Official Rules

Of

Collegiate Roller Hockey



2026-2027

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Note: Changes from the 2025-2026 Rulebook are highlighted in gray.

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SECTION 1:
Rink, Facility, Playing Surface

Rule 100:
Facility

The “Facility” is defined as any building structure attached to the rink in which NCRHA holds an event.

(a) The facility must be inside and ventilated.
(b) The facility must be safe and well maintained.
(c) The facility must be secure when not attended.
(d) The facility must provide at least four locker rooms per rink. Each locker room must be large enough to accommodate 20 players and four coaches/managers and their equipment.
(e) The facility must provide a secured place for League Officials.
(f) The use of tobacco, alcohol, and controlled substances is prohibited anywhere in the facility (with exception to areas designated by the license of the facility).
(g) The facility must meet all provisions as designated by National and Conference contracts.
(h) Any facility or rink that does not meet all requirements under SECTION 1 must be approved by NCRHA and the conference prior to any game or competition being scheduled.

Rule 101:
Rink

The game of collegiate roller or inline hockey shall be played within an area of a facility known as the “Rink”

(a) The rink should be in an enclosed or indoor facility.
(b) The “Playing Surface” of the rink shall be constructed of interlocking plastic tiles.
(c) The rink shall be surrounded by a permanent wall or solid barrier known as the “Boards”.
(d) The use of tobacco, alcohol, and controlled substances is prohibited on the rink.
(e) Each rink must be provided with seats or benches to be used for the seating of players for two teams, penalized players, the Game Timekeeper, and Official Scorer.

Rule 102:
Dimensions of Rink

(a) As nearly as possible, the dimensions of the rink shall be 180 feet long and 80 feet wide. The minimum size for a rink shall be 145 feet long and 65 feet wide. The maximum size of the playing surface shall be 200 feet long and 100 feet wide. It is recommended that the corners be uniformly rounded in the arc of a circle with a minimum radius of 20 feet and a maximum radius of 28 feet.
(b) The rink shall be surrounded by a permanent or temporary wall or fence known as the "BOARDS," which shall extend not less than 36 inches and not more than 48 inches in height above playing surface. The ideal height of the boards shall be 42 inches. It is recommended that the kick plate at the bottom of the boards be yellow or light in color.
(c) The boards shall be constructed in such a manner that the surface facing the playing surface shall be smooth and free of any obstruction or objects that could cause injury to players. All doors giving access to the playing surface must swing away from the playing surface.
(d) Any additional materials used to contain the puck above the height of the boards must be attached to the boards on the side of the boards facing away from the playing surface.
(e) It is recommended that each rink should include an equipment gate for emergency situations. It is highly recommended that the entire rink, including players' and penalty benches, be enclosed with safety glass, fencing and/or other protective screens designed to separate players from spectators. All gear used to hold such equipment in place shall be mounted on the boards on the side away from the playing surface.

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Rule 103:
Goal Posts and Nets

Each rink must have two goals, each centered on the goal line at each end of the playing surface with the openings facing each other.

(a) The goal frame shall be made of metal or other approved material. The goal posts shall be set 6 feet apart from the inside of the posts and the crossbar shall extend horizontally 4 feet above the playing surface, connecting the top of the goal posts.

(b) The vertical posts and horizontal cross bar must be constructed of cylindrical shaped metal and assembled into a single piece.

(c) All goal piping shall be painted red. All other surfaces shall be painted white.

(d) Attached to each goal frame shall be netting of a contrasting color strong enough to withstand any shot by a puck.

(e) A minimum of 12 feet to a maximum of 15 feet from each end of the rink a red line 2 inches wide known as the "GOAL LINE" shall be painted extending completely across the rink and continuing vertically up the side boards.

(f) The goal shall be centered on the goal line and shall be fixed in such a manner as to remain stationary during the progress of the game. The goal posts shall be anchored in such a manner as to permit a goal post to become dislodged when hit by a player with a significant degree of force.

(g) Play shall be allowed to continue when the goal post has been displaced from its normal position, unless in the opinion of the referee he cannot safely reset the net during play or, in the judgment of the referee, the attacking team has an immediate scoring opportunity and the goal frame has been displaced in such a way as to create an unnatural opportunity for the puck to enter the goal.

Rule 104:
Goal Crease and Goalkeeper's Privileged Area

(a) Goal Crease

(1) With the center of the goal line being the center, a semi-circle with a radius of six (6) feet shall be marked with a line two (2) inches in width and shall extend towards the Center Face-off spot.

(2) The space defined by this semi-circle and extending vertically 48” off of the floor shall be known as the “Goal Crease.” This includes the goal crease lines.

(b) Goalkeepers Privileged Area

(1) The goalkeeper's "PRIVILEGED AREA" is an area bounded in the rear by the goal line, in front by an imaginary line connecting the end zone face-off spots, and on the sides by imaginary lines extending perpendicular from the end boards to the end zone face-off spots.

Rule 105:
Division of Playing Surface

(a) The playing surface shall be divided into two halves by a "CENTER RED LINE" 12 inches wide, extending completely across the rink and continuing vertically up the side boards.

(b) The center red line shall be considered to be a part of the zone in which the puck is currently located.

(c) The half of the playing surface in which the goal is situated shall be called the "DEFENDING ZONE" of the team defending that goal. The half of the playing surface furthest from the defending goal shall be known as the "ATTACKING ZONE."

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Rule 106:
Center Face-Off Spot and Circle

(a) One 12-inch in diameter blue face-off spot shall be at the exact center of the rink positioned in the center of the centerline.
(b) With this spot as a center, a 15-foot radius circle shall be marked with a red line 2 inches wide. On both sides of the circle there shall be two lines 2 feet long, 2 inches wide and 4 feet apart.

Rule 107:
High Zone Face-Off Spots and Circles

(a) Four, twelve (12) inch diameter red face-off spots (2 in each end of the playing surface), 2 feet in diameter shall be marked on the surface 18 feet from the center red line along an imaginary line connecting the end face-off spots. Within each face-off 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.

Rule 108:
End Zone Face-Off Spots and Circles

(a) In both zones and on both sides of each goal, four red face-off spots and circles shall be marked on the playing surface. The face-off spots shall be 2 feet in diameter. Within each face-off 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.
(b) With this spot as a center, a 15-foot radius circle shall be marked with a red line 2 inches wide. On both sides of the circle there shall be two lines 2 feet long, 2 inches wide and 4 feet apart.
(c) The End Zone face-off spots shall be located equidistant from the side boards and 20 feet from each goal line. It is recommended that there be a 44-foot distance between the End Zone face-off spots in the same zone.

Rule 109:
Player Benches

Each rink must have separate “Player Benches” or seats for the use of each team to occupy during the game.

(a) Benches shall be placed immediately alongside the playing surface, as near as possible to the center of the rink.
(b) Player benches must be equal for each team.
(c) Each player bench shall have accommodations for at least 15 players and 4 coaches/managers.
(d) At least one door shall be provided in each player bench, swinging into the bench, directly to the playing surface.
(e) Only players in uniform and Team Officials shall be allowed to occupy the player benches. Injured and suspended players are not permitted on bench.
(f) During a game (including warm-ups), Coaches, Managers, and Trainers are restricted to the length of the player benches.
(g) The use of tobacco, alcohol, and controlled substances is prohibited on the players' bench, penalty bench, timekeeper area, or on the playing surface. For a violation of this rule, a game ejection penalty shall be assessed.

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Rule 110:
Penalty Bench

Each rink must have separate “Penalty Benches” or seats for the use of each teams’ penalized players to occupy.

(a) Penalty benches must be physically separated from the players’ benches, ideally on the opposite side of the rink.
(b) Penalty benches must be equal for each team.
(c) At least one door shall be provided in each penalty bench, swinging into the bench, directly to the playing surface.

Rule 111:
Signaling Devices, Timing Devices, Goal Devices and Privileged Areas

(a) Score Clock
    (1) Each rink shall be provided with some form of electrical clock or timing device 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. This clock shall be visible by spectators, game officials, the playing surface, and equally from each teams’ player benches.
    (2) The timing device must be operable from the scorer's area.
    (3) The timing device must be capable of accurately tracking game time remaining, playing period, score for each team, and penalty time remaining for up to two players from each team.
    (4) Timing devices for both game time and penalty time shall show time remaining to be played or served.
(b) Signaling Devices
    (1) Each rink shall be provided with a signaling device such as a siren.
    (2) The signaling device must signify the end of the playing time by an audible alarm loud enough to be heard on the entire playing surface or other suitable sound device to signify the end of playing time.
(c) Goal Devices (optional)
    (1) Behind each goal, electric lights or similar devices shall be set up for the use of the Goal Judges. A red light or other signal shall signify the scoring of a goal.
(d) Scorekeeping Area
    (1) Each rink must have a designated “Scorekeeping Area” adjacent to the rink for the purposes of timekeeping and scorekeeping.
    (2) No player/team official shall enter the scorekeeping area before, during, or after a game.
(e) Referee Crease or Privileged Area
    (1) On the playing surface immediately in front of the Penalty Timekeeper's seat there shall be marked in red a semicircle of 10-foot radius and 2 inches wide, which shall be known as the Referees Crease.
    (2) No player shall enter the Referees Privileged Area during a stoppage of play unless directly requested to do so by a Referee.

End of Section 1

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SECTION 2:
Rosters and Team Composition

Rule 200:
Age

(a) All players appearing on any NCRHA Club Master Roster must be age 17 or over as of September 1st of the current season.
(b) Players over age 17 but under age 18 must have written parental consent to participate in NCRHA activities.
(c) A player must be a High School graduate or hold the equivalent of a high school diploma.
(d) NCRHA does not discriminate against gender and is an equal opportunity organization that permits co-ed participation.

Rule 201
Rosters Classification:

(a) Game Roster
    (1) A "GAME ROSTER" consists of players who will be eligible to participate in a single game during an event.
    (2) All players listed on a game roster must be listed on the Master roster.
    (3) Game rosters are due prior to the team entering the rink for warm-ups before each game.
    (4) Game rosters may contain a maximum of 16 players and 4 Team Officials. The maximum number of skaters shall not exceed 14.
        i. It is recommended that each team have on its bench a substitute goalkeeper who shall be fully dressed and equipped to play.
    (5) Only players eligible to participate in the current game and bench staff (including coaches, managers and trainers) should be listed on the game roster.
    (6) At the beginning of each game the Manager or Coach of each team shall list names and numbers of the players and goalkeepers who shall be eligible to play in the game.
        i. Injured and/or suspended players are to be scratched on the game roster, as they are not eligible to play.
    (7) No change or addition to the game roster shall be permitted once the game has commenced.
        i. In the case that a League Authority deems an omission as an inadvertent clerical error, the eligible player or goalkeeper may be added to the game roster during a stoppage of play after the game begins. A bench minor shall be assessed to the offending team.
        ii. No roster deletions shall be permitted at any time.

Rule 202
Rosters General:

(a) All rosters must be completed and submitted on an official NCRHA roster form specific to each type of roster.
(b) All rosters must be signed and submitted by the coach, manager, or captain.
(c) Except when all designated goalkeepers are incapacitated, no player on the playing roster in that game shall be permitted to wear the equipment of the goalkeeper. If a team's goalkeeper(s) is unavailable to continue, the team must immediately appoint a temporary goalkeeper, with full goalkeeper's equipment, privileges and limitations, or place an additional skater on the playing surface with none of the goalkeeper's privileges. A goalkeeper may be substituted for by another goalkeeper during play with full goalkeeper's privileges.
(d) Suspended and injured players may NOT participate in any pre-game warm-up activities nor may they be allowed on the rink before, during, or immediately after the game.

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Rule 203:
Playing Lineup

(a) Upon the Referee's signal prior to the start of the game and following any stoppage of play, the Visiting Team shall promptly place a lineup on the playing surface ready to play and no substitution shall be made from that time until play has resumed. The Home Team may then make any desired substitution which does not result in the delay of the game.
(b) If there is any undue delay by either team in changing lines, the Referee shall order the offending team(s) to take their positions immediately and not permit line changes.
(c) When a substitution has been made under the above rule, no additional substitution may be made until play commences, except when a penalty is assessed.
(d) When the substitute goalkeeper enters the game the position shall be taken without delay and no warm-up shall be permitted.
(e) Each team shall be allowed one goalkeeper on the playing surface at one time.

Rule 204:
Change of Players

(a) Players may be changed at any time from the players' bench, provided that the player or players leaving the playing surface are within 5 feet of the players' bench and out of the play before the change is made.
(b) If, in the course of making a substitution, either player deliberately plays the puck while the retiring player is still on the playing surface, a bench minor penalty for "Too Many Players" shall be assessed.
(c) If, in the course of a substitution, either player is accidentally struck with the puck, the play shall not be stopped and no penalty shall be assessed.
(d) A goalkeeper may be substituted for by a player or goalkeeper at any time during play. The goalkeeper must be within 5 feet of the players' bench before the substitute may enter the playing surface.
    (1) For a violation of this rule there shall be no time penalty to the team making the premature substitution, but play shall be stopped when the offending team has possession and a face-off shall take place.
        i. If the goalkeeper was substituted for by a player during a delayed penalty situation, the ensuing face-off shall take place at the end-zone face-off spot in the defending zone of the penalized team on the side where the stoppage occurred.
        ii. If the goalkeeper was substituted for by a player in any other situation, the ensuing face-off shall take place at the center face-off spot, or if the offending team gains possession in the defending half of the rink, shall take place at the face-off spot closest to where play was stopped so as not to create a territorial advantage.
    (2) Such substitute shall not be permitted the privileges of the goalkeeper.
(e) A player serving a penalty on the penalty bench, who is to be changed after the penalty has been served, must proceed at once by way of the playing surface before any change can be made.
    (1) For a violation of this rule, a bench minor penalty shall be assessed (“Too Many Players”).
(f) During a stoppage of play a goalkeeper may not go to the players' bench without the permission of the Referee unless there is a substitution by another player or goalkeeper. When a substitution is made under this rule, the replaced goalkeeper shall not return to the playing surface until play resumes, except that immediate re-entry into the game shall be permitted when a penalty is assessed to either team.
    (1) For a violation of this rule, a bench minor penalty shall be assessed.

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(g) The line change procedure for all typical stoppages of play is as follows, with the goal being to put the puck back in play within 15 seconds:
    (1) One referee shall get the puck and skate to the face-off location. This starts the line change procedure.
    (2) The other referee signals the visiting team that it has up to five seconds to change players.
    (3) The referee then puts his or her hand up to the visiting team indicating no further changes can be made, and signaling to the home team that it has up to five seconds to change players.
    (4) When the referees hand comes down, the official dropping the puck blows a quick whistle signaling the start of the face-off and that the puck will be dropped in no more than five seconds. The official dropping the puck shall wait until the players are legally set and drop the puck.
        i. For a violation of this rule, the offending team(s) shall have the player taking the face-off changed, and the referee shall blow a second quick whistle signaling the start of an additional five seconds.
        ii. For a second violation of this rule during the same stoppage, a minor penalty shall be assessed to the offending team(s).
        iii. Referees are directed to warn teams that have repeated violations of this rule that delaying tactics are unacceptable and that subsequent violations may be penalized as delay of game at his or her discretion.

Rule 205:
Injured Players

(a) When a player, other than a goalkeeper, is injured or compelled to leave the playing surface during a game, the player may retire from the game and be replaced immediately by a substitute.
(b) Any goalkeeper who sustains an injury or becomes ill must be ready to resume play immediately or be replaced by a substitute goalkeeper. No additional time shall be allowed by the Referee for the purpose of enabling the injured or ill goalkeeper to resume the position. The substitute goalkeeper shall enter the game without delay and no warm-up shall be permitted.
    (1) The substitute goalkeeper shall be subject to the regular rules governing goalkeepers and shall be entitled to the same privileges.
(c) Any penalized player, who has been injured, may proceed to the dressing room without going to the penalty bench. The penalized team shall immediately put a substitute player on the penalty bench to serve the entire penalty. The penalized player who has been injured and has been replaced on the penalty bench is not eligible to play until the penalty time has expired.
(d) When a player is injured and cannot continue play or go to the players' bench, play shall not be stopped until the injured player's team has secured possession of the puck. If the player's team is in possession of the puck at the time of injury, play shall be stopped immediately unless the team has a scoring opportunity.
(e) In the case where it is obvious that a player has sustained a serious injury, play shall be stopped immediately.
(f) A player, other than the goalkeeper, whose injury appears serious enough to warrant a stoppage of play, may not participate further in the game until the completion of the ensuing face-off.
(g) If a player or goalkeeper is obviously bleeding, play shall be stopped immediately and the injured player shall be ruled off the playing surface. Such player shall not be permitted to return to play until the bleeding has been stopped and the cut or abrasion covered. Likewise, any Official who is bleeding shall not continue until the bleeding has been stopped and the cut or abrasion covered.

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Rule 206:
Composition of Team

(a) A team shall be composed of four players on the playing surface, plus a goalkeeper.
(b) No team shall be allowed to start a game with less than 4 skaters and a properly attired goalkeeper.
    (1) No substitution for the goalie is permitted to begin the game. Should a team be unable to start a game due to the inability to place the correct number of players to start a game, they shall forfeit the game in accordance with Rule 703.
(c) Players listed as goalkeepers on the Game Roster are allowed to play the position of goalkeeper only.
(d) If at any time a team does not have at least three eligible players, due to penalties or injuries, to place on the surface, the game shall be declared a forfeit in accordance with Rule 703.

Rule 207:
Captain of Team

A complaint about a penalty is not a "matter relating to the interpretation of rules" and a minor penalty shall be assessed to any Captain or other player making such a complaint.

(a) Each team shall appoint one Captain and not more than 2 Alternate Captains
(b) The Referee and Official Scorer shall be advised prior to the start of the game of the names of the Captains of each team and the designated alternates, and they shall be annotated on the official roster for the game.
(c) Only the Captain or Alternate Captain (but never both simultaneously), when invited to do so by the Referee, shall have the privilege of discussing with the Referee any matter relating to the interpretation of rules which may arise during the course of a game.
(d) Any Captain or player who comes off the players' bench and makes any protest or intervention with the Officials for any purpose shall be assessed, at the minimum, a minor penalty for Abuse of Officials.
(e) The Captain shall wear the letter "C," approximately 3 inches in height and in contrasting color, in a conspicuous position on the front of the jersey. Alternate Captains shall wear the Letter “A” in the same manner.
(f) If the Captain is not available due to injury or penalty, the designated alternate captain may conduct the affairs of the team.
(g) Any player, including a goalkeeper, shall be entitled to be identified as the Captain or Alternate Captain. However, goalkeepers shall not be entitled to the Captain’s speaking privileges.
(h) No playing Coach or Manager shall be permitted to act as Captain.

Rule 208:
Coaches and Team Management

It is highly recommended that all teams have a non-player coach. See the NCRHA League Operations Manual for coaching requirements by Division.

(a) The Club will appoint their team(s) coach.
(b) Teams are limited to a maximum of 4 team officials on the player bench before, during and after the game.
(c) Team officials can include coaches, managers and trainers.
(d) For a violation exceeding the allowable number of team officials, after a warning, the referee shall assess a minor penalty. Further refusal to reduce the number of team officials shall be treated as “Refusal to Start Play” under Rule 633.
(e) Coaches and Team Management shall be listed on all applicable rosters.
(f) Coaches and Team Management may not enter the playing surface at any time before, during, or after a game, unless directed to do so by an on-surface Game Official.
(g) All coaches, assistant coaches and all other bench staff (ie. trainer, manager) are required to wear at minimum an appropriate collared shirt and dress pants or team warm-up. Dress shirts, ties, dress jackets and suits are also permitted. Jeans or shorts are prohibited. Ballcaps with your school branding only are permitted. Coaches may be asked to leave the bench if they are in violation of this rule and may not return until they have satisfied the requirements above.

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SECTION 3:
Uniforms and Equipment

***Note:** At random during the season, players' and goalkeepers' equipment shall be checked by League staff.

Rule 300:
Uniforms – Specific

All players participating in NCRHA games must be uniformly dressed. Please refer to the NCRHA League Operations Manual for the specific appearance requirements for uniforms unique to each Division.

(a) All teams competing in ALL Divisions shall have any new uniforms created for use in NCRHA sanctioned competition approved by NCRHA staff (Executive Director and/or Director of League Operations) prior to production.

(b) All teams competing in ALL Divisions (except the Affiliate Division) shall have (2) sets of aesthetically matching long-sleeve jerseys of contrasting colors with the same numbers on both sets. These will be referred to as Primary Home Jerseys and Primary Away Jerseys.
   (1) Aesthetically matching jerseys shall be defined as identical in color, style, theme, and logo.
   (2) It is recommended that jerseys display their school name, logo, or mascot as the predominant image, as allowed by respective school.

(c) Home teams must wear their primary home jerseys and visiting teams must wear their primary away jerseys.
   (1) All teams in ALL Divisions (except the Affiliate Division) shall have one set of jerseys that are at least 75% white. These shall be their primary home jersey.
   (2) All teams in ALL Divisions (except the Affiliate Division) shall have one set of jerseys that are a dark color. These shall be their primary away jerseys.
   (3) Teams may also have an alternate jersey (e.g. yellow, gold, light blue, etc.) that may be worn as either the home team or the away team with permission received from the Event Director prior to the game as long as they do not conflict with their opponent's jerseys.
   (4) At the discretion of the Referee, the Visiting Team shall change its jerseys if the colors of the competing team conflict.
   (5) Teams shall not change jerseys prior to a game without permission from the Event Director.
   (6) Players must start each game with a jersey that is free of rips or tears.

(d) All teams competing in all divisions shall have full-length roller hockey pants. See the NCRHA League Operations Manual for specific appearance requirements regarding pants in each Division.
   (1) Players must start each game with pants that are free of rips or tears.
   (2) Goalkeepers are not required to wear full-length roller hockey pants.

(e) Each player and each goalkeeper listed in the lineup must wear an individual identifying number at least 8 inches in height on the back of the jersey.
   (1) This number shall be permanently attached to the jersey.
   (2) This number will be of a contrasting color to the jersey.
   (3) All numbers assigned must be whole numbers from 0-99, inclusive.
   (4) No two members of the same team shall be permitted to be rostered as or wear the same number.
   (5) All Players must remain in uniform for the warm-up period as well as the entirety of the game.
      i. During a game, if a jersey is rendered unwearable and is replaced, the team captain shall report immediately to the referee the previous number and the new number for the player.

(f) United States Postal tape is not permitted in the NCRHA for use on any part of uniforms or equipment. A bench minor penalty shall be assessed to the offending team. The offending player(s) shall not be permitted to play until tape is removed.

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Rule 301:
Uniform Logos

NOTE: Please contact the league authorities for clarification regarding legality of logos and sponsorship under this rule.

(a) It is recommended that teams display their school name, logo, or mascot upon the front of their jerseys.
(b) Such branding shall be the predominant image of a team's uniform.
(c) A team's uniform or any item of apparel (e.g. jersey, pants, or helmet) may not contain any aftermarket industry brandings, sponsor names, logos, or patches unless league approved. Sponsorship branding is not permitted.
(d) The following images are permitted explicitly as logos or patches:
    (1) NCRHA or Conference logos
    (2) American flags, ribbons and other similar patriotic symbols
    (3) Team logos and school/mascot names
    (4) Memorials, such as 9/11 tributes
(e) On team jerseys, all manufacturers' branding must be contained within a geometrical figure that does not exceed 16 square inches. The jersey may contain more than one manufacturer's or designer's logo or trademark provided the total of measurement does not exceed 16 square inches.
(f) There shall be no size restriction on manufacturer's branding on roller hockey pants.
(g) Starting with the 2024-2025 season, all new jersey designs must include the NCRHA logo. The NCRHA logo should be at least 2 inches tall and include a white or black border that differentiates it from the jersey color itself. Any jersey re-orders (ie. partial team orders) must include the NCRHA logo, and will be considered "matching jerseys" to the original jerseys without NCRHA logo.
    (1) Please contact the NCRHA regarding NCRHA logo size and placement prior to jersey production.

Rule 302:
Sticks

(a) Sticks shall be made of wood, carbon composite, graphite, aluminum or rubber composite materials approved by NCRHA and must not have any projections extending from the stick.
(b) The hollow end of a stick must be fully covered.
(c) Adhesive tape of any color may be wrapped around the stick at any place.
(d) No stick shall exceed 63 inches in length from the heel to the end of the shaft, nor more than 12½ inches from the heel to the end of the blade.
    (1) Players whose height measures 6'5" or greater may use a stick up to 65" in length with permission of an Event Director. Permission must be solicited by the player prior to participating in any event before using a stick longer than 63".
(e) The blade of the stick shall not be less than 2 inches nor more than 3 inches in width at any point.
(f) The curvature of the blade of the stick shall not be restricted. It is recommended, however, that the curvature of the blade of the stick not exceed ½ inch.
(g) The blade of the goalkeeper's stick shall not exceed 3½ inches in width at any point except at the heel where it shall not exceed 4½ inches. The length of the blade shall not exceed 15½ inches in length from the heel to the end of the blade.
(h) The widened portion of the goalkeeper's stick extending up the shaft from the blade shall not extend more than 26 inches from the heel and shall not exceed 3½ inches in width.
(i) A minor penalty shall be assessed to any player or goalkeeper who uses a stick not conforming to the provisions of this rule.
(j) If a goal is scored with an illegal stick, the proper penalty shall be assessed and the goal shall be allowed.
(k) A minor penalty shall be assessed to a player or goalkeeper who participates in the play while in possession of more than one stick, except that no penalty shall be assessed to a player who is accidentally struck by the puck while carrying a replacement stick to a teammate.

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Rule 303:
Skates

(a) All players and officials must wear skates which should be designed for inline hockey with a maximum of five wheels. Brakes are not permitted.
(b) The use of speed skates or any skate so designed that it may cause injury is prohibited.
(c) The use of quad skates is not prohibited, but is not recommended. Stoppers on quad skates may not be black or red in color.
(d) Players must start each game with an axle and wheel in all axle openings.
    (1) Exception: Goalkeepers may have one axle and wheel removed, in order to accommodate a goalkeeper leg guard strap.

Rule 304:
Goalkeeper's Equipment

(a) With the exception of skates and stick, all the equipment worn by the goalkeeper must be constructed solely for the protection of the head or body.
(b) All equipment with any garment or contrivance designed to increase the goalkeeper’s mobility must not exceed the specified dimensions for each piece of equipment.
(c) Abdominal aprons extending down the thighs or the outside of the pants are prohibited.
(d) The goalkeeper's blocker glove shall not exceed 8 inches in width nor 16 inches in length at any point.
    (1) For a violation of this rule, a minor penalty shall be assessed.
    (2) The equipment will be deemed illegal and shall be removed from the game.
(e) The maximum length of a goalkeeper's catching glove shall not exceed 17 inches. The cuff shall not exceed 9 inches in width. Any bar or attachment between the cuff and the thumb shall only extend in a straight line. Any other pocket or pouch added to the glove by a manufacturer or otherwise is not acceptable and makes the glove illegal.
    (1) For a violation of this rule, a minor penalty shall be assessed.
    (2) The equipment will be deemed illegal and shall be removed from the game.
(f) The leg guards worn by goalkeepers shall not exceed 12 inches in extreme width when on the leg of the player.
    (1) For a violation of this rule, a minor penalty shall be assessed.
    (2) The equipment will be deemed illegal and shall be removed from the game.
(g) All goalkeepers must wear a helmet and cage designed for hockey played with a puck. A helmet and cage that meet the standards set by HECC are recommended.
    (1) Helmet strap must be properly fastened and chin cup in place.
    (2) Goaltenders under 18 years old must use a helmet and cage that are HECC approved.
(h) All goalkeepers must wear chest protection. Throat protection is recommended.
(i) All axle openings must contain an axle and a wheel.
(j) The use of solvents, waxes, or oils on a goalkeepers leg pads to enhance sliding capability is strictly prohibited.
    (1) If any League Official finds such solvent, waxes, or oils to be in use, the goalkeeper will be assessed a minor penalty (illegal equipment) plus a disqualification penalty.
    (2) The goal pads will not be permitted for further use until inspected by League Authorities.

Rule 305:
Protective Equipment

(a) Each participant is personally responsible to wear protective equipment for all games, warm-ups and practices.
(b) All players must wear a H.E.C.C. approved helmet and face mask. Face masks shall be securely attached to the helmet, with throat strap securely fastened. There should only be enough room between the throat strap and the chin to insert two fingers. Face masks shall not be altered from the manufacturer’s original specifications in any way. It is strongly recommended that players not remove the ear pieces that came with their helmets.

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(c) Recommended equipment for all players is: hip pads (girdle), protective cup or pelvic protector, chest protection.
(d) Mandatory protective equipment includes: H.E.C.C. approved helmet designed for hockey with helmet strap properly fastened, H.E.C.C. approved full face mask, elbow pads, gloves designed for hockey, and knee and shin protection designed for hockey.
    (1) Skaters' gloves must be designed solely for the protection of the hand and wrist while playing hockey.
    (2) Skaters' gloves must have a palm that does not permit the skater to utilize a bare hand during play.
(e) All Referees must wear a black helmet designed for hockey with helmet strap properly fastened, elbow pads and knee and shin protection.
(f) If an injury occurs while a player or Referee is not wearing any of the above-mentioned mandatory equipment, the insurance carrier may not be responsible for the claim.
(g) Any player who attempts to participate without the proper mandatory equipment shall be sent off the playing surface by the Referee and not allowed to return until such equipment has been replaced.
    (1) For a second violation of this rule by the same player, the Referee shall assess a misconduct penalty to the offending player.
(h) It is mandatory that all protective equipment, except gloves, headgear and goalkeeper leg pads, be entirely under the uniform. Players not conforming to this rule shall be sent off the playing surface and not allowed to return until their uniform is in compliance. For a second violation to the same player, the referee shall assess a misconduct penalty.
(i) If the helmet/face mask of a player or goalkeeper comes off during play, the play shall be stopped immediately. That player, other than the goalkeeper, shall be ruled off the floor and may not participate in the game until completion of the ensuing face-off.
    (1) A minor penalty shall be assessed to a player or goalkeeper who deliberately removes the helmet/face mask during play. A goalkeeper who deliberately removes the helmet/face mask during a breakaway shall result in the non-offending team being awarded a Penalty Shot in accordance with Rule 608(b).
    (2) In the event that a player deliberately removes the helmet/face mask during a breakaway with the goalkeeper having been replaced, a goal shall be awarded by the referee.
(j) Players who lose any protective equipment, other than their helmet/face mask, during play shall be allowed to continue play until the next stoppage.
(k) Players on the players' and penalty bench must wear the protective helmet/face mask while in the bench area.
    (1) For a violation of this rule, a misconduct penalty shall be assessed to the offending player.
    (2) Players are allowed to remove their helmet and gloves during time-outs and period breaks.
(l) All players must wear the required or recommended equipment in the manner for which it is designed.
    (1) For violation of this rule, following a team warning, a misconduct penalty shall be imposed.

Rule 306:
Dangerous Equipment

(a) The use of pads or protectors not securely affixed, made of metal or any other material that may cause injury to a player is prohibited.
(b) Elbow pads, which do not have a soft protective covering of sponge rubber or a similar material at least ½-inch thick, shall be considered dangerous equipment.
(c) 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.
    (1) For a violation of this rule, a minor penalty shall be assessed.
    (2) The gloves will be deemed illegal and shall be removed from the game.
(d) The wearing of jewelry that is visible to the referee is prohibited and any offending player shall be sent off the playing surface until the jewelry is removed.
(e) The wearing of casts or splints made of hard or unyielding materials is prohibited, unless directed in writing by a licensed medical physician. Such casts or splints must be covered on all exterior surfaces with no less then ½-inch thick, high density, closed cell polyurethane or alternate material of the same minimum thickness and similar physical properties, to protect opponents from injury.
(f) Solvents leaving residue on the surface are strictly prohibited.
    (1) If any League Official finds such solvent to be in use, the offending player will be assessed a minor penalty plus a disqualification penalty.

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Rule 307:
Puck

(a) Pucks shall be made of plastic or other material approved by the NCRHA.
(b) The puck shall be approximately 1 inch thick, and 3 inches in diameter and shall weigh between 3½ and 6½ ounces.
(c) The puck shall be predominantly black.

Rule 308:
Equipment Measurement

(a) A request for measurement of any equipment shall be limited to one request by each team during the course of any stoppage of play.
(b) When a formal complaint is made by the Captain of a team against the dimensions of any stick, the Referee shall make the necessary measurement immediately.
    (1) If the complaint is not sustained, a bench minor penalty shall be assessed to the team requesting the measurement.
(c) When a formal complaint is made by the Captain of a team against the dimensions of any piece of goalkeeper's equipment and the measurement would cause any delay whatsoever, other than glove measurement, such measurement shall take place at the end of a period or immediately in the last period or overtime.
    (1) If the complaint is not sustained, a bench minor penalty shall be assessed to the team requesting the measurement.
(d) A minor plus a misconduct penalty shall be assessed to any player who refuses to surrender the stick or other piece of equipment for measurement when requested to do so by the Referee.
(e) The Referee may measure any equipment used for the first time in the game.
(f) The Referee shall assess a bench minor penalty to a team that requests a measurement of equipment only for the purpose of delaying the game.
(g) No Captain or Team Official may request a protective or dangerous equipment check, or uniform compliance check, of an opposing player. After a warning by the Referee, a Captain or Team Official who continues to challenge or request a protective or dangerous equipment check, or a uniform compliance check, of the opposing team shall be assessed a bench minor penalty for "delay of game."

End of Section 3

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SECTION 4:
Penalties

Rule 400:
Penalties – General

(a) Penalties exist to encourage compliance by supporting standards of behavior as determined by the League Authorities. Penalties:
  (1) Define standards of compliant behavior.
  (2) Define remedial consequences for non-compliance.
  (3) Provide sanctions against participants who do not meet the standards.

(b) Although penalties support and encourage compliance, they also serve to:
  (1) Support, ensure, and promote the interest of safety.
  (2) Assure compliant participants that offenders are identified and penalized.

(c) Under the League Administration of the NCRHA, the Referee In Chief of each Conference is delegated the obligation to advance the fairness and effectiveness of the rules of play. Therefore penalties should:
  (1) Be severe enough to deter noncompliance and encourage all participants to comply.
  (2) Be objectively proportionate to the offense.
  (3) Be used as an opportunity to educate participants and encourage future compliance.

(d) Penalties shall be actual playing time and shall be divided into the following classes:
  (1) Minor Penalties
  (2) Bench Minor Penalties
  (3) Major Penalties
  (4) Misconduct Penalties
  (5) Match Penalties
  (6) Penalty Shot

(e) When play is not actually in progress and any player or Team Official commits an offense, the same penalty shall apply as though play were actually in progress.

Rule 401:
Minor Penalties

(a) For a "MINOR PENALTY," any player, other than a goalkeeper, shall be ruled off the playing surface for two minutes, during which time no substitute shall be permitted.

(b) For a "BENCH MINOR PENALTY" one player of the penalized team shall be ruled off the playing surface for two minutes, during which time no substitute shall be permitted. Any non-penalized player, other than a goalkeeper, may be designated to serve the penalty by the Coach or Manager and such player shall immediately serve the penalty.

(c) If the opposing team scores a goal while a team is shorthanded by one or more minor or bench minor penalties, the first of such penalties shall automatically terminate.
  (1) "Shorthanded" means that the team must be below the numerical strength of its opponents on the playing surface at the time the goal is scored. Thus, if an equal number of players from each team are serving an equal number of minor penalties, neither team is "shorthanded."
  (2) This rule shall NOT apply when a goal is scored on a penalty shot or an awarded goal.

(d) When the minor penalties of 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 playing surface first and the Referee shall instruct the Penalty Timekeeper accordingly.

(e) When a player receives a major penalty and a minor penalty at the same time, the major penalty shall be served first by the penalized player except if the major penalties are coincident, in which case the minor penalty shall be served first.

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Rule 402:
Coincidental Penalties

(a) When two penalties are assessed during the same stoppage of play on opposing teams, "COINCIDENTAL PENALTIES" may be called, at the official's discretion, on the offending players (equal numbers from each team).
(b) Coincidental Penalties must be either a minor coincidental or a major coincidental.
    (1) In the event that a goalkeeper is charged with a minor coincidental penalty refer to Rule 407(a).
(c) Coincidental Penalties do not create a loss of manpower to either team.
(d) When coincident minor penalties are assessed to players of both teams, the penalized players shall take their place on the penalty bench and such players shall not leave the penalty bench until the first stoppage of play following the expiration of their respective penalties. Immediate substitutions shall be made for an equal number of minor penalties or coincident minor penalties of equal duration to each team so penalized and the penalties of the players for whom substitutions have been made shall not be taken into account for the purpose of a delayed penalty.
(e) When a player receives one or more non-coincidental minor penalties and one or more coincidental minor penalties at the same stoppage, the penalized player must serve all of the penalty time that is not terminated early by a goal. A substitute player must also be placed on the penalty bench with the penalized player. The substitute player shall return to the surface upon the termination of the non-coincidental penalty and the penalized player will remain in the penalty bench to serve the coincidental penalty. A player's coincidental penalties may not start until all non-coincidental penalties to that player have terminated.
(f) Coincidental Penalties should not be displayed on the timing device but such penalized players should be alerted and released at the first stoppage of play following the expiration of their penalties

Rule 403:
Major Penalties

(a) For a "MAJOR PENALTY," any player, other than a goalkeeper, shall be ruled off the playing surface for five minutes, during which time no substitute shall be permitted and the offending team shall be short-handed for five minutes.
    (1) **Exception:** Fighting. (See Rule 612 Fighting)
(b) When coincident major penalties or coincident penalties of equal duration including a major penalty are assessed to players of both teams, such penalized players shall not leave the penalty bench until the first stoppage of play following the expiration of their respective penalties.
(c) Immediate substitutions on the playing surface shall be made for an equal number of major penalties or coincident penalties of equal duration including a major penalty to each team so penalized and the penalties of the players for which substitutions have been made shall not be taken into account for the purpose of a delayed penalty.
(d) Where it is required to determine which of the penalized players shall be designated to serve the delayed penalty under Rule 408, the penalized team shall have the right to make such designation not in conflict with Rule 402.
(e) The penalties that create the disparity in total penalty time shall be served first in the normal manner by the penalized players. Immediate substitutions on the playing surface shall be permitted for the major penalties of each player.
(f) Any player incurring 2 Major Penalties in the course of one game shall be assessed a "GAME EJECTION PENALTY".
    (1) Upon removal from the game, a substitute player shall take the offending player's position in the penalty box. This substitute player shall be chosen by the coach and may be any player, other than a goalkeeper. This player shall be ruled off the playing surface for five minutes during which time no substitute shall be permitted and the offending team shall be short-handed for five minutes.

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Rule 404:
Misconduct Penalties

(a) A "MISCONDUCT PENALTY" involves the removal of a player, other than a goalkeeper, for a period of 10 minutes, but another player is permitted to immediately replace a player so removed.
  (1) A player whose misconduct penalty has expired shall remain in the penalty bench until the next stoppage of play.

(b) A "GAME EJECTION" or “EJ” penalty involves the suspension of a player for the balance of the game, but a substitute is permitted to replace the player so removed. The offending player, coach or non-playing persons must leave the bench and playing surface immediately and may not communicate with or contact team personnel in any manner until the game is completed. Any contact with game officials is prohibited. A player who is assessed a GAME EJECTION is suspended for the remainder of that game only. The player shall be allowed to play in the team’s next scheduled game.

(c) A "DISQUALIFICATION" or “DQ” penalty involves the removal of a player, including a goalkeeper, for the remainder of the game plus a major penalty, and may be assessed before the start of the game, during or after the game. When coincidental disqualification penalties are assessed against an equal number of players of each team, the teams shall be permitted substitutions on the surface for the penalized players.
  (1) A player who is assessed a disqualification penalty is suspended for the remainder of that game plus the next regularly scheduled game of that team, and may not occupy any area designated or reserved for players for the duration of their suspension. A substitute, other than a spare goalkeeper, must enter the penalty bench immediately in the place of the disqualified player(s) and enter the game after the major penalty has elapsed.

(d) The Referee is required to report all disqualification penalties and all surrounding circumstances to the League Authorities immediately following the game.
  (1) The League Authorities shall have full power to impose further penalties.

(e) For all game ejection penalties or disqualification penalties regardless of when assessed, a total of 10 minutes shall be charged in the records against the offending player.

(f) A Team Official who is assessed a game ejection penalty may not sit near the team bench, nor in any way attempt to direct the play of the team. The circumstances surrounding a game ejection penalty that is assessed to a Team Official must be reported to the League Authorities immediately following the game for review and potential supplementary discipline.

(g) Unless immediate substitution is permitted under coincident penalty rules 402 and 403, when a player receives a minor or major penalty and a misconduct, game ejection, disqualification, or match penalty at the same time, the penalized team shall immediately place an additional non-penalized player, other than a goalkeeper, on the penalty bench and such player may not be changed.
  (1) Any violation of this provision shall be treated as illegal substitution under Rule 204.

(h) Misconduct penalties should not be displayed on the timing device but such penalized players should be alerted and released at the first stoppage of play following the expiration of their penalties

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Rule 405:
Match Penalties

(a) A "MATCH PENALTY" involves the suspension of a player or Team Official for the balance of the game, a five minute time penalty shall be assessed, and the offending player shall be ordered to the dressing room immediately. Unless immediate substitution is permitted under the coincident penalty rules 402 and 403, the penalized team shall immediately place a non-penalized player, other than a goalkeeper, on the penalty bench to serve the five-minute time portion of the penalty and such player may not be changed. The player shall also serve any additional minor or major penalty assessed to the offending player unless immediate substitution is permitted under coincident penalty rules 402 and 403.
(b) A Team Official who is assessed a match penalty, may not sit near the team bench, nor in any way attempt to direct the play of the team.
(c) For all match penalties, regardless of when assessed, a total of 10 minutes shall be charged in the records against the offending player.
(d) The Referee is required to report all match penalties and all surrounding circumstances to the League Authorities immediately following the game. A player or Team Official who has been assessed a match penalty shall be suspended from participating in any games or practices until the case has been dealt with by the League Authorities. A mandatory hearing shall be held and a decision made relative to any further disciplinary action within 30 days of the incident. If circumstances prevent the League Authorities from conducting the hearing, the suspension shall be automatically terminated after 30 days. The League Authorities shall have full power to impose further penalties.

Rule 406:
Penalty Shot

Any infraction of the rules which calls for a "Penalty Shot" shall be taken as follows:

(a) The Referee shall identify the player entitled to take the shot (as appropriate) and shall then place the puck on the center face-off spot. The player taking the shot shall, on the whistle of the Referee, play the puck and shall attempt to score on the goalkeeper. Once the player taking the shot has touched the puck, it must be kept in motion towards the opponent's goal line and once it is shot, the play shall be considered complete.
(b) No goal can be scored on a rebound of any kind and any time the puck crosses the goal line the shot shall be considered complete.
(c) Only a player designated as a goalkeeper, substitute goalkeeper or temporary goalkeeper may defend against a penalty shot.
(d) The goalkeeper must remain in the goal crease until the player taking the shot plays the puck. In the event of violation of this rule or any foul committed by a goalkeeper the Referee shall allow the shot to be taken and if the shot fails the Referee shall permit the penalty shot to be taken again.
(e) The goalkeeper may attempt to stop the shot in any manner except by throwing the stick or any other object, in which case a goal shall be awarded.
(f) In cases where a penalty shot has been awarded under Rule 608 (b) deliberately displacing goal post or removing helmet/facemask during a breakaway and under Rule 637 (d) for fouling from behind, the Referee shall designate the player who has been fouled as the player who takes the penalty shot.
(g) In cases where a penalty shot has been awarded under Rule 611 (c) falling on the puck in the goal crease, Rule 616 (c) picking up the puck from the goal crease area, Rule 624 (h) illegal entry into the game, and Rule 636 (a) for throwing a stick, the penalty shot shall be taken by a player selected by the Coach, or in the absence of the Coach, the Captain of the non-offending team from all non-penalized, non-injured players, excluding goalkeepers, on the team. Such selection shall be reported to the Referee and cannot be changed.
(h) If by reason of injury the player designated by a Referee to take the penalty shot is unable to do so, the shot may be taken by a player selected by the Coach, or in the absence of the Coach, the Captain of the non-offending team from all non-penalized, non-injured players, excluding goalkeepers, on the team. Such selection shall be reported to the Referee and cannot be changed.

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(i) Should the player in respect to whom a penalty shot has been awarded, commit a foul in connection with the same play or circumstances, either before or after the penalty shot has been awarded, the player shall be first permitted to take the shot before being sent to the penalty bench to serve the penalty, except when such a penalty is for a game ejection penalty, disqualification penalty, or match penalty, in which case the penalty shot shall be taken by a player selected by the Coach, or in the absence of the Coach, the Captain of the non-offending team from all non-penalized, non-injured players, excluding goalkeepers, on the team.
(j) While the penalty shot is being taken, all players of both teams except those involved with the taking of the penalty shot must withdraw from the playing surface onto their respective players' bench.
(k) If, while the penalty shot is being taken, any player of the opposing team shall interfere with or distract the player taking the shot, a goal shall be awarded.
(l) If the goal is scored during a penalty shot, the puck shall be faced-off at the center spot. If a goal is not scored, the puck shall be faced-off at either of the end face-off spots in the zone in which the penalty shot was taken.
(m) Whether or not a goal is scored from a penalty shot, if an infraction for which the penalty shot was awarded was such to incur:
    (1) A major, match or misconduct penalty, the penalty shall be assessed in addition to the penalty shot.
    (2) A minor or bench minor penalty, a further penalty to the offending player shall not be applied.
(n) If the foul upon which the penalty shot is based occurs during actual playing time, the penalty shot shall be awarded and taken immediately following the normal stoppage of play.
(o) The time required for the taking of a penalty shot shall not be included in the regular playing time.

Rule 407:
Goalkeeper Penalties

(a) A goalkeeper shall not be sent to the penalty bench for an infraction which incurs a minor, major or misconduct penalty, but instead the penalty shall be served by a teammate who was on the playing surface at the time the infraction was committed. Such player shall be designated by the Coach and shall not be changed.
(b) When a goalkeeper incurs a game ejection penalty, the position shall be taken by a teammate, or by a substitute or temporary goalkeeper who is available, and such player shall be allowed the goalkeeper's full equipment.
(c) When a goalkeeper incurs a disqualification penalty or match penalty, the position shall be taken by a teammate or a substitute goalkeeper who is available, and such player shall be allowed the goalkeeper's equipment.
    (1) However, any additional penalties specifically called for by the individual rules covering match penalties shall apply, and the offending team shall be penalized accordingly. Such additional penalty shall be served by another member of the team who was on the playing surface at the time the infraction was committed. Such player is to be designated by the Coach through the playing Captain and shall not be changed.
(d) All penalties assessed to a goalkeeper, regardless of who serves the penalty, or any substitution, shall be charged in the records against the goalkeeper.
(e) A minor penalty shall be assessed to a goalkeeper who participates in the play in any manner beyond the center line.

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Rule 408:
Delayed Penalties

(a) If a third player of any team is 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 two players already penalized has elapsed. Nevertheless, the third player penalized must immediately proceed to the penalty bench and may be replaced by a substitute until such time as the penalty time of the penalized player shall commence.

(b) When any team shall have three players serving penalties at the same time and because of the delayed penalty rule a substitute for the third offender is in the playing surface, none of the three penalized players on the penalty bench may return to the playing surface until play has been stopped. When the play has been stopped, the player(s) whose full penalty has expired may return to the playing surface.
   (1) The Penalty Timekeeper shall permit the return to the playing surface in the order of expiration of their penalties, of a player or players when by reason of the expiration of their penalties the penalized team is entitled to have more than three players on the playing surface.

(c) In the case of delayed penalties, the penalized players whose penalties have expired shall only be allowed to return to the playing surface when there is a stoppage of play.
   (1) When the penalties of two players of the same team shall expire at the same time, the Captain of that team shall designate to the Referee which player shall return to the playing surface first and the Referee shall instruct the Penalty Timekeeper accordingly.
   (2) When a major and a minor penalty are assessed at the same time to different players of the same team, the minor penalty shall be recorded as being the first of such penalties.

(d) During a delayed penalty situation, once non-offending team has legally replaced the goalkeeper with an additional attacker, the non-offending team may not pass or carry the puck backward from their attacking zone into their defending zone. For a violation play shall be stopped once the puck has been carried across the red line, or has been otherwise propelled across the red line.
   (1) Note: Referees shall not stop play until it is clear that the puck shall not enter the non-offending team's goal.

Rule 409:
Calling of Penalties

Should an infraction of the rules be committed by a player of the team in possession of the puck, the Referee shall immediately stop play and assess the penalty(s) to the offending player(s).

(a) Should an infraction of the rules which call for a minor, bench minor, major or match penalty, as committed by a player of a team not in possession of the puck, the Referee shall signify the calling of a delayed penalty by raising the arm and, on completion of the play by the team in possession, shall immediately stop play and assess the penalty to the offending player.
   (1) "Completion of the play by the team in possession" in this rule means that the puck must have come into the possession and control of an opposing player, or has been "frozen." This does not mean a rebound off the goalkeeper, the goal or the boards or any accidental contact with the body or equipment of an opposing player.

(b) The ensuing face-off shall take place at the penalized team's defensive zone face-off spot on the side of the rink closest to where the puck was last played, and this face-off placement shall have priority regardless of the reason that play was stopped (e.g. high stick, hand pass, puck out of play), unless the penalties are coincidental. If the penalties are coincidental, the face-off shall be held at the face-off spot that is nearest to where play was stopped.

(c) If the penalty to be assessed is a minor penalty, and a goal is scored on the play by the non-offending team, the minor penalty shall not be assessed, but all other minor, major or match penalties shall be assessed in the normal manner regardless of whether or not a goal is scored.

(d) If, after the Referee has signaled a penalty, but before play has been stopped, the puck enters the goal of the non-offending team as the direct result of the action of a player of that team, the goal shall be allowed and the penalty signaled shall be assessed in the normal manner.

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(e) If the Referee signals an additional minor penalty(s) against a team that is already shorthanded because 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, the delayed penalty(s) shall be assessed and the first minor penalty being served which caused the team to be shorthanded shall terminate automatically.
(f) Should the same offending player commit other fouls on the same play, either before or after the Referee has stopped play, the offending player shall serve such penalties consecutively.
(g) All minor and bench minor penalties occurring after a goal has been scored or during the stoppage of play when a penalty shot is being attempted, shall be served in the normal manner under this

Rule 410:
Supplementary Discipline

(a) In addition to the suspensions assessed under these rules, the League Authorities may, at the conclusion of the game, at their discretion, investigate any incident that occurs in connection with any game and may assess additional suspensions for any offense committed before, during or after any game by a player or Team Official, whether or not such offense had been penalized by the Referee.
(b) Suspensions assessed during an NCRHA Conference's event may be subject to the additional disciplinary actions and appeal procedures of the region in which they occurred.
(c) Suspensions assessed during an NCRHA Conference's event may be subject to the additional disciplinary actions and appeal procedures of the NCRHA as the National Governing Body for collegiate roller hockey.
(d) Likewise, suspensions assessed during an NCRHA administered event, such as the National Collegiate Roller Hockey Championships, may be subject to the additional disciplinary actions and appeal procedures of the Conference in which the offending team has membership.

End of Section 4

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SECTION 5:
Official Classification

Rule 500:
Official Classification

(a) All Officials are classified as either “Referee” or “Minor Official” for each game.
(b) All officials must be appointed, scheduled, and compensated by the event/league director.
(c) All officials are governed by the National Collegiate Roller Hockey Association.
(d) Officials must be trained and certified by both the NCRHA and the NCRHA’s sanctioning body.
(e) Players who have been listed on a members’ roster at any point during the season are ineligible to officiate any NCRHA game with exception to emergency as defined below:
    (1) If both officials assigned to a game are incapacitated, the event director shall try to provide a substitute. If there is no appropriate substitute(s) available, then each captain shall appoint a player from his/her respective team to act as the Referee for that game. Those players shall perform all the duties that any other sanctioned Referee would otherwise perform.
    (2) If only one referee is present at the scheduled start time of a game, the event/league director shall appoint a substitute referee. If the regularly scheduled referee arrives before the start of the second period, he shall replace the substitute referee at the next stoppage of play.

Rule 501:
Appointment of Officials

(a) Referee system - The official method of officiating NCRHA games is with two Referees (2-man system). On occasion and specific to the final games in the National Championship, a 3-man system may be used that includes 2 Referees and 1 Linesman.
(b) All Officials shall be assigned and controlled on a Conference level.
(c) All Conferences of NCRHA shall appoint a Referee-in-Chief who shall be responsible for assigning all Referees and the duties prescribed by the National and Conference Governing Operational Policies.
(d) For the NCRHA National Championships and/or Invitational Tournaments, the NCRHA Referee-in-Chief shall appoint a “Tournament Referee-in-Chief”.

Rule 502:
Referee

The "REFEREE" shall have general supervision of the game and shall have full control of all Game Officials, Team Officials and players before, during and after the game, on and off the playing surface. In case of any dispute, the decision of the Referee shall be final and not subject to appeal, during the course of the game.

(a) The following equipment shall be mandatory for Referees; skates designed for roller hockey with white laces, black “pro-style” pants, black and white striped ”pro-style” sweater designed for ice or roller hockey with orange arm bands, black helmet with properly fastened chinstrap, shin protection, elbow pads, protective cup, finger whistles, metal tape measure capable of measuring items up to 63” in length.
(b) Referees shall wear the current NCRHA Crest on the left chest of the sweater during all games with their NCRHA-assigned number on the back... Referees shall not wear name plates.
(c) The Referees shall enter the playing surface prior to warm-ups and remain on the surface at the conclusion of the game until all players have proceeded to their dressing rooms. Penalties may be assessed at any time before, during and after the game.
(d) Prior to each game, the Referee shall verify all components of the rink are acceptable and in good repair and working order.

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(e) Prior to each game, the Referee shall see that the appointed Game Timekeeper, Penalty Timekeeper, Official Scorer and Goal Judges are in their respective places and that the timing and signaling equipment is in good working order.
(f) The Referees shall verify with the League Officials that the team rosters are valid.
(g) The Referee shall call the teams into the rink to commence the warm-up period.
(h) The Referee shall order the teams onto the playing surface at the appointed time for the beginning of each game and at the start of each period.
(i) The Referee shall make a visual inspection of all players during the warm-up. If there is any lack of conformity to the regulations on mandatory equipment, the Referee shall ensure that the required equipment is in place.
(j) The Referee shall impose such penalties as are prescribed by the rules for infractions thereof and the Referee shall have the final decision regarding all goals. The Referee shall consult with the Goal Judge, if necessary, before making a final decision.
(k) The Referee shall report to the Official Scorer, or Penalty Timekeeper, all goals and assists legally scored and all penalties assessed and the reason for the assessment of such penalties.
(l) The Referee shall report the reason for not allowing a goal every time the goal light is turned on in error during the course of play and every time a goal is illegally scored.
(m) If for any reason there should be more than fifteen minutes delay in the commencement of the game, a forfeit situation, or any undue delay in resuming play, the Referee shall state in the report to the League Authorities the cause of the delay and the team(s) that was at fault.
(n) If any unusual delay occurs during a period, the Referee may order the intermission to take place immediately and the balance of the period shall be completed upon the resumption of play in the next period.
(o) After each game, the Referees shall check and sign the score sheet and return it to the Official Scorer. Referees are required to report to the League Authorities all disqualification penalties or match penalties immediately following the game giving full details of the circumstances surrounding the incident.
(p) Report all matters of potential suspensions and additional disciplinary action to the League Authorities immediately following the end of a game.
    (1) Referees are never to discuss with players, suspensions or potential disciplinary actions during a game setting or thereafter. This is a responsibility reserved for the Referee-In-Chief after a proper investigation of the incident is completed.
(q) If a referee appears to be seriously injured, play shall be stopped immediately.
(r) If a referee is unable to continue officiating a game due to an injury or illness, the event/league director shall appoint a substitute referee. If no suitable substitute can be located or utilized, the remaining referee shall officiate alone until a suitable substitute is appointed. The Managers or Coaches of the teams shall agree on Referee(s). If they are unable to agree, they shall appoint a player from each team who shall act as Referee.
(s) If the regularly appointed Referees appear during the progress of the game, they shall at once replace the temporary Referees.

Rule 503:
Minor Officials

(a) Minor Officials shall aid the referees in their duties.
(b) Minor Officials shall be further classified as Scorekeeper, Time Keeper, Goal Judge or event/league director.
(c) Event/League Directors may assess or advise disciplinary actions as well as additional suspensions on any player, coach, or manager before and after any game for conduct during any event that is detrimental to the event or the league.
(d) At least one minor official must be present for each game.
(e) Minor Officials can be utilized by the Referee during the game for matters of rule interpretation or for their observation of events when called upon. .

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Rule 504:
Game and Penalty Timekeeper and Score Keeper

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

(a) The "GAME TIMEKEEPER" shall signal the Referee for the start of each game and the Referee shall start play promptly in accordance with the scheduled playing time.
(b) The Game Timekeeper shall record all official playing time.
(c) The Game Time Keeper shall be responsible for operation of the timing device.
(d) The Game Timekeeper shall announce when one minute of actual playing time remains in each period.
(e) If the rink is not equipped with an automatic sound device, or such sound device fails, the Game Timekeeper shall signal the end of play time by blowing a whistle.
(f) The "PENALTY TIMEKEEPER" shall keep a correct record of all the penalties assessed by the Referee(s) including the names of the penalized players, the infractions penalized, the duration of each penalty and the time at which each penalty was assessed. The Penalty Timekeeper shall record each penalty shot awarded and the result of the shot.
(g) The Penalty Timekeeper shall check and ensure that the time served by all penalized players is correct. The Penalty Timekeeper shall be responsible for the correct posting of all minor and major penalties on the scoreboard and shall promptly notify the Referee of any discrepancy between the time recorded on the clock and the correct official time.
(h) The Penalty Timekeeper shall, upon request, inform a penalized player of any unexpired penalty time.
(i) The Score Keeper shall be responsible for collecting game rosters and recording information dictated by the Referee during the game on the official score sheet.
(j) The Scorekeeper shall sign the official score sheet after each game and submit it to the event/league director.
(k) Misconduct and coincident minor penalties shall not be recorded on the clock, but such penalized players shall be alerted and released at the first stoppage of play following the expiration of the penalties.
(l) If a player leaves the penalty bench prior to the expiration of the penalty, the Penalty Timekeeper shall note the time and signal the Referee at the next stoppage of play.
(m) The "OFFICIAL SCORER" shall obtain a list of eligible players from each team, prior to the start of the game. This information shall be made known to the Coach of each team. The Official Scorer shall secure the names of the Captain of each team and note such on the Official Score Sheet.
(n) The Official Scorer shall keep a correct record of all goals scored, and to whom credit shall be given for assists.
(o) The Official Scorer shall also record the time of entry into the game of any substitute goalkeeper and shall record when a goal has been scored while the goalkeeper has been removed from the playing surface.
(p) The points for goals and assists shall be announced over the public address system and all changes in such awards shall also be announced.
(q) No requests for changes in any award of points shall be considered unless they are made at or prior to the conclusion of the game by the team Captain.
(r) The Official Scorer shall prepare the Official Score Sheet for signature by the Officials and forward it to the League Authorities.

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Rule 505:
Goal Judges (optional officials)

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

Rule 506:
League Authorities

(a) The "LEAGUE AUTHORITIES," as applied under these rules, shall be defined as the immediate governing body of the team or teams involved.

End of Section 5

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SECTION 6:
Playing Rules

Rule 600:
Abuse of Officials and Other Misconduct

***Note:** The NCRHA is committed to providing an environment free from all forms of discrimination and from conduct that can be considered harassing, coercive, or disruptive. Conduct that is interpreted to be abusive or unsportsmanlike, including but not limited to slurs, taunts or degrading comments of a racial, ethnic, gender, religious orientation, sexual preference, gender identity, or sexually harassing nature shall receive zero tolerance. Failure to adhere to NCRHA's policy against harassment by an NCRHA member could result in disciplinary action up to, and including, termination from the League and Club.

The Referee is provided with wide latitude in regard to the penalties which may be assessed under this rule to enable differentiation between obvious degrees of profanity, obscene gestures, abusive and menacing attitude or posture, verbal instigation or threats, direction of target, or continuance of behavior.

(a) Any player who challenges or disputes the ruling of an Official shall be assessed a minor penalty for unsportsmanlike conduct.
  (1) If the player persists in such conduct, a misconduct penalty shall be assessed and any further persistence by the same player shall result in the assessment of a game ejection penalty. Further persistence shall leave the referee no choice but to assess a disqualification penalty.
  (2) In the case of a Coach or other Team Official, a bench minor penalty shall be assessed first and if such conduct continues, a game ejection penalty shall be assessed. The circumstances surrounding the assessment of a game ejection penalty to a Team Official shall be reported to the League Authorities immediately after the game for review and potential supplementary discipline.

(b) Any player who attempts to incite an opponent or create a disturbance during the game shall be assessed a minor penalty for unsportsmanlike conduct.
  (1) If the player persists in such conduct, a misconduct penalty shall be assessed and any further persistence by the same player shall result in the assessment of a game ejection penalty or a disqualification penalty, at the discretion of the Referee.
  (2) In the case of a Coach or other Team Official, a bench minor penalty shall be assessed first and if such conduct continues a game ejection penalty shall be assessed.

(c) Any player who shoots the puck after the whistle shall be assessed a minor penalty if, in the opinion of the Referee, the player had sufficient time after the whistle to refrain from taking the shot.

(d) If any player does any of the following, the team shall be assessed a bench minor penalty:
  (1) In the vicinity of the player's bench uses obscene, profane or abusive language to any person.
  (2) Throws anything onto the playing surface from the players' bench or penalty bench.
  (3) Interferes with any Game Official, (non-physically) in the performance of their duties.

(e) If any player does any of the following, a misconduct penalty shall be assessed:
  (1) Uses profane language anywhere in the rink before, during or after a game.
  (2) During a stoppage of play, intentionally shoots or throws the puck out of the reach of an Official who is retrieving it.
  (3) After being penalized, does not proceed directly to the penalty bench or dressing room when ordered to do so by the Referee. (Equipment shall be delivered to the penalty bench or dressing room by a teammate).
  (4) Enters and remains in the Referee's Crease, when asked to leave, except for the purpose of skating to the penalty bench.

(f) If any player does any of the following, a misconduct penalty, game ejection penalty, or a disqualification penalty, at the discretion of the Referee, shall be assessed:
  (1) Touches or holds any Game Official with the hand or stick.
  (2) Intentionally bangs the boards, playing surface, protective glass or goal with a stick at any time.

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(g) If any player does any of the following, a game ejection penalty or a disqualification penalty, at the discretion of the Referee, shall be assessed:
    (1) Persists in any course of conduct for which the player has previously been assessed a misconduct penalty.
(h) If any player does any of the following, a game disqualification or a match penalty shall be assessed:
    (1) Uses obscene gestures anywhere in the rink before, during or after the game
(i) If any player does any of the following, a match penalty shall be assessed:
    (1) Deliberately inflicts or attempts to inflict physical harm to a Game Official or a Team Official in any manner. Directs dehumanizing slurs, taunts or degrading comments toward, or in the vicinity of, any other person, including but not limited to those that are racial, ethnic, gender, religious orientation, sexual preference, gender identity, or sexual harassment in nature, anywhere in the rink before, during or after the game.
    (2) Behaves in any manner which is critically detrimental to the conduct of the game including spitting or intentionally directing bodily fluids at any participant, Official, or spectator.
(j) If any Team Official does any of the following, the team shall be assessed a bench minor penalty:
    (1) Uses obscene or profane language at any time.
    (2) Bangs the boards with a stick or other instrument at any time.
    (3) Throws anything onto the playing surface from the players' bench.
    (4) Interferes with any Game Official, (non-physically) in the performance of their duties.
    (5) Attempts to incite an opponent into incurring a penalty.
(k) If any Team Official does any of the following, a game ejection penalty shall be assessed:
    (1) Persists in any course of conduct for which the Team Official has previously been assessed a bench minor penalty.
    (2) Steps onto the playing surface while the game is in play.
(l) If any Team Official does any of the following, a minor penalty, plus a game ejection penalty or a match penalty, at the discretion of the referee, shall be assessed:
    (1) Uses obscene gestures anywhere in the rink before, during or after the game.
        i. In addition, the Referee shall report the circumstances to the League Authorities for further disciplinary action.
(m) If any Team Official does any of the following, a match penalty shall be assessed:
    (1) Enters the Official’s dressing room, before, during, or after the game unless requested to do so by an official.
    (2) Deliberately inflicts or attempts to inflict, physical harm to a Game Official or a Team Official in any manner.
    (3) Directs dehumanizing slurs, taunts or degrading comments toward, or in the vicinity of, any other person, including but not limited to those that are racial, ethnic, gender, religious orientation, sexual preference, gender identity, or sexual harassment in nature, anywhere in the rink before, during or after the game.

    (4) Behaves in any manner which is critically detrimental to the conduct of the game including spitting at any participant, Official or spectator.

Rule 601:
Adjustment to Clothing and Equipment

(a) Play shall not be stopped or delayed by reason of adjustment of clothing, equipment, skates, or sticks.
    (1) For a violation of this rule a minor penalty shall be assessed.
(b) The onus of maintaining clothing and equipment in the proper condition shall be upon the player. If adjustments are required, the player shall retire from the playing surface and play shall continue uninterrupted with a substitute.
(c) No delay shall be permitted for the repair or adjustment of goalkeeper's equipment. If adjustments are required, the goalkeeper shall retire from the playing surface and be replaced by the substitute or temporary goalkeeper immediately and no warm-up shall be permitted.
    (1) For a violation of this rule by a goalkeeper, a minor penalty shall be assessed.

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Rule 602:
Alcohol and Drug Use

The NCRHA will not tolerate or condone drug or alcohol use by its players, coaches or Club members. It is the policy of the NCRHA to maintain an environment free from drug and alcohol abuse and its effects. Regardless of age, all participants of the NCRHA shall not partake in the consumption of alcohol or the use of illegal drugs at recognized NCRHA events. The NCRHA expects that all players, coaches, or Club members will abide by their schools policies regarding the possession, consumption, and use of alcohol or controlled substances.

Based on this rule, the Officials of a game are instructed not to challenge a participant's level of intoxication, but rather to eject any participant from a game who smells like alcohol and allow the League Authorities to handle the situation.

The possession, use, sale or distribution of drugs or alcohol and/or being under the influence of either substances by Club members during NCRHA-sanctioned activities, will be subject to disciplinary action up to and including termination from the NCRHA.

Rule 603:
Attempt to Injure and Deliberate Injury of an Opponent

(a) A match penalty shall be assessed to any player who deliberately injures or attempts to injure an opponent or team official in any manner, and the circumstances shall be reported to the League Authorities for further action.

Rule 604:
Body-Checking and Boarding

(a) A minor penalty, major penalty, major plus game ejection penalty, or disqualification penalty, at the discretion of the Referee, shall be assessed to any player who intentionally body-checks an opponent, with or without the puck.
    (1) Note: Referees are given wide latitude in their choices of penalties regarding body-checking infractions.
(b) A minor penalty, major penalty, major plus game ejection penalty, or disqualification penalty, at the discretion of the Referee, shall be assessed to any player who makes physical contact with an opponent after the whistle has been blown, if, in the opinion of the Referee, the player had sufficient time to avoid such contact.
(c) A minor penalty, major penalty, or disqualification penalty, at the discretion of the Referee based upon the degree of violence of the impact with the boards, shall be assessed to any player who fouls an opponent in such a manner that caused the player to be violently thrown into the boards.
    (1) "Rolling" an opposing puck carrier along the boards where the player is attempting to go through too small an opening is not boarding.
(d) When a player injures an opponent as the result of "boarding" or "body-checking," the Referee shall assess a disqualification penalty to the offending player.

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Rule 605:
Broken Stick

(a) A player or goalkeeper whose stick is broken may participate in the game provided the broken stick is dropped immediately. A minor penalty shall be assessed for an infraction of this rule. A broken stick is one which, in the opinion of a Referee, is unfit for normal play.
(b) A replacement stick may only be obtained from the players' bench or from a teammate on the playing surface.
    (1) For a violation of this rule, a bench minor penalty shall be assessed to the team of the offending player, unless a penalty has been assessed under Rule 600(d) and Rule 600(j) for throwing articles onto the playing surface. The intent of this rule is to provide for the assessment of one penalty for one illegal stick replacement.
(c) A goalkeeper may not go to the players' bench for a replacement stick during a stoppage of play, but must receive a replacement stick from a teammate.
    (1) For an infraction of this rule, a minor penalty shall be assessed to the offending goalkeeper.

Rule 606:
Charging and Checking From Behind

(a) A minor penalty, major penalty, or disqualification penalty, at the discretion of the Referee, shall be assessed to a player who runs, jumps into, or charges an opponent.
    (1) If more than two steps or strides are taken, it shall be considered "charging."
(b) A minor penalty, major penalty, or disqualification penalty, at the discretion of the referee, shall be assessed to a player who pushes or body-checks an opponent directly or diagonally from behind.
(c) A disqualification penalty MUST be assessed to a player who body-checks an opponent from behind head-first into the boards or the goal frame.
(d) A major penalty, major plus game ejection penalty, or disqualification shall be assessed to a player who body-checks a goalkeeper while the goalkeeper is within the goal crease or privileged area.
    (1) At a minimum, a major penalty shall always be assessed to a player who runs, jumps into, or charges a goalkeeper. Contact not meeting the definition of charging shall be penalized under interference, Rule 620.
    (2) A goalkeeper is not "fair game" just because the goalkeeper is outside the privileged area. A penalty for interference or charging must be assessed in every case where an opposing player makes unnecessary contact with a goalkeeper.
(e) When a player injures an opponent as the result of "charging" or "checking from behind," the Referee shall assess a disqualification penalty to the offending player.

Rule 607:
Cross-Checking and Butt-Ending

(a) A minor penalty, major penalty, major plus game ejection penalty, or disqualification penalty, at the discretion of the Referee, shall be assessed to a player who cross-checks an opponent.
(b) A major penalty plus a game ejection penalty, or a disqualification penalty, at the discretion of the Referee, shall be assessed to a player who butt-ends or attempts to butt-end an opponent.
    (1) An attempt to butt-end shall include all cases in which a butt-end gesture is made, regardless of whether body contact is made or not.
    (2) A disqualification penalty shall be assessed in all cases where contact is made by the offending player.
(c) When a player injures an opponent as the result of "cross-checking" or "butt-ending," the Referee shall assess a disqualification penalty to the offending player.
(d) Butt-ending may also be treated as a match penalty under attempt to injure or deliberate injury to an opponent.

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Rule 608:
Delaying the Game

(a) A minor penalty shall be assessed to any player or goalkeeper, who delays the game by deliberately shooting, batting or throwing the puck outside the playing area.
  (1) This penalty shall also be assessed when it occurs during a stoppage of play.
  (2) Intentional delay of the game by a goalkeeper shall be assessed at the discretion of the Referee.

(b) Should a player or goalkeeper, while in his defending zone, unintentionally shoot, bat, or throw the puck directly (non-deflected) out of the playing area, except where there is no glass or other material extending above the boards, play shall be stopped.
  (1) The resulting face-off shall be at the end-zone face-off spot of the offending team, nearest to where the puck was last played.
  (2) The team in violation of this rule shall not be permitted to make any player substitutions prior to the ensuing face-off. A team shall only be permitted to make a player substitution to replace a goalkeeper who has been substituted for an extra attacker, to replace an injured player or goalkeeper, or when a penalty has been assessed which changes the on-surface strength of one or both teams.
    i. Should either team elect to utilize their time-out at this stoppage, the offending team shall not be permitted to make player substitutions
    ii. The players from the offending team that must remain on the floor are those that are on the surface when the puck leaves the offending player's stick.

(c) A minor penalty shall be assessed to a player or goalkeeper who delays the game by deliberately displacing the goal post from its normal position, thereby necessitating a stoppage of play.

(d) A penalty shot shall be awarded if a player or goalkeeper deliberately displaces the goal post or the goalkeeper deliberately removes the helmet or face mask during the course of a breakaway by the attacking team. The penalty shot shall be taken by the player last in possession of the puck.

(e) A goal shall be awarded if a player deliberately displaces the goal post or deliberately removes the helmet or face mask during the course of a breakaway by the attacking team, with the goalkeeper off the surface.

(f) A bench minor penalty shall be assessed to any team which, after a warning by the Referee, fails to place the correct number of players on the playing surface, thereby causing a delay in any manner.

(g) A minor penalty shall be assessed to a player who, after a warning by the Referee, fails to maintain a proper position during the face-off.

(h) A minor penalty shall be imposed on a player who attempts to draw a penalty by his actions ("diving").

(i) Pinning the puck to the surface with the stick, by any means (toe, bottom of the blade, shaft or butt-end), for the purpose of stick-handling shall be prohibited.
  (1) For a violation of this rule, play should be stopped immediately. The ensuing face-off shall take place at the defending end zone face-off spot of the offending team and the team shall be warned that further illegal stick-handling shall result in a minor penalty for delay of game.

Rule 609:
Elbowing and Kneeing

(a) A minor penalty, major penalty, major plus game ejection penalty, or disqualification penalty shall be assessed to any player who uses the elbow or knee in such a manner as to foul an opponent, in any way.

(b) When a player injures an opponent as the result of "elbowing" or "kneeing," the Referee shall assess a disqualification penalty to the offending player.

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Rule 610:
Face-Offs

(a) The puck shall be dropped by the Referee onto the playing surface between the sticks of the two players facing-off. Players facing off shall stand facing each other with their skates square to their opponent's end of the rink, and with the blade of their sticks in contact with the nearest white area of the face-off spot and clear of the red center area of the spot. The attacking team player shall be the first player to place the stick on the playing surface.
  (1) If a player facing-off fails to take the proper position immediately when directed by the Official, the Official may order a replacement for that face-off by a teammate on the playing surface.
  (2) No other player shall be allowed to enter the face-off circle or come within 15 feet of the players facing-off the puck, and they must stand onside on all face-offs.
  (3) When a player, other than the player facing-off, fails to maintain the proper position, the center of the offending team shall be ejected from the face-off.
  (4) For a second violation of any of the provisions of this rule, a minor penalty shall be assessed to the player who commits the second violation.
  (5) No substitution of players shall be permitted until the face-off has been completed and play has been resumed except when any penalty is assessed during the face-off.
  (6) Playing time shall commence from the instant the puck is faced-off and shall stop when the whistle is blown.

(b) If, after a warning by the Official, either of the players fails to take the proper position for the face-off promptly, the Official shall be entitled to conduct the face-off regardless of such default.

(c) During the conduct of any face-off, no player shall make any physical contact with an opponent except in the course of playing the puck after the face-off has been completed.
  (1) For a violation of this rule the Referee shall assess a minor penalty to the player whose action caused the physical contact.

(d) "Conduct of any face-off" commences when the Official designates the spot of the face-off and takes up a position to drop the puck.

(e) Both players facing off are prohibited from batting the puck with their hand in an attempt to win the face-off. Any attempt by either player to win the face-off by batting the puck with their hand shall result in a minor penalty. This penalty shall be announced as a “Minor Penalty for Delay of Game – Face-off Violation.” Once the face-off is deemed complete (and winner of the face-off is clear), hand passes shall be enforced as per Rule 614.

(f) All face-offs must take place at one of the nine face-off spots on the surface. A territorial advantage cannot be gained by the team causing a stoppage, and as such ensuing face-offs shall always be taken to a face-off spot closer to the defending end of the offending team than where the puck was last played prior to the stoppage of play.

(g) When a stoppage of play occurs between the end zone face-off spots and the near end of the rink, the ensuing face-off shall take place at the end face-off spot on the side where the stoppage occurred, unless otherwise provided in these rules. No face-off shall ever be taken lower than at the end face-off spot.

(h) When an infringement of a rule has been committed or a stoppage of play has been caused by any player of the attacking team in the Attacking Zone then ensuing face-off shall be made at the high-zone face off spot (approximately 18’ into the zone from the center red line) on the side of the rink closest to where the puck was last played, unless otherwise provided in these rules.
  (1) This includes a stoppage of play caused by a player of the attacking team shooting the puck onto the back of the defending team's goal without any intervening action by the defending team.

(i) When an infringement of a rule resulting in a stoppage has been committed by players from both teams in one play, or when the game is stopped for any reason not specifically covered in these rules, the puck must be faced off at the face-off spot nearest to where the puck was last played

(j) When a goal is legally scored, the ensuing face-off shall be conducted at the center face-off spot. When a goal is illegally scored as a result of a puck being deflected directly from an Official anywhere in the defending zone, the resulting face-off shall be made at the end face-off spot in the Defending Zone.

(k) When the game is stopped for any reason not specifically covered in the Official Playing Rules, the ensuing face-off shall take place at the face-off spot nearest to where the puck was last played.

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(l) When a stoppage of play in an end zone takes place and is followed by a gathering of players, no attacking player shall enter the end zone further than the outer edge of the face-off circles nearest the defending team's goal. For a violation of this rule, the ensuing face-off shall take place at the nearest High Zone face-off spot.

Rule 611:
Falling on Puck

(a) A minor penalty shall be assessed to a player, other than a goalkeeper, who deliberately falls on or gathers the puck into the body or who holds the puck against any part of the goal or the boards.
    (1) Any player who drops to block a shot shall not be penalized if the puck is shot under the player or becomes lodged in any clothing or equipment.
    (2) A minor penalty shall be assessed to any player who uses the hands to obtain such stoppage.
(b) A minor penalty shall be assessed to a goalkeeper who falls on or gathers the puck into the body, when the body is entirely outside the boundaries of the privileged area or who falls on or gathers the puck into the body, when the body is entirely outside the goal crease and the puck is behind the goal line.
    (1) A minor penalty shall be assessed to a goalkeeper who holds the puck against any part of the goal or the boards.
(c) No defending player, except the goalkeeper, shall be permitted to fall on the puck, hold the puck, or gather a puck into the body or hands when the puck is within the goal crease.
    (1) For a violation of this rule, play shall be immediately stopped and a penalty shot shall be awarded to the non-offending team. However, if the goalkeeper has been removed from the playing surface when the infraction occurs, a goal shall be awarded to the non-offending team in lieu of the penalty shot.
    (2) This rule shall be interpreted so that a penalty shot shall be awarded only when the puck is in the goal crease at the instant the infraction occurs. However, in cases where the puck is outside the goal crease, Rule 611 (a) may still be applied and a minor penalty assessed, even though no penalty shot is awarded.

Rule 612:
Fighting

The Referee is provided with very wide latitude in regard to the penalties which may be assessed under this rule. This is done to enable the Referee to differentiate between the obvious degrees of responsibility of the participants either for starting the fight, or persisting in continuing the fight. Referees are directed to employ every means provided by these rules to prevent "brawling."

An instigator of an altercation shall be a player who by his actions or demeanor demonstrates any/some of the following criteria: distance traveled; gloves off first; first punch thrown; menacing attitude or posture; verbal instigation or threats; conduct in retaliation to a prior game incident

(a) A game ejection penalty, at the discretion of the referee, shall be assessed to any player who resists the Game Officials in the discharge of their duties during an altercation. Such action may be determined to warrant additional suspension under Supplementary Discipline.
(b) A disqualification penalty shall be assessed to any player who is involved in a fight on or off the playing surface before, during or after the game, and such players shall also be suspended for the next regularly scheduled game of that team.
(c) A minor or double minor penalties shall be assessed to a player who, having been struck, retaliates with a punch or an attempted punch. However, at the discretion of the Referee, a disqualification penalty shall be assessed if the player continues the altercation.
(d) A disqualification penalty shall be assessed to any player or goalkeeper who is the first to intervene in a fighting altercation already in progress.
    (1) This penalty is in addition to any other penalty incurred in the same incident.
(e) A minor or game ejection penalty shall be assessed to any player or goalkeeper who is the first to intervene in a non-fighting altercation already in progress.
    (1) This penalty is in addition to any other penalty incurred in the same incident.

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(f) A minor penalty shall be assessed to a goalkeeper who leaves the immediate vicinity of the goal crease to participate in an altercation.
    (1) This penalty shall be in addition to any penalty incurred during the altercation.
(g) A minor penalty shall be assessed to a player who intentionally drops his/her gloves for any reason.

Rule 613:
Goals and Assists

It is the responsibility of the Referee to award goals and assists, and such decision is final. In cases of an obvious error in awarding a goal or an assist which has been announced, it should be corrected promptly. Changes shall not be made on the scoring summary after the Referee has signed the Official Score Sheet.

(a) A goal shall be scored when the puck has been put between the goal posts by the stick of a player of the attacking team from in front, below the cross bar and entirely across the goal line, before playing time expires.
    (1) A "goal" shall be credited in the scoring records to a player who shall have propelled the puck into the opponent's goal. Each "goal" shall count as one point in the player's record.
    (2) An "assist" shall be credited to the player or players taking part in the play immediately preceding the goal, but no more than two assists can be credited on any goal.
    (3) Only one point can be credited to any one player for any one goal scored.
(b) A goal shall be scored if the puck is put into the goal in any way by a player of the defending team.
    (1) The player of the attacking team who last played the puck shall be credited with the goal, but no assist shall be awarded.
(c) If an attacking player kicks the puck and the puck goes directly into the goal or is deflected into the goal by any player, including the goalkeeper, the goal shall not be allowed.
(d) If the puck is deflected into the goal from the shot of an attacking player by striking any part of any player, the goal shall be allowed.
    (1) The player who deflected the puck shall be credited with the goal.
    (2) The goal shall not be allowed if the puck has been kicked, thrown, or otherwise deliberately directed by an attacking player into the goal by any means other than a stick.
(e) If a goal is scored as a result of a puck being deflected directly into the goal off an Official, the goal shall not be allowed.
(f) Should a player legally propel the puck into the goal crease of the opposing team and the puck becomes loose in the goal crease and available to a player of the attacking team, any goal scored on the play shall be allowed.
(g) Should the puck enter the goal when the goal posts/frame has become dislodged, the referee shall allow the goal to count, provided that in the opinion of the referee the puck would have been able to enter the net legally were the posts/frame in the correct position.
(h) Any goal scored, other than as covered by the Official Playing Rules, shall not be allowed.

Rule 614:
Handling Puck with Hands

(a) If a player, other than a goalkeeper, closes the hand on the puck, play shall be stopped and a face-off shall occur at the defensive zone face-off spot of the offending team; however, if the puck is dropped immediately, play shall be allowed to continue.
    (1) If a goalkeeper holds the puck with the hand for more than three seconds, play shall be stopped and a face-off shall follow; however, after an initial warning by the Referee, a goalkeeper who holds the puck unnecessarily shall be assessed a minor penalty for delaying the game.
    (2) A goalkeeper shall not intentionally drop the puck into the pads or onto the goal net nor deliberately pile obstacles at the goal that, in the opinion of the Referee, would tend to prevent the scoring of a goal. The object of this rule is to keep the puck in play continuously and any action taken by the goalkeeper which causes an unnecessary stoppage shall be penalized.
        i. For a violation of this rule, a minor penalty shall be assessed to the offending player.
(b) If a goalkeeper throws the puck forward toward the opponent's goal, past the nearest end-zone face-off spots, and it is first played by a teammate, play shall be stopped and the ensuing face-off shall be conducted at the nearest end zone face-off spot of the offending team.

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(c) If a defending player, other than the goalkeeper, picks up the puck in the goal crease from the playing surface with the hands, or holds the puck while it is in the goal crease, the play shall be stopped immediately and a penalty shot shall be awarded to the non-offending team.
    (1) If the above situation occurs while the goalkeeper is off the playing surface, a goal shall be awarded to the non-offending team.
(d) A player shall be permitted to stop or "bat" the puck in the air with the hand, or push it along the playing surface with the hand, and play shall not be stopped unless the puck has been directed to a teammate in the Attacking Zone, in which case the play shall be stopped. The ensuing face-off shall occur at the face-off spot nearest to where the hand pass originated unless otherwise provided by these rules. *Note: No territorial advantage shall be gained by a team illegally batting the puck with the hand.*
(e) A goal that is scored as the result of the puck being propelled by the hand of an attacking player and entered the goal either directly or after deflecting off any player including the goalkeeper, shall not be allowed.

Rule 615:
Head-Butting

(a) A match penalty shall be assessed to a player who deliberately head-butts an opponent and the circumstances shall be reported to the League Authorities for further action.

Rule 616:
High Sticks

The carrying of the stick above the height of 4 feet, height of the goal cage, is prohibited. A player is permitted accidental contact on an opponent if the act is committed as a normal windup or follow-through of a shooting motion.

(a) Any contact made by a stick on an opponent at the normal height of the shoulders or above is prohibited, with the exception of contact resulting from the normal wind-up or follow-through during an attempt to shoot the puck. The Referee shall assess a minor penalty, major penalty, major plus game ejection penalty, or disqualification penalty to any player who strikes an opponent with a stick so carried.
(b) When a player injures an opponent as the result of "high sticking," the Referee shall assess a disqualification penalty to the offending player whether accidental or careless, unless such injury is a result of the normal wind-up or follow-through during an attempt to shoot the puck.
(c) A goal scored by an attacking player who strikes the puck with the stick which is carried above the height of the goal frame cross bar, shall not be allowed. The determining factor is where the puck makes contact with the stick. If the puck makes contact with the stick below the level of the crossbar and enters the goal, this goal shall be allowed.
(d) Batting the puck above the normal height of the shoulders with the stick is prohibited. When a player's stick makes contact with the puck above the normal height of the shoulders, play shall be stopped and the ensuing face-off shall take place at an end zone face-off spot of the offending player's team unless:
    (1) The puck is batted to an opponent, in which case the play shall continue.
    (2) A player of the defending team shall bat the puck into the player's own goal, in which case the goal shall be allowed.

Rule 617:
Holding

(a) A minor penalty shall be assessed to a player who holds an opponent with the hands, legs, feet, stick, or in any other way.
(b) A major plus game ejection penalty, or a disqualification penalty, at the discretion of the referee, shall be assessed to any player who grabs or holds the face mask of an opponent with the hand.

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(c) When a player injures an opponent as the result of "holding the face mask," the Referee shall assess a disqualification penalty to the offending player.
(d) A player is not permitted to hold an opponent's stick. A minor penalty shall be assessed to a player who holds an opponent's stick.

Rule 618:
Hooking

(a) A minor penalty shall be assessed to a player who impedes or seeks to impede the progress of an opponent by hooking with the stick.
(b) When a player injures an opponent as the result of "hooking," the Referee shall assess a disqualification penalty to the offending player.

Rule 620:
Interference

(a) A minor penalty shall be assessed to any player who interferes with or impedes the progress of an opponent who is not in possession of the puck, deliberately knocks a stick out of an opponent's hand, prevents a player who has dropped the stick or any other piece of equipment from regaining possession of it, or shoots a stick or other object toward an opponent.
    (1) The last player to touch the puck shall be considered to be the player in possession.
(b) A minor penalty shall be assessed to any player on the players' or the penalty bench who, by means of the stick or body, interferes with the movements of the puck or an opponent on the playing surface during the progress of play.
(c) A minor penalty shall be assessed to any player who, by means of the stick or body, interferes with or impedes the movements of the goalkeeper while the goalkeeper is in the goal crease area.
(d) If a player of the attacking team has been pushed or otherwise physically forced into the goal crease by an opposing player, and the puck should enter the goal while the player so interfered with is still in the goal crease, the goal shall be allowed.
(e) When the goalkeeper has been removed from the playing surface and any member of the same team not legally on the playing surface interferes by means of the body, stick, or any other object with the movements of the puck or an opposing player, the Referee shall immediately award a goal to the non-offending team.
(f) The attention of Referees is directed particularly to three types of offensive interference which shall be penalized;
    (1) When the defending team secures possession of the puck in its own zone and the other members of the same team run interference for the puck carrier by forming a protective screen against fore-checkers.
    (2) When a player facing-off obstructs an opponent after the face-off when the opponent is not in possession of the puck.
    (3) When the puck carrier makes a drop pass and follows through so as to make body contact with an opposing player.

Rule 621:
Interference by Spectators

(a) In the event of a player being held or interfered with by a spectator, the Referee shall immediately stop the play, unless the team of the player being interfered with is in possession of the puck at the time, in which case the play shall be allowed to be completed. The ensuing face-off shall take place at the nearest face-off spot to where the puck was last played.
(b) Any player who physically interferes with a spectator shall be assessed a disqualification penalty and the circumstances shall be reported to the League Authorities for further action.
(c) In the event that objects are thrown onto the playing surface which interfere with the progress of the game, the Referee shall stop the play and the ensuing face-off shall take place at the nearest face-off spot to where the puck was last played.

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Rule 622:
Kicking Player

(a) A match penalty shall be assessed to a player who kicks or attempts to kick another player.
    (1) A substitute shall be permitted at the end of the fifth minute.
    (2) If, at the discretion of the Referee, in an attempt to free the puck, a player unintentionally kicks or appears to kick another player, no penalty shall be assessed.

Rule 623:
Kicking Puck

(a) Kicking the puck shall be permitted in all zones; however, a goal that is scored as the result of the puck being kicked or otherwise intentionally redirected by an attacking player and entering the goal either directly or after deflecting off any player including the goalkeeper, shall not be allowed.

Rule 624:
Leaving the Player's Bench or Penalty Bench

(a) No player may leave the players' bench or penalty bench at any time during an altercation.
    (1) Substitutions made prior to the start of the altercation shall not be penalized under this rule provided the players so substituting do not enter the altercation.
(b) A disqualification penalty shall be assessed to the player who was the first to leave the players' or penalty bench during an altercation.
    (1) If players of both teams leave their respective benches at the same time, the first identifiable player of each team shall be penalized under this rule.
    (2) For the purposes of determining which player was the first to leave the players' bench during an altercation, the Referee may consult with other Game Officials.
(c) Other players who leave the players' bench or penalty bench during an altercation shall be assessed a misconduct penalty (maximum 4 per team).
(d) Any player who leaves the players' bench during an altercation and is assessed a minor, major or misconduct penalty for conduct during the altercation, shall also be assessed a disqualification penalty.
(e) A penalized player who leaves the penalty bench during an altercation shall be assessed a disqualification penalty, in addition to any unexpired time.
(f) If a player illegally enters the game, any goal scored by that team while the illegal player is on the playing surface shall be disallowed, but all penalties assessed to either team shall be served as regular penalties.
(g) Except at the end of each period, or upon the expiration of a penalty, no player may leave the penalty bench, at any time.
    (1) A penalized player who leaves the penalty bench prior to the expiration of the penalty, whether play is in progress or not, shall be assessed an additional minor penalty after serving the unexpired penalty time.
        i. This penalty is assessed to the actual player.
        ii. In the case of a player returning to the playing surface prior to the expiration of the penalty, through an error of the Penalty Timekeeper, the player is not to serve an additional penalty, but must serve the unexpired time.
    (2) When a player leaves the penalty bench prior to the expiration of the penalty, the Penalty Timekeeper shall note the time and verbally alert the Referee who shall stop play when the offending player's team gains possession and control of the puck.
    (3) When a penalized player, either through his or her own action or an error of the Penalty Timekeeper, returns to the playing surface from the penalty bench prior to the expiration of the penalty, any goal scored by that team, while the player or substitute is illegally on the playing surface, shall be disallowed, but all penalties assessed to either team shall be served as regular penalties
(h) If a player of the attacking team in possession of the puck shall be in a position as to have no opposing player to pass other than the goalkeeper, and is interfered with by a player who has entered the game illegally, the non-offending team shall be awarded a penalty shot.

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(1) The penalty shot shall be taken by a player selected by the Coach, or in the absence of the Coach, the Captain of the non-offending team from all non-penalized, non-injured players, excluding goalkeepers, on the team. Such selection shall be reported to the Referee and cannot be changed.

(i) If the opposing goalkeeper is off the playing surface and the attacking player is interfered with by an illegal player, a goal shall be awarded to the non-offending team.

(j) If a Team Official steps onto the playing surface after the start of a period and before that period is completed without the permission of the Referee, the Referee shall assess a bench minor penalty to the team of the offending Coach.
   (1) Team Officials are not permitted on the floor between periods or during a time-out, and following a warning shall be assessed a bench minor penalty at the discretion of the Referee.

(k) During any face-off, if a team starts with fewer players than entitled to, any player subsequently entering the game shall not be eligible to play any puck coming from the Defending Zone while the player is in the Attacking Zone unless the puck is first played by another player in the Attacking Zone.

Rule 627:
Passes

(a) The puck may be passed by any player to any player of the same team within any of the two zones into which the rink is divided and may be passed forward by a player in the Defending Zone to a teammate over the center red line. (For hand passes see Rule 614).

Rule 628:
Protection of the Goalkeeper

As a general rule, attacking players may not enter the crease on their own accord. When an attacking player enters the crease on his or her own, or is forced to enter the crease by a defending player, the referee shall, after a warning, stop play and take the ensuing face-off at the high zone face-off spot closest to that end of the floor. The onus is on the attacking team to keep the goalkeeper's crease free of traffic. However, the crease rule is intended to implement a "no harm, no foul" standard regarding the allowing or disallowing of goals. The rule is based on the premise that an attacking player's position, whether inside or outside the crease, should not, by itself, determine whether a goal should be allowed or disallowed. Because of this, goals scored when the body or equipment of an attacking player are in the crease may, in appropriate circumstances, be allowed.

(a) Goals should be disallowed only if:
   (1) An attacking player, either by his positioning or by contact, impairs the goalkeeper's ability to move freely within his crease or defend his goal; or
   (2) An attacking player initiates more than incidental contact with a goalkeeper, inside or outside of his goal crease. Incidental contact with a goalkeeper while outside the crease will be permitted, and resulting goals allowed, provided the attacking player has made a reasonable effort to avoid such contact. The rule will be enforced exclusively in accordance with the on-rink judgment of the Referee(s); or
   (3) An attacking player deliberately prevents the goalkeeper from returning to his crease area.
      i. Such player may be penalized for interference. Similarly, the goalkeeper may be penalized, if by his actions outside of his crease he deliberately interferes with an attacking player who is attempting to play the puck or an opponent.

(b) If an attacking player initiates any contact with a goalkeeper, other than incidental contact, while the goalkeeper is in his goal crease or outside his goal crease, and a goal is scored, the goal will be disallowed.
   (1) For a violation of this rule, the Referee shall assess a minor penalty to the attacking player.

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(c) If an attacking player establishes a significant position within the goal crease, so as to obstruct the goalkeeper's vision and impair his ability to defend his goal, and a goal is scored, the goal will be disallowed. The attacking player shall not “park” in the goal crease.
    (1) If, after any contact initiated by a goalkeeper who is attempting to establish position in his goal crease, the attacking player does not immediately vacate his current position in the goal crease (i.e., give ground to the goalkeeper), and a goal is scored, the goal will be disallowed.
        i. In all such cases, whether or not a goal is scored, the attacking player will receive a minor penalty for interference.
(d) In a rebound situation, or where a goalkeeper and attacking player(s) are simultaneously attempting to play a loose puck, whether inside or outside the crease, incidental contact with the goalkeeper will be permitted, and any goal that is scored as a result thereof will be allowed.
(e) In the event that a goalkeeper has been pushed into the net together with the puck after making a stop, the goal will be disallowed. If applicable, appropriate penalties will be assessed.
(f) A goalkeeper who deliberately initiates contact with an attacking player other than to establish position in the crease, or who otherwise acts to create the appearance of other than incidental contact with an attacking player, is subject to the assessment of a minor penalty for unsportsmanlike conduct.

Rule 629:
Puck Must be Kept in Motion

(a) The puck must be kept in motion at all times.
(b) Except to carry the puck behind the goal, once a team has gained possession and control of the puck in its own defensive end, it shall always attempt to advance the puck toward the opposing goal, unless players of the opposing side prevent them from doing so, or if the team in possession and control is short-handed.
    (1) For the first violation of this rule by each team, play shall be stopped and a face-off will be taken at the defensive end-zone spot of the team causing the stoppage. The Referee shall warn the Captain or Alternate Captain of the offending team of the reason for the stoppage. For a second violation by the same team a minor penalty shall be imposed on the player violating the rule.
(c) Play shall not be stopped because the puck is frozen along the boards by two or more opposing players, unless one of the players accidentally falls onto the puck. However, the Referee may stop the play along the boards if allowing play to continue shall lead to unnecessary contact surrounding the puck.
(d) If one player freezes the puck along the boards or if a player deliberately falls on the puck a minor penalty shall be assessed for delaying the game.
(e) In situations in which neither team plays the puck, the officials shall stop play and conduct a face-off accordingly. The situations below provide direction to assist officials:
    (1) **Hand pass.** When a hand pass has been initiated by one player to a teammate and the teammate elects not to play the puck to avoid the stoppage of play, and the opposing team also abstains from playing the puck (e.g., to allow time to expire on a penalty), the referee shall stop play and order the resulting face-off at the face-off spot nearest to where the hand pass originated, so as not to provide a territorial advantage.
    (2) **High stick.** When a player contacts the puck with his stick above the normal height of the shoulders and a teammate elects not to play the puck to avoid the stoppage of play, and the opposing team also abstains from playing the puck (e.g., to allow time to expire on a penalty), the referee shall stop play and order the resulting face-off at one of the face-off spots in the offending team’s (team that committed the violation) defending zone.

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Rule 630:
Puck Out of Bounds or Unplayable

(a) When the puck goes outside the playing area or strikes any obstacles above the playing surface other than the boards, glass or wire the ensuing face-off shall:
  (1) If off defending player – be conducted at the face-off spot that is nearest to the location of where the puck was last played. (Rule 610)
  (2) If off the attacking player – be conducted on the high zone face-off spot in the zone and on the side of the rink closest to where the puck was last played. (Rule 610)
  (3) When the puck becomes unplayable due to a defect in the rink, the face-off shall be conducted at the the face-off spot that is nearest to the location of where the puck was last played.
  (4) If the puck is shot out of the rink by the attacking team on a non-scoring play/opportunity, the face-off shall be conducted on the high zone face-off spot in the zone and on the side of the rink closest to where the puck was last played. (Rule 610)
  (5) If the puck leaves the playing surface as a result of a shot by the attacking team taken in their attacking zone, the ensuing face-off shall occur in the Attacking Zone at the nearest end face-off spot.

(b) When the puck becomes lodged in the netting on the outside of the goal or if it is frozen between opposing players, the Referee shall stop play and face-off the puck at the nearest face-off spot to where it was last played unless, in the opinion of the Referee the stoppage was caused by a player of the attacking team, in which case the ensuing face-off shall be conducted on the high zone face-off spot in the zone and on the side of the rink closest to where the puck was last played. (Rule 610)

(c) The defending team and/or the attacking team may play the puck off the net at any time.
  (1) However, should the puck remain on the net for longer than three seconds, play shall be stopped and the face-off shall take place at the nearest end zone face-off spot, except when the stoppage is caused by a player of the attacking team, in which case the ensuing face-off shall be conducted on the high zone face-off spot in the zone and on the side of the rink closest to where the puck was last played. (Rule 610)

(d) If the puck comes to rest on top of the goal frame, the play shall be stopped immediately.
  (1) A minor penalty shall be assessed to a goalkeeper who deliberately drops the puck on the goal netting to cause a stoppage of play.

(e) If the puck comes to rest on top of the boards surrounding the playing area, it shall be considered to be in play and may be played legally by the hand or stick

Rule 631:
Puck Out of Sight and Illegal Puck

(a) Should a scramble take place, or a player accidentally falls on the puck and it is out of the sight of the Referee, play shall be stopped immediately. The ensuing face-off shall take place at the face-off spot that is nearest to the location of where the puck was last played unless otherwise provided for in the rules.

(b) If, at any time during play, a puck other than the one officially in play shall appear on the playing surface, which interferes with the progress of the game, the play shall be stopped immediately.

Rule 632:
Puck Striking Official

(a) Play shall not be stopped because the puck touches an Official anywhere on the rink.

(b) If a goal is scored as a result of a puck being deflected directly into the goal off an Official, the goal shall not be allowed.

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Rule 633:
Refusing to Start Play

(a) If, when both teams are on the playing surface, one team for any reason shall refuse to play when ordered to do so by the Referee, the Captain shall be warned and the team so refusing shall be allowed 15 seconds to begin the game or resume play. If, at the end of that time the team shall still refuse to play, the Referee shall assess a bench minor penalty to the offending team.
    (1) Should there be a reoccurrence of the same incident, the Referee shall have no other alternative than to suspend the game and assess a match penalty to the offending Team's designated Head Coach of that game. The surrounding circumstances shall be reported to the League Authorities for further action.

(b) If a team, when ordered to do so by the Referee, fails to go onto the playing surface promptly, it shall be assessed a bench minor penalty.
    (1) If the team shall still refuse to go onto the playing surface and start play within five minutes, the Referee shall have no other alternative than to suspend the game and assess a match penalty to the offending Team's designated Head Coach of that game. The circumstances shall be reported to the League Authorities for further action.

Rule 634:
Slashing

(a) A minor penalty, major penalty, major plus game ejection penalty, or disqualification penalty, at the discretion of the Referee, shall be assessed to any player who slashes or attempts to slash an opponent with the stick.
    (1) Referees should penalize as "slashing" any player who swings the stick at an opponent (whether in or out of range) without actually making contact, or when a player on the pretext of playing the puck makes a wild swing at the puck with the intent to intimidate an opponent.

(b) When a player injures an opponent as the result of "slashing," the Referee shall assess a disqualification penalty to the offending player.

(c) Any player who swings the stick at another player during the course of any altercation shall be subject to a match penalty, and the circumstances shall be reported to the League Authorities for further action.

(d) A minor penalty shall be assessed to any player who makes stick contact with the opposing goalkeeper, in the goal crease, who has covered or caught the puck, regardless of whether or not the Referee has stopped the play.

Rule 635:
Spearing

(a) A major plus game ejection penalty, or a disqualification penalty, at the discretion of the Referee, shall be assessed to a player who spears or attempts to spear an opponent.
    (1) Attempt to spear shall include all cases where a spearing gesture is made regardless of whether body contact is made or not.
    (2) A disqualification penalty shall be assessed in all cases where contact is made by the offending player.

(b) When a player injures an opponent as the result of "spearing," the Referee shall assess disqualification penalty to the offending player.

(c) Spearing may also be treated as a match penalty under attempt to injure or deliberate injury to an opponent.

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Rule 636:
Throwing Stick

(a) When any player or Team Official of the defending team deliberately throws or shoots a stick or any other object at the puck 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 non-offending team. The penalty shot shall be taken by a player selected by the Coach, or in the absence of the Coach, the Captain of the non-offending team, from all non-penalized, non-injured players, excluding goalkeepers, on the team. Such selection shall be reported to the Referee and cannot be changed.
  (1) If, however, the goal is unattended and the attacking player has no defending player to pass and has a chance to score on an open goal, and a stick or any other object is thrown or shot at the puck by a member of the defending team, thereby preventing a shot on the open goal, a goal shall be awarded to the non-offending team.

(b) A minor penalty shall be assessed to any player on the playing surface who throws or shoots a stick or any other object in the direction of the puck in any zone except when such act has been penalized by a penalty shot or awarded goal.

(c) When a player discards a broken stick by tossing it to the side of the rink (and not over the boards) in such a way that shall not interfere with play or an opposing player, no penalty shall be assessed for doing so.

(d) A misconduct penalty shall be assessed to any player who throws a stick or any part thereof outside the playing area.
  (1) A disqualification penalty shall be assessed to any player who deliberately throws a stick or any part thereof outside the playing area at or in the direction of any spectators or League Officials.

Rule 637:
Tripping

(a) A minor penalty shall be assessed to any player who places the stick, leg, knee, foot, arm, hand, or elbow in such a manner that it causes an opponent to trip or fall.
  (1) If, in the opinion of the Referee, a player is unquestionably poke-checking the puck and obtains possession of it, thereby tripping the opposing player, no penalty shall be assessed.

(b) Accidental trips that occur simultaneously with the whistle shall not be penalized.

(c) Any player who deliberately dives onto the playing surface, except to block a shot, contacts an opponent and causes the player to trip or fall, shall be assessed a minor penalty.

(d) When a player, in possession and control of the puck in the Attacking Zone and having no opponent to pass other than the goalkeeper, is tripped or otherwise fouled directly or diagonally from behind , thus preventing a reasonable scoring opportunity, a penalty shot shall be awarded to the non-offending team.
  (1) The Referee shall not stop the play until the attacking team has lost possession and control of the puck to the defending team.
  (2) The intent of this rule is to restore a reasonable scoring opportunity which has been lost by reason of a foul from behind and outside of the attacking player’s peripheral vision, when the foul is committed on the opponent's side of the center red line.
  (3) "Possession and control" of the puck means the act of propelling the puck with a stick. If, while it is being propelled, the puck is touched by another player, hits the goal or goes free, the player shall no longer be considered to be "in possession and control" of the puck.

(e) If, when the opposing goalkeeper has been removed from the playing surface, a player in possession and control of the puck is tripped or otherwise fouled with no opposing player to pass, thus preventing a reasonable scoring opportunity, the Referee shall immediately stop play and award a goal to the non-offending team.

(f) A major penalty or major plus disqualification penalty shall be assessed to any player who “slew-foots,” or attempts to “slew-foot,” an opponent in such a manner that it causes an opponent to trip or fall.

(g) When a player injures an opponent as the result of "tripping," the Referee shall assess disqualification penalty to the offending player

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Rule 638:
Unnecessary Roughness (Roughing)

(a) At the discretion of the Referee, a minor penalty or double minor penalties may be assessed to any player who uses unnecessary roughness against an opponent.
(b) A minor penalty or double minor penalties for unnecessary roughness must be assessed every time an opposing player makes unnecessary physical contact with the player in possession of the puck.
    (1) It is not the intent to penalize incidental contact between two opposing players who are actively in pursuit of the puck. The act of riding an opponent off the puck shall not be considered to be roughing. However, this does not allow the player without the puck to throw their body into the opponent to achieve possession.

End of Section 6

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SECTION 7:
The Game

Rule 700
Time of Game

(a) A game shall consist of (3) twelve-minute stop-time periods.
    (1) At any time after the completion of the first period a team has a 7-goal advantage, the clock shall run for the continuation of the game. The clock shall not be stopped except for a time out or at the request of the referee.
(b) Featured games may consist of (3) fifteen-minute stop-time periods with extended intermission(s) between periods.
(c) Each PERIOD shall be separated by a one-minute intermission.

Rule 701
Warm-ups

(a) Teams shall receive a THREE-minute warm-up period prior to the start of the game.
(b) The warm-up period will begin and end prior to the posted start time of the game.
(c) The warm-up period shall commence when all players from the previous game have left the rink.
(d) Each team shall confine its warm-up to the half of the rink nearest each team's respective player bench.
(e) Players will not be allowed to enter the rink prior to the start of the warm-up period.
(f) During warm-ups, players are subject to all rules and guidelines outlined by the NCRHA.
    (1) All players must wear proper protective equipment in accordance with Rule 305.
(g) Pucks may not be used to warm up during time-outs or intermissions.

Rule 702
Start of Game and Periods

(a) Teams must be dressed and ready to take the surface prior to the scheduled game time. Each game shall start at its posted start time.
(b) When a team fails to appear on the playing surface without a proper justification, an Official shall warn the team that it must enter the playing surface immediately. If the team fails to do so promptly, the Referee shall assess a bench minor penalty for Delaying the Game.
(c) The game shall start at the time scheduled by a face-off at the center face-off spot and shall be promptly resumed for the additional periods in the same manner.
(d) Teams must start the game defending the goal closest to their respective player benches.
(e) Teams must alternate the goal they are defending at the beginning of each period.

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Rule 703
Game Forfeits

(a) No team shall be allowed to start a game with fewer than four skaters and a fully dressed goalkeeper on the playing surface.
(b) Any team delaying the game five (5) minutes beyond the scheduled start time (not including the warm-up period) shall be assessed a forfeit and subject to the disciplinary actions of their Conference.
    (1) For a violation of delaying the game beyond the scheduled start time, a bench minor penalty for delay of game shall be assessed to the team creating the delay.
    (2) The game shall begin immediately when both teams place four skaters and a goalkeeper upon the surface. Any remaining portion of the 5-minutes shall be terminated.
        i. No additional warm-ups shall be allowed once the 3-minute warm-up has expired.
(c) If at any time during a game a team cannot provide at least 2 eligible skaters and a goalkeeper on the playing surface, the offending team shall forfeit the game.
(d) Any team found utilizing ineligible players during the course of a game shall receive a forfeit for that game.

Rule 704
Time-outs

(a) Each team shall receive one time-out per game.
(b) Time-outs will start when the referee notifies the official scorekeeper of the time-out and shall be one minute long.
(c) Time-outs must be called during a stoppage of play.
(d) A time-out must be requested prior to the conclusion of the line change procedure. The conclusion of the line change procedure shall be recognized by the sound of the whistle from the referee conducting the face-off.
(e) A team that is requesting its time-out during the same stoppage of play as their opponent's time out is taken must make such request to the Referee prior to the conclusion of the first time-out.
(f) A period may not be started with a time out by any team.
(g) All players must return to their respective player bench for the entire duration of the time-out. Any penalized player must remain in the penalty bench during a time-out.
(h) If there is a running clock in effect, the clock shall be stopped for the time-out. The clock shall be restarted upon the conducting of the ensuing face-off.
(i) If a time out is not used during regulation play, it may be used in over-time.
(j) No additional time-outs will be given in the event of overtime.
(k) A time-out may not be used to delay the start of a game or period.
(l) A time-out may not be used to warm up a goalkeeper.

Rule 705
End of Game and Overtime

(a) The game shall end when the playing time expires in the third period.
(b) The team with the most goals shall receive a credit for a win, earning 2 points.
(c) The team with the fewest goals shall receive credit for a loss.
(d) If both teams are tied with the same number of goals, the game shall enter overtime.
    (1) For regular season games and any post-season round robin play, a four (4) minute sudden-death overtime period will be held.
        i. A 30-second intermission shall be held in between regulation and the overtime period.
        ii. Teams shall switch ends.
        iii. Both teams will skate 3-on-3 for the duration of the overtime.
            1. Teams shall skate 3-on-2 if one team is short-handed by a penalty, regardless of when the penalty was incurred. Teams shall skate 4-on-2 if one team is short-handed by two penalties, with a player being added to the non-penalized team. At the first stoppage following the termination of a penalty, teams shall return to their proper strength.

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iv. The overtime period will be a stopped clock.
    1. Teams shall retain their time-out if unused during regulation, but no additional time-out shall be granted
v. Should the game be tied at the conclusion of the overtime, a 3-man shootout will be held. See shootout procedures.
vi. Teams will receive credit for a win if they score in the overtime period or score more goals than their opponent in the shootout.
vii. Teams will receive credit for an overtime loss, should they lose in either the overtime period or in the shootout.
    1. An overtime loss will be worth 1 point.

(2) If the game occurs in a tournament format event where a winner must be declared, consecutive overtime periods of 12 minutes each (stop-time) shall follow an intermission of one minute.
i. Examples of this type of game are:
    1. A winner must be declared to advance to the next round of play.
    2. The teams are playing in a "best of" series, in which each game requires a winner.
ii. Teams shall switch ends for the 1st overtime and at the end of each additional overtime period.
iii. Both teams will skate 4-on-4 for the duration of the overtime(s).
iv. The first team to score a goal in the overtime period(s) shall be declared the winner.

(e) The Referee or League Authorities may order a game to be suspended anytime the playing area is deemed to be in an unsafe condition. The game shall remain suspended until such condition is corrected. Referees are particularly cautioned about wet playing surfaces and should take an overly cautious approach when determining whether or not playing conditions are safe

Rule 706
Shoot-Out Procedures

(a) Three (3) players from each team shall be selected to participate in a series of penalty shot attempts. The players shall alternate attempts.
    (1) The home team shall have the option to shoot first or second.
    (2) Any player whose penalty has not expired at the end of overtime play shall not be allowed to participate in the shoot-out and must remain in the penalty box for the duration of the shoot-out.
    (3) Any player serving a penalty that was assessed to another player or to the bench shall be eligible to participate in the shoot-out.
(b) Teams may change goalkeepers only at the beginning of the shoot-out or if a goalkeeper is injured during the shoot-out. Goalkeepers shall not change ends of the rink prior to commencing the shoot-out.
(c) After all three (3) players have taken their shot, the team scoring the most goals shall be declared the winner.
(d) If at the end of the 3-man shootout the teams remain tied, the shoot-out shall continue with teams alternating 1 player at a time until a winner has been determined. If, after one player from each team has shot, only one team has scored, that team shall be declared the winner. If, after one player from each team has shot and the score remains tied, the procedure shall be repeated until one team scores while its opponent does not.
(e) All non-penalized, non-injured players, excluding goalkeepers, on the team with the shortest bench shall shoot before either team shall be allowed to have a player shoot for a second time during the shoot-out.
(f) Goals scored during the shoot-out rounds shall not count toward a player's scoring statistics. Goals scored against a goalkeeper shall not count toward the goalkeeper's statistics. Goalkeepers shall receive either a win or a loss based on the results of the shoot-out.
(g) All rules applicable during the taking of a penalty shot shall also apply during the shoot-out.

End of Section 7

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APPENDIX:
Suspension Procedures and Suspension Appeal Procedures

A) Suspension Procedures

1. General:

Suspensions shall be investigated and determined at the conference level of administration in which the incident has occurred. The Administration of the Conference will have final say on all matters determined in their conference. (see appeals).

In the case of inter-conference play, the “Home Conference” shall have jurisdiction and will advise the NCRHA of all suspension determinations.

The NCRHA National Referee In Chief (or advisory board) shall be notified of all suspensions.

2. Procedures for all Conferences:

When a player commits an offense in a game setting that carries a mandatory suspension per the Official Rules of NCRHA, or commits an offense worthy of a suspension (on, off, before, after, or during a game) the following procedure shall be followed in ruling on a disciplinary action:

a. If a penalty incurred during a game or an incident warrants, the Referee will make a suspension recommendation. This is generally recorded by the scorekeeper/timekeeper of the game.
b. Officials never discuss suspensions with any game participant at any point on or off the playing surface, neither before nor after any recommendation or official ruling by the League Authorities.
c. Immediately following the end of the game that the offense pertains to, the information is relayed to the Referee-in-Chief (if present), and/or the Event Director(s).
d. Should the offending participant still have more games during the specific hockey weekend, then the time frames will be taken into consideration in accordance to when next game may occur.
e. The Referee-in-Chief should meet with the Game Officials and Minor Officials to discuss pertinent facts and initial suspension recommendation.
f. As needed, the Referee-in-Chief and the League Authorities will make a thorough investigation.
g. Suspension is finalized and signed by the League Authorities.
h. The Referee-in-Chief presents ruling to a Team Representative of the suspended participant.
i. The suspended participant is not permitted to be present during the deliverance of the disciplinary action.
j. The following conditions will apply:
    (1) Since time is a dynamic variable that is taken into consideration, in cases where a participant may be involved in additional games in the same hockey weekend and a prompt ruling is necessary, a full or partial ruling may be issued to determine the participant’s immediate eligibility for the remaining games of that weekend.
    (2) The Referee-in-Chief reserves the right to determine the time frame necessary (with respect to fairness and ethics) to complete a thorough investigation of the incident. This time shall not exceed 30 days.
k. A special determination may be made in all incidents where the offending player receives a suspension in the last game of his/her season or term with his/her club.
    (1) This type of conduct, normally warranting a suspension, frequently occurs when a player has no intention of returning to the league and feels that they personally cannot be mandated to serve suspensions or penalties.

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(2) Such conduct is not taken lightly and in extreme cases may involve suspension of team and team officials in addition to the offending player. The premise for holding a team/team management accountable is the idea that a team is generally aware of what player(s) amongst them will act out in malice in the last game. In course with the ethics of NCRHA and school spirit of a club, a team should take a pro-active approach to the situation with preventative measures to keep such player from disparaging their club.

3. Serving of Suspensions

a. Suspended players must serve their own suspensions.
b. Suspensions begin immediately once they are assessed.
c. Multiple suspensions shall be served consecutively.
d. Should a player of a 'multi-team club' be suspended, the player will be ineligible to play on the alternate team until all suspensions have been served, applicable to the specific team in which the suspense was incurred.
e. Suspended players are not permitted behind the bench or on the playing surface.
f. Suspensions left unserved at the end of any regular season shall
    (1) Travel with a player to any other team,
    (2) Carry forward to future season,
    (3) Apply to other NCRHA events, such as the NCRHA National Championship Tournament.
g. In order to receive credit for serving a suspension, please check the guidelines of your Conference.

4. National Enforcement

a. Suspensions will be enforced on a national joint-cooperative level.

B) Suspension Appeal Procedures

1. Criteria Guidelines At All Levels:

Appeals may request relief or removal from suspensions due to the establishment of reasonable cause (care and prudence), undue hardship, or evidence of administrative error.

a. A participant must establish reasonable cause by providing facts and circumstances' showing the participant exercised reasonable care and prudence, but nonetheless, was unable to comply.
b. Reasonable Cause is based upon all the facts and circumstances in each situation that each suspension was assessed for.
c. A participant has established reasonable cause when all of the following are addressed:
    (1) What specifically occurred?
    (2) That the participant's conduct justifies the removal or reduction of a suspension.
    (3) The facts and circumstances that prevented participant from complying.
    (4) If the facts and circumstances changed during the incident, what attempts and measures did the participant make to comply?
    (5) Did something prevent the participant from complying, that otherwise could have been an option?
d. Evidence of reasonable care and prudence includes making provisions for compliance to be met when a reasonably foreseeable event could occur (intent and instigation).
e. In determining the participant exercised reasonable care and prudence, the BOD and the Referee In Chief will review information including:
    (1) The participant's reason for their specific actions. This reason must explicitly address each specific penalty and/or suspension.

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f. Undue Hardship may support granting suspension relief or reduction providing there is evidence of a legitimate hardship beyond the 'inconvenience' to a participant or participant's team. In addition, the participant must also show that they exercised reasonable care and prudence as previously defined.
    (1) Undue hardship support includes proof and/or documentation that a detrimental consequence or significant hardship can and will be taken against the participant or participant's club as a direct result of the imposed suspension.
g. Administrative error
    (1) Objective video
    (2) Evidence of a mishandling of a policy

2. Non-Appealable Issues:

a. Ignorance of the rules is not an acceptable basis for appeal.
b. Opinions are subjective, therefore are unacceptable evidence of administrative error.
c. Intent is subjective, therefore unacceptable evidence of administrative error.
d. Inconvenience to a participant or participant's team does not constitute hardship.
e. Disappointment or discontentment over missing special events is not an acceptable basis for appeal.

3. General:

This article discusses a participant's procedure to appeal.

a. Appeals are to be handled on a Conference level in accordance with the Governing Operational Procedures of the Conference in which the suspension was assessed.
b. While a Suspension Appeal is in process, the suspended participant is completely ineligible to participate in any games due to the following:
    (1) Safety concerns
    (2) Liability concerns
c. See specific guidelines for the appeals procedure in your Conference.

4. National Appeals:

This article discusses a participant's option and procedure to appeal at the National level, only after an appeal has been denied by a Conference or in the case that a National suspension is assessed.

a. The appeal must be heard and denied at the Conference level first.
b. The appeal to the NCRHA must be submitted in writing by mail or courier within 10 business days of the incident.
c. The appeal is to be submitted with a $200 non-refundable fee made payable to the NCRHA.
d. While a Suspension Appeal is in process, the suspended participant is completely ineligible to participate in any NCRHA or Conference games. If the appeal is upheld in part or whole, the $200 fee will be returned to the appellant.
e. Appeals are not automatic. There must be a basis for the appeal that meets the appealable standards.
f. A suspension must be for a total of three or more games before an appeal can be initiated.
g. The Representative of the participant's team submits appeal.
h. The appeal must contain all mitigating support by the participant and a copy of the Conference appeal.
i. Only one appeal may be submitted and must contain all pertinent information.
j. No additional information or amendments will be permitted once the appeal is submitted.
k. Appeals are to be addressed to the NCRHA. Please contact the NCRHA for additional mailing procedures.

End of Appendix

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Glossary

Altercation - A situation involving two players, with at least one to be penalized

Assist - Point awarded to the player for helping set up a goal, usually the last player to handle the puck. NCRHA awards up to 2 assists per goal.

Attacking Zone - The half of the rink in which a team is trying to score goals is known as its 'attacking zone' or 'offensive zone.' Conversely, one team's 'offensive zone' will be the other team's 'defensive' or 'defending zone.'

Backcheck - Legal attempt by forwards on their way to their defensive zone to regain control of the puck.

Backhand shot - A shot or pass made with the stick from the left side by a right-handed player or from the right side by a left-handed player.

Blocker - The glove that the goalie uses to hold his stick. The back of the blocker or blocking glove is a rectangular padded area that the goalie uses to block shots.

Boarding - The act of applying a body check into the boards, frequently with extension of the checking player's forearms to violently 'throw' the player into the boards.

Boards - The plastic, fiberglass, or wooden walls surrounding the rink are known as the boards. The boards are between 36 to 48 inches high.

Body Check - Use of the hip, shoulder, or forearm to impede the progress of an opponent who has the puck.

Body Contact - Contact that occurs between opponents during the normal process of playing the puck, provided that there has been no overt hip, shoulder or arm contact to physically force the opponent off the puck.

Breakaway - A scoring opportunity that occurs when there are no defending players between the puck carrier and the opposing goalkeeper in the attacking zone.

Breakout - When the attacking team comes out of its defending zone with the puck and commences up the rink.

Butt Ending - To hit an opponent with the end of the stick farthest from the blade.

Center - Although NCRHA does not recognize official titles of players such as "Left Wing", "Right Wing", or "Center", the player who positions himself in the middle of the front line of attack, closest to the opponent's goal (this must be one of the Forwards) would be loosely termed "the center". On defense, protects the area in the center of his defensive zone known as the slot.

Charging - An aggressive act of applying a body check after taking more than two steps toward the victim, or running or jumping into the opponent.

Chassis - The metal framework that attaches to the under sole of a hockey boot. The wheels are attached to the chassis by the way of two bolts which act as an axle welded to it. A skate may be designed to have 3 to 5 axles. In NCRHA every axle must contain a wheel.

Clearing the Puck - When the puck is passed or shot away from the front of the net or congested area in one's own defensive zone.

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Coach - Directs the action of his team on the rink. Usually stands behind his team's bench. Although strongly encouraged, NCRHA has not yet mandated all teams to utilize coaches.

Cover - when a player stays close to an opponent to prevent him/her from receiving a pass or making a play on offense.

Crease - The light blue semicircular area with a six-foot radius in front of each goal.

Cross Checking - Hitting an opponent with both hands on your stick and no part of the stick on the surface.

Crossbar - The four-foot high bar that connects the two goal posts and supports the net.

Defenseman - Two players who are positioned on each side of their goal to help the goalie prevent the other team from scoring.

Defensive Zone - The area from a team's goal line to the center line.

Deflection - causing any pass or shot to stray from its intended course; a shot or pass that inadvertently hits some object such as a stick or skate and goes into the net for a score or when a goalie hits the puck away.

Delay of Game - When a player intentionally delays a game under a number of specific situations as illustrated throughout the rulebook. For most intentional offenses, the result is a minor penalty.

Disqualification Penalty (DQ) - A penalty where the offender is suspended for the rest of the game, plus the next regularly scheduled game of that team. The offender's team is also assessed a five minute major penalty.

Drop pass - Puck carrier leaves the puck behind to be picked up by a traveling teammate.

Elbowing - The act of using your elbows or arms to strike or impede the progress of an opponent who has the puck.

Even Strength Goal - A goal scored when both teams have an equal number of players on the surface.

Face-Off - A face-off is when a referee drops the puck between a designated member of each team and said members attempt to knock the puck to a teammate. A face-off begins a game and occurs after a team scores or if play has stopped and must be commenced.

Face-Off Circle - Face-off circles, each with a radius of 15 feet, are drawn on the rink. In the middle of each circle is a spot where a face-off would take place. One face-off circle is in the middle of the red line at center ice. The other four face-off circles are on each side of the two goals.

Forecheck - To keep opponents in their end of the rink while trying to regain control of the puck

Forward - One of the two players who make up the front line of attack with an emphasis on scoring goals.

Freeze the Puck - To hold the puck against the boards with the skate or stick in order to stop play briefly or gain a face-off.

Full Strength - When a team has its full complement of 5 players on the rink.

Game Ejection Penalty (EJ) - A penalty where the offender is suspended for the rest of the game, but the offender's team does not skate shorthanded and the player does not incur any further suspension automatically.

Glass (above the boards) - The Plexiglas sheets on top of the boards surrounding the rink.

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Goal Scored - Occurs when a players strikes the puck with his stick over his opponents goal line, between the goal posts, underneath the cross bar for a score. The entire puck must cross the entire goal line completely.

Goalie/Goalkeeper/Goaltender - The player whose ultimate responsibility is to prevent the opposing team from scoring a goal. The goalie protects the goal for their team.

H.E.C.C. -The Hockey Equipment Certification Council is an independent organization responsible for the development, evaluation and testing of performance standards for protective hockey equipment. For a current listing of H.E.C.C. certified products, please refer to the H.E.C.C. website, www.hecc.net.

High Sticking -The act of, while carrying your stick above the normal height of the shoulders, making contact with an opponent. This is always illegal. An infraction will be based on the severity of offense.

High Zone Face-off - Face-offs proscribed under these rules as taking place at the High Zone Face-off Spot shall be held on a dot approximately 18 feet down from the center red line on the imaginary line connecting the end zone face-off dots. In rinks where such a dot does not exist, referees are directed to choose a place on the floor approximately 18 feet down from the center red line to consistently take the face-off.

Holding - When you use your hands, arms or legs to grab your opponent or his or her stick to impede their progress.

Hooking - Using the blade or shaft of your stick to restrain or impede an opponent.

Interference - The act of using the body to impede or interfere with the progress of an opponent who has the puck, or to prevent an opponent without the puck from being involved with the play.

Kneeing - The act of using your knee to make contact with an opponent.

League Authorities -The immediate administration of the event, usually a League Director and higher supervisory administrators within the NCRHA.

Line-up - The team's game roster. Starting line-up is only the names of the players who will participate in the first shift of a game.

The Michigan - Legal in the NCRHA. A goal-scoring attempt in which a player balances the puck on the blade of his/her stick and attempts to score from behind the net using a shoveling motion

Misconduct - A penalty where the offender must spend 10 minutes in the penalty box, but the offender's team does not skate shorthanded.

Obstruction - Any tactic by a player who attempts to or who restrains an opponent who is not in possession of the puck, or who physically prevents an opponent from moving freely in the direction he wishes to go. The term "obstruction" shall be used coupled with the appropriate foul (holding, hooking, interference, tripping).

Offensive Zone - The half of the rink in which a team is trying to score goals is known as its ‘attacking zone’ or ‘offensive zone.’ Conversely, one team’s ‘offensive zone’ will be the other team’s ‘defensive’ or ‘defending zone.’

Offside - NCRHA only recognizes "offsides" during a face off. During a face-off, all players must be on their correct side of the face-off circle and may not proceed the face off in entering the opposing side of where the face-off occurs.

Overtime - An additional period of play used to break a tie; sudden death.

Penalty - Officials penalized players and their teams with a penalty when they violate certain rules, especially those involving illegal contact with an opponent.

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Penalty Box - The area (separate from the players' bench area) where players must sit when guilty of certain violations.

Penalty Shot - When a player gets the puck at center, skates in alone on the opposing goalie, and attempts to score with one shot. Designed to replace a prime scoring opportunity denied to the attacking team by illegal means.

Poke Check - A quick jab or thrust to the puck or opponent's stick to knock the puck away from him/her.

Possession - (The puck must have come into the possession and control, or has been "frozen.") The last player or goalkeeper to make contact with the puck and to propel the puck in a desired direction. This does not mean a rebound off the goalkeeper, the goal or the boards or any accidental contact with the body or equipment of an opposing player.

Power Play - When a team has more players on the surface because of a penalty (or penalties) called against the opposing team.

Puck - NCRHA games or strictly played with a puck not a ball. A hard disk made of plastic (or other approve material) that is 3 inches in diameter and 1 inch thick. The puck is a primary component of the game.

Red line - Located at the center of the rink, the red line divides the rink in half lengthwise. The two zones of the game are divided equally by this center line.

Referee - As the primary official, the referee is responsible for ensuring that both teams obey the rules of the game.

Rink -The surface upon which the game is played; commonly referred to as "the ice" by those with an ice-hockey background

Roster - a list of the players on a team

Roughing - A violation called when, in the referee's judgment, a player's actions are unnecessarily rough.

Scramble - Several players from both sides close together battling for possession of the puck.

Shorthanded - When a team has fewer players on the surface than the opponents because of a penalty or penalties being served in the penalty box by one or more of its players.

Shorthanded Goal - When a goal is scored during the time the attacking team is below the numerical strength of its opponents.

Shot - An attempt by a player to score by striking the puck with a hockey stick toward the opponent's goal.

Skater - A player who is not classified as a goaltender, typically referred to as a Forward or Defenseman.

Slashing - Using your stick to strike or attempt to strike an opposing player.

Slewfoot - A dangerous act in which a player uses their leg as a lever to knock someone off balance from behind. It is a performed by sweeping, knocking or kicking the back of the victim's lower leg or skate forward. Often, this offense simultaneously uses an arm, stick or elbow to pull the upper torso of the victim backward to aid in knocking them off their feet. Due to the fact that it occurs from behind and is often unexpected, the victim falls backward and often strikes their head or lands hard, causing injury.

Spearing - Stabbing or attempting to stab an opponent with the blade of the stick.

Stick - A major component of the equipment used to play the game; a shaft with a flat blade at the end used to propel a puck. A stick may be "lefty" or "righty".

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Substitute Goalkeeper - A designated goalkeeper listed on the game roster who is not participating in the game.

Substitution - Occurs when a player comes off the bench to replace a player coming out of the game; can be made at any time and play does not need to stop.

Sudden-Death Overtime - When, after a tie game, an additional period of time is needed to play in order to determine a winner. The overtime will come to a complete end immediately upon any team scoring a goal.

Sweater - Also known as a jersey.

Team Management/Team Official -A member of the team who is not a player; Coach, Manager, Trainer

Time-Out - When time has already stopped, a team may request a one-minute delay before restarting the action. Each team is allowed one time out in a game, usually to discuss strategy or to halt the opposing team's momentum.

To Shoot -To strike the puck with a hockey stick toward the opponent's goal in an attempt to score.

Tripping - Using your stick, knee, foot, arm, hand or elbow to topple an opponent.

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