheduled opponent to fill out the required form stating that your team will not be present. A win will automatically be awarded to the opposing team and they will have the option of using the scheduled hour for a practice. At the beginning of each period, only the players taking part in the actual face-off shall be allowed on the rink. All other players shall go directly to their benches. For an infraction of this rule, a Bench Minor penalty for delay of game shall be assessed the offending team. Once an official has entered the surface, the clock will begin to run down from 13 minutes allowing the teams a minimum of three minutes to warm up. The official will blow his whistle at 11:00 minutes signifying the players need to prepare for the start of play. The clock will be stopped at 10:00 minutes and the officials will take their position. If a team remains unprepared to start the game after a 30 second grace period, a two minute minor penalty for delay of game will be issued and the clock will be started.

Spares (Regular Season) – teams may add up to 3 spare players (from teams already registered in the league or another division, or they can register online if not already done so) up to the same amount of total players of the opposing team, in other words they cannot pick up spares and have more players as a result. Goalies can be picked up from any team at any time (again as long as they are registered in the league).

Spares (Playoffs) – Teams are not allowed to add spare players. In certain circumstances if the opposing team rep agrees (and to avoid forfeits) up to 3 players can be added be the rules noted above for regular season. Goalies are exempt and can be picked up from any team at any time (again as long as they are registered in the league).

RULE 56 – REFUSING TO START PLAY:
If a team is withdrawn from the rink and fails to return and start play, or if being on the rink, fails to start play within two minutes after being ordered to do so by the Referee, the game or series shall be suspended. The Referee shall submit a full written report. If

a team after being ordered to return, does return to start play, then a Major penalty shall be assessed for Delay of Game. If this infraction occurs in the last two minutes of regular playing time, a Penalty Shot (in addition to the Major penalty) shall be awarded against the offending team, as stated in Rule 32(h)-Delay of Game. If a team is withdrawn from the rink or fails to go on the surface, or being on the surface, fails to start play a SECOND TIME within the same game after being ordered to do so by the Referee, the two minute allowance shall not be granted and the game will be officially suspended. A full written report shall be submitted by the Referee.

RULE 57 – SLASHING:
A Minor or Major penalty, at the discretion of the Referee, shall be assessed any player who impedes or seeks to impede the progress of an opponent by "slashing" with his/her stick. A Major penalty and a Game Misconduct penalty will be assessed to any player who injures an opponent with a "slash". A "slashing" penalty shall be assessed any player who swings his / her stick at an opponent (whether out of range or not) without actually striking him/her, or who, on the pretext of playing the ball, makes a wild swing at the ball with the object of intimidating his / her opponent. A Match penalty shall be assessed any player who deliberately attempts to or deliberately injures an opponent with a slash.

RULE 58 – SLIDING:
In all divisions any player who deliberately slides making contact with an opponent in any manner, shall be assessed a minor penalty for interference. A major penalty and game misconduct shall be assessed to any player who injures an opponent as a result of a deliberate slide.

RULE 59 – SPITTING:
A Match penalty shall be assessed any player or coach who deliberately spits on or at; an opponent, official, coach or spectator. A full written report will be submitted by the Official.

RULE 60 – THROWING STICK:
Where any player of the defending team, including the goaltender, deliberately throws his/her stick or any part thereof or any other object at the ball or ball carrier in the defending zone, the Referee shall allow the play to be completed and if a goal is NOT scored, a penalty shot shall be awarded to the attacking team. If a goal is scored, the penalty shot shall not be awarded. A Minor penalty shall be assessed any player who deliberately throws his/her stick or any part thereof or any other object except when such act has been penalized by the awarding of a penalty shot or a goal. A misconduct penalty shall be assessed any player who deliberately throws a stick or any part thereof, or any object outside the playing area. Where a player throws a stick in a violent manner and such action puts the safety of other players (on any rink) or spectators at risk, a gross misconduct shall be assessed. Any player assessed a gross misconduct for this action shall be suspended from all divisions until the full suspension has been served in the division it was incurred.

RULE 61 – TRIPPING:
A minor penalty shall be assessed any player who trips an opponent. If injury results, a major penalty shall be assessed. If a player uses his / her stick, knee, hand, foot, arm

or elbow in any manner or falls on the surface directly in the path of the ball, causing the ball carrier to trip and loose possession of the ball, a penalty shall be assessed.

When a player in control of the ball on his opponents side of the centre red line is tripped, or otherwise fouled from behind, and thus prevented from having a clear shot on goal (having no other opponent to pass other than the goaltender), a penalty shot shall be awarded to the non-offending team. The referee shall not stop play until the attacking team has lost possession and control of the ball.

RULE 62 – GENERAL RULES:

Open cuts – Any player with an open cut will be asked to leave the playing surface, and may not return until the bleeding has stopped and the wound has been covered with a bandage. The time keeper has a basic first aid kit, however each team is encouraged to purchase their own first aid supplies. The distribution of first aid supplies is a courtesy provided by Essa Hockey for members, and it would be appreciated if all unused items were promptly returned. If during game action a bandage slips or falls off, it is not necessary to replace it unless the cut/wound is still bleeding.

Surface Damage – Any player who intentionally damages the playing surface or facility will be assessed a 10 minute misconduct at the discretion of the game official and will be required to compensate Essa Hockey or the Township of Essa for damages incurred.

Intoxication – Any team who suspects that a player is under the influence of drugs and/or alcohol should bring this to the attention of the referee immediately, upon discovery. The referee will then talk to the team rep of the intoxicated players' team, giving him the option to voluntarily remove the player from the game. If the team rep or player in question refuses, then the referee will talk to the player to determine if he is intoxicated. If in the opinion of the referee, the player is intoxicated and returns the playing surface, he/she will receive a gross misconduct and that player's team will receive a five minute bench major penalty. This rule is for the safety for all players including the offending participant, and as such, teams should be encouraged to cooperate fully with each other and the officials. The game officials will have the authority to remove an intoxicated player from the game at any time. The Essa Hockey will not tolerate substance abuse before or during a game.

Mercy Rule – During a game, if a team leads by 10 goals at any time or five goals in the last five minutes of play, the time clock will not stop after the face off at centre. Once the mercy rule has been instituted, the clock will NOT revert to stop time, unless the trailing team closes the gap in the score to four goals. The clock will only be stopped by a game official for a timeout, serious injury or other valid reason. The scoreboard will not reflect any more than a 10 goal spread at any time, regardless of the actual score.

Urinating on club property – A gross misconduct shall be assessed to any player caught urinating anywhere on club property, with the exception of the facilities provided for such personal need.

SECTION FIVE - PLAYOFFS

1. All teams participating at Essa Hockey are eligible for playoffs.
   (Note 1): The only exception to this is where a team has outstanding Team Fees owed.
2. In the event that teams are tied at the end of regular season, the following formula shall be used to determine team placement for playoff purposes:
   > most wins
   > head to head play
   > season goal differential(goals for minus goals against)
   > most goals for
   > head to head goal differential
   > least penalty minutes
   > coin toss
3. Playoff schedules will be available 7 – 10 days prior to the beginning of playoffs. All games will be three periods of ten minutes, stop time.

   In the event that a playoff game is tied at the end of regulation time: Teams will remain in the same ends as they were for the third period. A five (5) minute, sudden victory overtime period will be played. In a third and deciding game of any Championship series, ten (10) minutes sudden victory will be played. If the game is still tied: A shoot-out will take place. Shooters shall shoot in the order that they are listed on the game sheet by the team rep (excluding the goaltender, and any player serving a penalty at the end of the game or ejected from the game). Home team shall have the choice of shooting first or second. Three shooters from each team will have the opportunity to shoot on the opponent's goaltender. If the game is still tied after three shooters each, a "sudden victory" shoot-out will occur until a winner is decided. Each team will alternate shooters, until one team scores, and the other does not. Players will shoot in order that their name appears on the game sheet as determined by the Team Rep.

SECTION SIX - JACK & JILL (CO-ED) RULES

PHILOSOPHY/INTENT OF THIS DIVISION:

1. Recreational
2. A Sociable experience for participants
3. Less Competitive than other adult divisions

DEFINITIONS:

Possession:

The state of a player other than a goaltender who is the last one to have come in contact with the ball.

Control:
A player who is actually propelling the ball with his stick, glove(s), or feet.

1. A minimum of two female players must be on the playing surface at all times (excluding the goalie).
2. SCORING OF GOALS: A woman must be in on any valid goals (i.e. the goal scorer or one of the two assists) There is one exceptions to this rule.
   Situation 1) – A player scores into his/her own net. Goal.
3. A minor penalty shall be assessed to any player that deliberately slides anywhere on the playing surface regardless of whether or not they make contact (interferes) with an opposing player.
4. A player's stick cannot rise above the normal height of his/her waist on any shot or to bat down a ball. This shall include both the back-swing, and follow-through. For a violation of this rule the play will be blown dead and the faceoff will come back deep into the offending player's zone. The offending player must change (i.e. go to the bench for a player change).
5. Where a non-live goal is scored, a face off will be conducted at a face off square in the attacking player's zone.
6. Where a team has only two female players and one of these players receives a minor penalty, a male player on the floor at the time that the penalty is assessed shall serve the penalty. If a penalty shall result in a Game Misconduct, or Game Ejection, the game shall be forfeited.
7. SHOOT-OUTS. The shoot-out rule to break ties in playoffs shall be altered in Jack & Jill. Four players shall take part in a shoot-out – two females, and two males, with the females shooting first. A sudden victory shoot-out shall include the same four players, in the same order, until a winner is determined.