



# **RULE BOOK**

**Version 1.2**

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**ALBERTA MINOR ROLLER HOCKEY ASSOCIATION  
PLAYING RULES  
GOVERNING THE GAME OF INLINE HOCKEY**

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## **SECTION ONE - THE RINK**

### **RULE 1: Description of the Game**

(a) The game of inline hockey is played on a reasonably flat surface, free of debris and obstacles. The surface may be indoors or outdoors. The surface is known as a "RINK".

(b) The game is played between two teams of 5 players including one goalie. The object of the game is to advance the puck down the rink past your opponent's Goalie into their net. The team with the most goals at the end of the allotted time period is declared the winner.

### **RULE 2: Beginning Play**

The game begins with a face-off at the centre face-off spot and is renewed at the start of the second half of play.

(a) A face-off takes place when a Referee drops the puck on the rink between the sticks of the players taking the face-off. Players facing off must stand squarely facing their opponents' end of the rink approximately one stick length apart with the blades of their sticks touching the rink. No other players may come within 15 feet of the players facing off and all players must be on-side during all face-offs.

(b) During a face-off, no player facing-off may have physical contact with the opposing player with their body or using their stick until the puck is dropped. If a player does not leave the face-off area after being directed by an official, the player may be assessed with a Minor Penalty.

(c) No intentional body checking is allowed. Accidental or incidental contact is permitted. It will be at the Referee's discretion if any body contact between two players is deemed an infraction and warrants a penalty.



### **RULE 3: Dimensions of Rink**

(a) As nearly as possible the dimensions of the rink shall be 200 feet long by 85 feet wide. Minimum size for a rink surface should be 145' long x 65' wide. For AMRHA sanctioned events the rink shall not be less than 165' long x 65' wide. It is recommended that the corners be uniformly rounded in an arc of a circle with minimum radius of 20 feet and a maximum radius of 28 feet.

(b) The rink must be surrounded (by bordering material) known as the "Structure", which will extend no less than 3 feet 4 inches and not more than 4 feet above the playing surface.

### **RULE 4: Division of the Rink Surface**

(a) The rink will be divided into two halves with a centre line that is 10-12 inches wide extending completely across the rink and continuing vertically up the side boards.

### **RULE 5: Goal Post and Nets**

The official size of the goalie nets are 4 feet high by 6 feet wide.

(a) Attached to each goal frame must be a net. Each net must have goal posts and a cross bar, and should be anchored when available.

A minimum of 15 feet to a maximum of 18 feet from each end of the rink a line 2 inches wide known as the "GOAL LINE" shall be painted extending completely across the rink and continuing vertically up the side boards.

The goal shall be centered on the goal line and shall be fixed in such a manner as to remain stationary during 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 significant degree of force.

Play shall be stopped immediately when the goal post has been displaced an unplayable distance (referees discretion).



### **RULE 6: Goal Crease and Goalkeeper's Privileged Area**

(a) In front of each goal a "goal crease" area shall be marked. The goal crease area shall be laid out as follows: a semi-circle, 6 feet in radius and 2 inches in width shall be drawn using the centre of the goal line as the centre point. It can also be a rectangle shape extending wider than the width of the net and out from the goal line.

### **RULE 7: Centre Rink**

(a) A circular spot shall mark the centre of the rink on the centre line. With this spot as the exact centre, a 15 foot radius circle, 2 inches wide shall be marked around this centre spot.

(b) This spot will be known as the centre face-off spot.

(c) The centre face-off spot is where "face-offs" occur at the beginning of each period and after each goal.

### **RULE 8: Defending and Attacking Zones**

(a) The team area that contains their goal will be called the "defending zone." The opposition area will be known as the "attacking zone."

### **RULE 9: Face-off Spots**

(a) In both zones and on both sides of each goal, face-off spots and circles shall be marked on the playing surface. The face-off spots shall be 2 feet in diameter. With the spot as the centre, a 15-foot radius circle shall be marked with a 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 (Hash Marks).

(b) The End Zone face-off spots shall be located equidistant (distance depends on the width of the rink) from the side boards and 20 feet from the goal line. It is recommended that there be a 44 foot distance between End Zone face-off spots in the same zone.



### **RULE 10: Players Bench**

(a) A designated area outside the playing surface will be assigned as the player's bench. Each rink will accommodate adequate space for two separated teams.

(b) Only players in uniform and a maximum of four (4) team officials (Coach, Assistant Coach, Trainer, Manager), shall be permitted to occupy the players' bench. Those individuals shall be registered and entered on the official game report.

(c) The home team will occupy the designated home bench, and will begin the game defending the end opposite from their bench. At half time, teams shall change ends and remain in that end for any overtime.

### **RULE 11: Penalty Bench Area**

(a) Each rink shall provide a designated area outside the playing surface where a player or players will serve their penalty time. When possible, the penalty bench should be on the opposite side of the surface away from the players' benches.

### **RULE 12: Referees' Crease**

(a) A line, 2 in. wide, in the shape of a semi-circle and with a 10 ft. radius shall be marked on the surface immediately in front of the Penalty Timekeeper's location. The area enclosed by this line shall be known as the Referees' crease.

### **RULE 13: Signal and Timing Devices**

(a) Each rink must have a suitable sound device to be used by the Game Timekeeper.

(b) Each rink must have a clock in order that spectators, players and game officials may be accurately informed as to the time remaining in the game. In case of clock failure the timekeeper may be required to use a stop watch.

(c) In a suitable location behind each goal, a red light shall be provided for the use of each Goal Judge in identifying the scoring of a goal.



Wherever possible, AMRHA recommends that an electric buzzer or bell and a green light be installed in the same location as the red light and that this buzzer or bell and green light be synchronized with the time clock. To provide the Referee with an audible and visual signal for the end of a playing period or game.

(Note) A goal cannot be scored when the green light is showing.

**RULE 14: Dressing Rooms**

(a) Each rink shall provide suitable dressing rooms equipped with a sanitary toilet and shower for the use of the home and visiting teams. A separate dressing room for all female players and officials will be provided.

(b) A separate dressing room shall be provided for the use of Referees. It shall be equipped with a sanitary toilet and shower.

(c) No team official, player, parent or employee of any club may enter into any inappropriate discussion with any Referee during or after a game.

**RULE 15: Rink Lighting**

(a) All rinks shall be lighted so that the players and spectators may clearly follow play.



## **SECTION TWO - TEAMS**

### **RULE 16: Composition of Team**

(a) A team shall have no more than FIVE players on the Surface at any one time while play is in progress.

(b) Each player shall wear an individual number of at least 8 inches in height on the back of their sweater.

(c) Age Categories:

6 & Under Tyke

8 & Under Novice

10 & Under Atom

12 & Under Peewee

14 & Under Bantam

16 & Under Midget

21 & Under Junior

14+ Women

18+ Adult

35+ Senior (Age, as of Dec. 31.)

(Note) Youth team is classified as Midget and younger.

### **RULE 17: Players in Uniform**

(a) Each team shall be entitled to a maximum of 12 skaters and 2 goalies in uniform for any game or pre-game warm-up, all of whom shall be duly registered in accordance with AMRHA regulations. A minimum of six eligible players in uniform (not necessarily a goaltender) on each team shall be necessary to start the game.

(b) Before the start of the game, the Official in charge of each team shall give the Referee or Official Scorer a list of names and numbers of the players and goaltenders (to the maximum 14 who shall be eligible to play in that game).

1) When a player is late and their name has been included on the Official Game Report prior to the game, they will be permitted to participate;



2) When a player has been inadvertently omitted from the Official Game Report, the Referee shall permit the name to be added to the Game Report before the game has ended; providing such player was in uniform and on the surface or on his/her players' bench at the start of the game.

3) When a player arrives late for their game, they shall be permitted to participate in the game, provided they are properly carded (or AP) to that team. The Player should be added to game sheet immediately and provided the opportunity to participate.

(c) Any team official who gives a false statement on the Official Game Report with regard to eligible players shall be dealt with by the AMRHA.

(d) Each team shall be allowed one goaltender on the surface at one time. The goaltender may be removed and another "Player" substituted. Such player shall not be permitted the privileges of a goaltender.

(e) No player, other than a goaltender or their replacement, shall be permitted to wear the equipment of a goaltender.

(Note) Teams are allowed to dress two goaltenders, either of whom may be used at the team's discretion.

(f) When the substitute goaltender enters the game, they shall take their position without delay and no warm-up shall be permitted.

(g) If both teams are on the surface during the pre-game warm-up, players shall be restricted to their own half of the surface. Where a team violates this rule, the Referee may assess a minor penalty and shall report the violation to AMRHA who may take additional action.

(h) No player or coaching staff under suspension may participate in the pre-game warm-up or occupy a spot on the players' bench.

(i) When a team is not able to place the appropriate number of players to match their maximum number allowed on the surface, the game shall be ruled



suspended and an official report of the game shall be given to its league's/ tournament governing body who will rule on the games' outcome.

Note: A team must have 6 eligible players within 10 minutes of the official game start time. If 6 eligible players are not available the game will be deemed a forfeit.

### **RULE 18: Line-Up**

(a) Before the start of the game the Official in charge of the visiting team must be the first to list their team roster on the Official Game Report.

### **RULE 19: Captain of the Team**

(a) Each team may appoint a Captain and not more than three Alternate Captains. Only a Captain or Alternate Captain who is on the surface shall have the privilege of asking the Referee for their interpretation of any rule during the progress of the game. Prior to the start of the game, the Manager or Coach of each team shall note on the Official Game Report and advise the Referee or Official Scorer of the names and numbers of the Captain and Alternate Captain(s).

(b) The Captain shall wear the letter "C" and the Alternate Captain(s) the letter "A" in a conspicuous position on the front of their sweaters. The letters should be in a contrasting colour and be approximately 3 in. in height, located on the upper left chest area of the player jersey.

(c) When the Captain or Alternate Captain receives a penalty, they shall lose all their privileges for the duration of the penalty and must proceed directly to the penalty box. Such players failing to do so will be assessed a Misconduct penalty.

(d) Goaltenders or a replacement for a goaltender shall not be entitled to the privileges of a Captain or Alternate Captain.

(e) A playing Coach or Manager shall be entitled to the privileges of a Captain or Alternate Captain, providing they have been properly recorded as such on the game sheet and they have the proper identification on their jersey. This is not in addition to the proper number Alternate Captain or Captain.



(f) A Minor Penalty for delay of game shall be assessed any Captain, Alternate Captain or other player who leaves his/her players' bench to discuss any interpretation of the rules with the Referee.

**RULE 20: Change of Players**

(a) When play is in progress, not more than five players (including a goaltender) are permitted on the surface at any one time.

(b) Players may be changed at any time from the players' bench, provided that the player or players leaving the surface shall be at the players' bench (within 10 ft.) and out of play before any change is made.

(Note 1): In the sport of inline hockey, the area of the player changes has become a troublesome area. Players don't have the luxury of stopping as quickly in front of their bench as they do with ice hockey and this can lead to a dangerous situation.

(Note 2): If in the course of substituting, either the player entering the play or the player retiring is struck by the puck accidentally, the play should not be stopped and no penalty shall be called.

Referees are advised that as long as the player who is exiting the surface does not play the puck intentionally then no penalty shall be called. Players hit by errant passes or deflections may still complete their line change as long as they are not intentionally playing the puck.

(c) A player on the penalty bench who is to be changed after their penalty has been served must proceed by way of the surface and be at the players' bench before any change can be made.

(d) A team shall be required to place the correct number of players on the surface when requested by the Referee. The Visiting Team must be the first to place any playing line-up on the surface to commence play at all times. Each team is allowed only one change of player(s) during a stoppage of play.



(e) A Bench Minor Penalty shall be assessed for a violation of any section of this rule. The penalty shall be served by the player committing the infraction, as covered under the Bench Minor Penalties rules.

(f) If, in the last two minutes of regular playing time, a Bench Minor Penalty is imposed for DELIBERATE illegal substitution, a Penalty Shot shall be awarded against the offending team. The Bench Minor shall not be served. See the Delay of Game rules.

(Note 3): When a goaltender leaves their goal area, and proceeds to their player's bench for the purpose of substituting another player, he must be within 10 ft of the bench before the substitute may enter the play. There shall be NO time penalty for a premature substitution. If the substitution is made prematurely, the official shall stop play immediately when the offending team is in possession of the puck. The resulting face-off will take place at centre ice or at a spot; unless the team gains a territorial advantage then the face-off shall take place where the stoppage occurred 10 ft. of the bench before the substitute may enter the play. If the substitute is made prematurely, the official shall stop the play immediately. There shall be no time penalty to the team making the premature substitution, providing their team has possession of the puck, but the resulting face-off will take place at the centre face-off spot. If the offending team does not have possession of the puck at this time, a Minor Penalty may be assessed.

(g) For player changes during stoppages in play, the Referee will assume their normal position for the ensuing face-off and then allow a five-second period during which the Visiting Team may make a player change. After this five-second period has elapsed, the Referee will raise an arm to indicate that the Visiting Team may no longer change any player(s).

With the arm still up, the Referee will allow a five-second period during which the Home Team may make a player change. After this five-second period has elapsed, the Referee will drop the arm to indicate that the Home Team may no longer change any player(s).

Where a team attempts to make a player change after their allotted period of time, the Referee shall send the player(s) back to their bench. Any subsequent



infraction to this procedure at any time during the course of the game may incur a Bench Minor Penalty.

### **RULE 21: Injured Players**

(a) When a player, other than a goaltender, is injured or compelled to leave the surface during a game, he must be replaced by a substitute, and play must continue without the teams leaving the surface.

(b) If a goaltender goes to the players' bench due to an injury, he shall retire from the surface and their place shall be taken by an alternate goaltender and no warm-up will be permitted. However, this will only apply where an alternate goaltender is dressed. In cases where an alternate goaltender is not dressed the injured goaltender will be allowed ten minutes to recuperate.

(c) If a replacement for the injured goaltender by a player is necessary, an additional five minutes shall be allowed. This replacement shall be subject to the rules governing Goaltenders and be allowed the goaltender's full equipment.

(d) When a goaltender is injured, players may be permitted to leave the surface at the discretion of the Referee, but must be ready to resume play immediately, on notice by the Referee.

(e) A penalized player who has to serve a time penalty and who has been injured may proceed to the dressing room or be attended to on their own bench, provided he is replaced on the penalty bench by a substitute. They may not enter the game until their penalty time has expired.

A penalized player who does not have to serve a time penalty and who has been injured may proceed to the dressing room without having to be replaced by a substitute on the penalty bench.

For a violation of this rule, a Bench Minor Penalty shall be assessed.

(f) If an injured penalized player returns to the players' bench before their penalty has expired, they shall take their place in the penalty bench or replace the player substituting for them on the penalty bench during the first stoppage of play. If he



takes part in the play before his penalty has expired, he shall be assessed an additional Minor Penalty.

g) When a player is injured so that he cannot continue play or go to his bench, the play shall not be stopped until the injured player's team has secured possession and control of the puck. If the injured player's team is in possession of the puck at the time of the injury, the play shall be stopped immediately unless their team is in scoring position, at which time the Referee shall allow the play to be completed.

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

(Note 2) Where play has been stopped due to an injured player, excluding the goaltender, the injured player shall leave the surface and may not return to the surface until the play has resumed, if the player refuses to leave the surface, a Delay of Game Penalty shall be assessed.



## **SECTION THREE - EQUIPMENT**

### **RULE 22: Measurement Guideline**

(1.) The measurement of any equipment (players' and goaltenders' sticks, goaltenders' pads and gloves) shall be carried out immediately when requested by a team through the Captain or Alternate Captain(s).

No measurements of any kind will be carried out by the Referee unless a formal request has been made by a team using the proper procedure.

(2.) If the complaint for any measurement of sticks or equipment is not sustained, the requesting team will be assessed a Bench Minor Penalty. If the request is sustained then a minor penalty will be assessed and the illegal equipment must be removed.

(3.) Only one measurement of any kind will be allowed per stoppage of play.

(4.) Any illegal equipment shall be removed, corrected or adjusted without any unnecessary delay.

(5) No measurement of any kind will be allowed immediately following the scoring of a goal.

### **RULE 23: Sticks**

The intent of this rule is to only permit the use of conventional sticks. Any special changes, deviations or innovations require review and approval by AMRHA.

(a) All sticks (including goaltenders' sticks) may be made of wood, fibreglass or aluminum and/or any other material approved by AMRHA. They must not have any projections, pockets, netting or other similar contrivance designed to give the player or goaltender undue assistance in the playing of the game. The end of the shaft of all sticks must be covered to protect against injury. A player may carry only one stick while participating in the play. A Minor Penalty shall be assessed for a violation of this rule.



(b) No stick shall exceed 60 inches in neither length from the heel to the end of the shaft nor more than 12 1/2 inches from the heel to the end of the blade. The blade shall be no more than 3 inches in width at any point or less than 2 inches. All edges must be smooth.

(c) The shaft of the goalkeeper's stick shall not exceed more than 55 inches from the heel to the end of the shaft. The wide portion of the goalkeeper's stick extending up the shaft shall not exceed more than 26 inches from the heel or extend 3 1/2 inches in width.

(d) A Minor Penalty shall be imposed on any player or goalkeeper who uses a stick not conforming to the provisions of this rule. The stick will be removed from play.

#### **RULE 24: Skates**

(a) All players and goaltenders must wear in-line skates.

(b) The number of wheels on a skate must correspond to the design of the frame. A player may/may not be allowed to play with an incorrect number of wheels under the referee's discretion. (The only exception would be when a wheel breaks during the course of playing a game. In such a case the player would be allowed to finish the game unless the situation was deemed dangerous.)

(c) Hockey skates and wheels shall be of a design approved by AMRHA Regional Executive Board or AMRHA staff.

#### **RULE 25: Goalkeeper's Equipment**

(a) With the exception of skates and stick, all the equipment worn by the goalkeeper must be constructed solely for the purpose of protecting the head or body, and he must not wear any garment or use any "aid" which would give them undue assistance in keeping goal.

(b) The individual leg pads worn by goalkeepers shall not exceed 12" or in extreme width when on the leg of the player.



(c) It is compulsory for all goalkeepers to wear helmets and full face masks that are CSA approved, and/or throat guards or throat protector.

(d) A Minor Penalty shall be imposed on a goalkeeper using illegal equipment in the game.

(e) The goaltender may start and play without the appropriate number of wheels that correspond to the design of the frame. Provided the referee deems the skate safe. This rule allows goaltenders to use different wheel set-ups to maximize performance.

#### **RULE 26: Protective Equipment**

(a) CSA approved helmet with attached full face mask must be worn at all times (Tyke – Midget Divisions- full dental coverage). Junior (21&U) must wear minimum half visor and mouth guard for dental coverage (players that are 18 & U playing in Junior division may wear half visor and mouth guard, providing they are Midget age classification. Senior and Adult divisions must wear minimum of CSA approved helmet properly fastened (no dental coverage without half visor and mouth guard). Shin pads (covered), elbow pads (covered by sleeves of sweater), jock or jill strap, hockey gloves, and protective pant or girdle (covered). Non-compliance will result in a Minor Penalty. If the player is penalized a second time for same equipment violation he may receive a Game Ejection Penalty at the discretion of the official. (It is highly recommended for players to wear shoulder pads).

(b) A player, excluding the goalie, whose helmet or face mask falls off during play may not resume play until their helmet or mask is properly replaced. Failure to do so will result in a penalty.

(c) If a goalkeeper's helmet or face mask falls off during play the Referee shall stop play immediately. A Minor Penalty for Delay of Game shall be given to any goalkeeper who deliberately removes their mask or helmet during play.



**RULE 27: Dangerous Equipment**

(a) The use of pads or protectors made of metal, or any other material that may cause harm to another player, is prohibited and will result in a Misconduct Penalty.

(b) A glove from which all or part of the palm and/or fingers has been cut or worn away to permit use of the bare hand and/or expose bare fingers shall be considered illegal equipment. A Minor Penalty will be imposed on any player wearing such equipment.

**RULE 28: The Puck**

(a) The puck shall be approved by AMRHA. The official puck is the IDS Pro Shot (others are permitted to be used if approved by AMRHA).



## **SECTION FOUR - PENALTIES**

### **RULE 29: Penalties**

(a) Penalties shall be in actual playing time and are divided into the following classes:

1. Minor Penalties
2. Bench Minor Penalties
3. Major Penalties
4. Misconduct Penalties
5. Game Ejections
6. Game Misconduct Penalties
7. Gross Misconduct Penalties
8. Match Penalties
9. Penalty Shots

(b) Penalties may be assessed at any time before, during or after a game, when an offence is committed, regardless of whether or not play is in progress. Penalties may also be assessed for infractions of the rules committed during the pre-game warm-up, when observed by the Referee or the appointed Stand-by Official.

A player who is assessed any penalty in the pre-game warm-up shall automatically have their name placed on the Official Game Report and be counted as one of the eligible players, as per the Players in Uniform rules.

(Note 1) The maximum of 4 players per team being assessed Game Misconduct Penalties (as per the Leaving the Players' or Penalty Bench rules) also applies to the pre-game warm-up.

(c) If an offence occurs after the conclusion of a game and before the players have left the surface, a penalty shall be assessed. Such penalty shall be reported to AMRHA by the Referee on the Official Game Report.

(d) Where the rules state that the Manager or Coach shall designate a player to serve a penalty and the Manager or Coach refuses to name a player, the Referee shall name any player of the offending team to serve the penalty.



(e) Where penalties are assessed to players of both teams at the same time, the penalized players of the Visiting Team shall take their position in the penalty bench first, in the place designated for the visiting players. Where there is no special designation they must take a position on the bench furthest from the gate.

### **RULE 30: Minor Penalties**

(a) For a “Minor Penalty”, any player, except a goaltender, shall be ruled off the surface for two minutes actual playing time. Teams are allowed to change while play is going on.

(b) If, while a team is short-handed because of one or more Minor or Bench Minor penalties, the opposing team scores a goal, the first of such penalties shall automatically terminate.

(Note) Coincident Minor penalties to both teams do not cause either team to be short-handed.

When a goal is scored on a Penalty Shot against a team that is short-handed by reason of a Minor or Bench Minor Penalty, no player of the short-handed team shall return to the surface with the scoring of the goal.

(c) When a player is assessed both a Minor Penalty and a Major Penalty at the same time, the Major Penalty shall be served first. The same principle will apply when a player is assessed both a Minor Penalty and Match Penalty at the same time. The five-minute time penalty which accompanies the Match Penalty is to be served first.

(d) If a goal is scored against a team that is short-handed because of one or more Minor Penalties, the first Minor Penalty shall be terminated. In the case of a player serving more than one Minor Penalty, the first Minor Penalty shall be terminated.

(e) When coincident Minor or coincident Minors of equal duration are imposed against players on each team during the same stoppage of play, immediate substitutions shall be made for those penalties, and such penalties shall not be taken into account for the purpose of the delayed penalty.



Unless they have been ejected from the game, such penalized players shall take their place on the penalty bench and remain there until the first stoppage of play following the expiry of their respective penalties.

Where at least one Major and/or Match Penalty is assessed to each team during the same stoppage of play, the coincident Major/Match Penalty rule shall take precedent over the coincident Minor Penalty rule.

### **RULE 31: Bench Minor Penalties**

(a) A “Bench Minor Penalty” requires the team against which the penalty is assessed to play a man short for a period of two minutes of actual playing time.

(b) Whenever a Bench Minor Penalty is to be assessed according to the rules, if the player guilty of the actual infraction is identified by the Referee, that player shall serve the penalty except when such identified player is already on the penalty bench serving a penalty. However, if the player is not identified, then the Manager or Coach of the penalized team, through the playing Captain, shall designate any player of their team to serve the penalty.

### **RULE 32: Major Penalties**

(a) Any Major Penalty shall also carry a Game Misconduct Penalty. The penalized player shall be ruled off the surface for the remainder of the game. It shall be necessary to place a substitute on the penalty bench immediately. The substitute will be permitted to return to the surface after five minutes of playing time has elapsed.

### **RULE 33: Misconduct Penalties**

(a) A player, except a goaltender, incurring a “Misconduct Penalty”, shall be ruled off the surface for a period of ten minutes actual playing time. A substitute for the penalized player shall be permitted immediately. A player serving a Misconduct Penalty shall remain on the penalty bench until the first stoppage of play following the expiry of their penalty. When a player is assessed a Minor and a Misconduct Penalty or a Major and a Misconduct Penalty at the same time, the penalized team shall immediately place a substitute player on the bench to serve the Minor or Major Penalty (in case of a Major Penalty and Misconduct the player



will be ejected from the game and the 10 min. misconduct penalty is irrelevant with respect to time being served, the substitute will only serve the Major Penalty). The Misconduct Penalty will commence on the termination of the Minor.

(b) The Referee in charge shall report to the Tournament Coordinator or League Manager any player who is assessed a Misconduct Penalty, Game Misconduct or Game Ejection penalty within ten minutes of the conclusion of the game (including overtime), either case the player should be ejected from the game immediately.

(c) Any player who is assessed a second Misconduct Penalty in the same game shall automatically be assessed a Game Ejection Penalty.

#### **RULE 34: Game Ejections**

a) Any player incurring four infractions (including misconduct penalties) during the same game shall be ejected from the game (does not include Bench Minor or Too Many Men).

b) A player incurring a “Game Ejection” Penalty in accordance with Rule 34(a)-four Penalty infractions, shall be ordered to the dressing room for the remainder of the game.

c) A player incurring a “Game Misconduct/Game Ejection Penalty” shall be ordered to the dressing room for the remainder of the game and shall be reported to the Tournament Coordinator or League Manager for further action. A substitute for the penalized player shall be permitted immediately.

#### **RULE 35: Gross Misconduct Penalties**

(a) Any player or team official incurring a “Gross Misconduct Penalty” shall be ordered to the dressing room for remainder of the game and shall be reported to the Tournament Coordinator or League Manager for further action. A substitute for the penalized player shall be permitted immediately.



(b) Gross Misconduct penalties shall be assessed where a person conducts themselves in such a manner as to make a travesty of the game.

### **RULE 36: Match Penalty**

(a) Any player or team official incurring a “Match Penalty” shall be ordered to the dressing room immediately, for the balance of the game, and will not be permitted to take part in any further games until their case has been dealt with by their league or association.

(b) In every instance where a Match Penalty has been assessed, the offending player’s team shall be required to send a player to the penalty box for five minutes. Where an offending player has been assessed penalties in addition to the Match Penalty, those penalties will be served by the same player who serves the five minute penalty. This section would not apply in the case of the coincident Major Penalty or Match Penalty rule.

(Note) Referees are required to report all Match Penalties on an official and the surrounding circumstances to AMRHA following the game involved. THIS IS NOT A REQUEST BUT AN OBLIGATION OF OFFICIAL AND LEAGUE MANAGER.

### **RULE 37: Shots**

(a) Any infraction of the rules which calls for a “Penalty Shot” shall result in the following:

The Referee shall cause to be announced over the public address system the name of the player designated by the team entitled to take the Shot (as appropriate), and shall then place the puck on the centre face-off spot and the player taking the shot will, on instruction of the Referee, play the puck from there and shall attempt to score on the goaltender. The puck must be kept in motion towards the opponents’ goal line and once it is shot the play is to be considered complete. No goal can be scored on a rebound of any kind and any time the puck crosses the goal line, the shot shall be considered complete.

(b) The goaltender must remain in their goal crease until the shooter has control of the puck. In the event of a violation of this rule, the player designated or selected to take the shot shall be entitled to take the shot over again. The



goaltender may attempt to stop the shot in any manner except by throwing her stick or any other object or deliberately dislodging the goal, in which case a goal shall be awarded.

(Note 1) No player other than the goaltender is permitted to tend goal during a Penalty Shot.

(c) In cases where a Penalty Shot has been awarded under throwing a Stick rules, Fouling from behind rules and Interference from players, or Penalty Bench rules, the referee shall designate the player who has been fouled as the player who shall take the Penalty Shot. If by reason of injury, the player designated by the referee to take the Penalty Shot is unable to do so or again if the player fouled is not identifiable, the Penalty Shot shall then be taken by a player selected by the Coach of the non-offending team and their selection reported to the Referee.

In cases where a Penalty Shot has been awarded under the Delaying the game rules, Falling on the puck in the crease area rules and Picking up the puck from the crease rules, the Penalty Shot may be taken by a player selected by the Coach of the non-offending team and their selection reported to the Referee. This player must be on the surface at the time of the infraction.

(d) Should the player in respect to whom a Penalty Shot has been awarded commit a Minor Penalty infraction in connection with the same play or circumstances after the Penalty Shot has been awarded, he shall first be permitted to take the shot before being sent to the Penalty Bench to serve the penalty, provided the Penalty assessed was not a Major Penalty, Game Ejection, Game Misconduct, Gross Misconduct, or Match Penalty.

If at the time a Penalty Shot is awarded, the goaltender of the penalized team has been removed from the surface to substitute another player, the goaltender shall be allowed to return to the surface before the Penalty Shot is taken.

(e) While the Penalty Shot is being taken, players of both sides shall withdraw to their respective player's bench.



(f) If, while the Penalty Shot is being taken, any member of the opposing team shall have by some action interfered with or distracted the player taking the shot, and because of such action the shot should have failed, a second attempt shall be permitted and the referee shall assess a Game Ejection Penalty on the team member so interfering or distracting.

(g) If a goal is scored from the Penalty Shot, the puck shall be faced-off at the centre face-off spot in the usual way. If the goal is not scored, the puck shall be faced-off at either end zone face-off spot in which the Penalty Shot was attempted.

(h) Should a goal be scored from a Penalty Shot, a further penalty to the offending player shall not be applied unless the offense for which the Penalty Shot was awarded was such as to incur a Major Penalty or Match Penalty, in which case the penalty prescribed for the particular offense shall be assessed.

If the offense for which the Penalty Shot was awarded was such as would normally incur a Minor Penalty, then regardless of whether the Penalty Shot results in a goal or not, no further Minor Penalty shall be serve.

(i) If the foul upon which the Penalty Shot is based occurs during actual playing time, the Penalty Shot shall be awarded and taken immediately in the usual manner notwithstanding any delay occasioned by a slow whistle by the Referee to permit the play to be completed, which delay results in the expiry of the regular playing time in any period.

The time required for the taking of a Penalty Shot shall not be included in the regular playing time or any overtime.

### **RULE 38: Awarded Goals**

(a) A "Goal" will be awarded to the attacking team when the opposing team has taken their goaltender off the surface and an attacking player has possession and control of the puck on the opponents' side of the centre red line, without a defending player between themselves and the opposing goal and:



- (1.) the player is interfered with by an opposing player who has illegally entered the game or
  - (2.) a stick or any other object is thrown by a player on the defending team or
  - (3.) the puck carrier is fouled from behind and prevented from having a clear shot on the open goal or
  - (4.) any member of the defending team including the team officials, whether on the players' bench or penalty bench, interferes by means of their body, stick or any other object with the puck or the puck carrier.
- (b) A Goal will be awarded when the goaltender is removed from the surface and he, or any teammate, has deliberately piled any obstacle at or near their net, or has deliberately dislodged the net from its moorings, when any such action has prevented a goal from being scored.

### **RULE 39: Goalkeeper Penalties**

- (a) A goalkeeper shall not be removed from their net for a Minor Penalty. Another team member shall serve this penalty.
- (b) If the goalie receives a Major Penalty, Game Misconduct Penalty, Game Ejection Penalty, Match Penalty or Gross Misconduct Penalty they shall be removed from the game and replaced by a substitute goalie or another player. This player will be allowed 10 minutes non playing time to put on the goalkeeper's equipment.
- (c) A Minor Penalty shall be assessed to any goalie leaving their crease during a fight plus any other penalties they may receive. The goalie may leave their crease and go directly to their bench when directed by an official because the fight was occurring in or near their crease.
- (d) A Minor Penalty shall be assessed to any goalie participating in play beyond the centre line.



#### **RULE 40: Delayed Penalties**

(a) If a third player of any team shall be penalized while two players of the same team are serving penalties, the penalty time of the third player shall not commence until the penalty time of one of the two penalized players has elapsed. Nevertheless, the third player penalized must at once proceed to the penalty bench, but shall be replaced on the surface by a substitute until time as the penalty time of the penalized player shall commence.

(b) When the penalties of the player or players have expired and the penalized team is entitled to more than three players on the surface, the Penalty Timekeeper shall permit the penalized players to return to the surface in the order of the expiry of their penalties.

(c) In cases where Minor penalties are assessed at the same time to more than one player from the same team, those penalties shall be served in order of occurrence.

(d) When a Major Penalty and a Minor Penalty are assessed at the same time against two different players of the same team, the Penalty Timekeeper shall record the Minor as being the first penalty assessed. (See Rule 30(c)).

#### **RULE 41: Calling of Penalties**

(a) If a player on the team in possession of the puck commits an infraction under the rule 29(a), the Referee shall blow their whistle immediately and give the penalty(ies) to the deserving player(s). The resulting face-off shall be where the play was stopped, unless the stoppage occurred in the offending player's attacking zone, in which case the face-off is brought to their defending zone face-off spot.

(b) If a player on the team not in possession of the puck commits an infraction under the rule 29(a), the Referee shall signal the penalty by extending their arm straight up. The Referee shall blow their whistle and stop play immediately when the offending team gains possession and control of the puck.



(Note 1) The play is not considered completed until the offending team gains possession and control of the puck. The resulting face-off shall be where the play was stopped, unless during the period of the delayed penalty call against the side not in possession, the side in possession clearly shoots the puck from its own zone so that it goes out of bounds or is unplayable, then the face-off following the stoppage of play shall take place at the centre face-off spot.

If the penalty to be assessed is a Minor Penalty and a goal is scored on the play by the non-offending side, the Minor Penalty shall not be assessed. But other Minor, Bench Minor, Major, Match and Misconduct penalties shall be assessed in the normal manner, regardless of a goal being scored.

(Note 2) If after the Referee has signalled a penalty, but before the whistle has been blown, a member of the non-offending team shall put the puck in their own net in any manner through no contact by the offending team, the goal shall be allowed and the penalty signalled shall be assessed in the normal manner.

If the Referee signals a minor or bench minor penalty(ies) against a team that is shorthanded by reason of one or more Minor or Bench Minor Penalties, and a goal is scored by the non-offending side before the whistle is blown, the goal shall be allowed and the player who is serving the first minor or bench minor penalty terminate, but if that player had a double minor, no player would return to the surface, while the signalled penalty(ies) shall be assessed and served in the normal manner.

(c) If further infractions are committed by the same offending player, either before or after the Referee blows their whistle, that player shall serve the penalties consecutively.

(d) The Referee has the right to stop play immediately in the case of a Match penalty. The resulting face-off will be where the play was stopped, unless the stoppage occurred in the offending player's attacking zone, in which case the face-off is brought to their defending zone face-off spot.



## **SECTION FIVE - OFFICIALS**

### **RULE 42: Appointment of Officials**

(a) All Referees operating within the jurisdiction of AMRHA shall be affiliated and under the control of the associate league in which they are officiating.

(b) Referees and Off-surface Officials shall be treated with courtesy at all times by players and team officials. Any infraction of this rule will be reported to AMRHA who may assess such suspensions as the infraction warrants.

A Referee shall have full authority and the final decision in all matters under dispute. Their decision shall be final on all questions of fact and not subject to appeal.

Complaints regarding any official's behaviour or professional conduct should be reported to AMRHA office, the Provincial Director of Officiating and Community League Director of Officiating.

### **RULE 43: League Associates**

(a) A League Associate representative or Associate representative must be present at all games.

(b) League and Team officials must be registered with the Associate League, or AMRHA if on surface or on the bench.

### **RULE 44: Referees**

(a) The Referees are the official representatives of the AMRHA, and Member Community Leagues in which the game is being played. They shall be in full control of the players on and off the surface.

All referees should be prepared to work, 15 minutes, prior to the scheduled start time of the game.

Minimum age for an Official under AMRHA is 13. Youth Officials are permitted to work one age category down from their own age (are not permitted to work their



own age or older). Officials 18 & Older will be permitted to work their own age or older provided they have been approved by Provincial Referee-in-Chief.

(b) The Referees shall see that the teams are called to the surface at the appointed time for the commencement of each game, and at the start of each regulation and overtime period. The Referees shall remain on the surface at the conclusion of each period, and any overtime, until the players have proceeded to their dressing rooms.

(c) The Referees shall check the equipment worn by any player when requested to do so by the Manager or Coach of either team through the Captain on the surface.

(d) The Referees shall assess all penalties as prescribed by the rules for infractions thereof.

(e) The Referees shall give the final decision in the matter of disputed goals, after having consulted with the Goal Judge involved.

(f) Before starting the game, the Referees shall see that the appointed Game Timekeeper, Penalty Timekeeper, Official Scorer and Goal Judges are in their respective positions.

(g) The Referees shall announce to the Official Scorer the duration of the penalties and the rule infractions involved, and also to whom the goals and assists are credited.

(h) The Referees shall, when possible, see that players of the opposing teams are separated on the penalty bench to prevent feuding.

(i) After each game, the Referees shall check and sign the Official Game Report and return it to the Official Scorer.

(j) Should an official accidentally leave the surface, or receive an injury which would affect their duties while play is in progress, the play shall be stopped.



(k) If for whatever reason, the Referees appointed are prevented from appearing, a League Associate representative shall appoint replacements who shall act as the Referees.

Note: if a league associate representative is not present the designated team captains will act as referees.

(l) If the regularly appointed officials appear during the progress at the game, they shall replace the temporary officials immediately.

(m) The Referees in charge shall be thoroughly disinterested parties.

(n) While on the surface, all Referees shall be garbed in black trousers, a AMRHA Official Referee sweater with a AMRHA Officials crest attached, and wear a black CSA certified hockey helmet (all officials should wear proper protective equipment). Officials 17 yrs old and younger must wear a half visor. Helmets shall be removed during the playing of the national anthem(s).

(o) Referees are required to report on the back of the Official Game Sheet, all Match, Gross Misconduct and Game Misconduct penalties, immediately following the game and forward to league convener. (Match Penalties on officials reported to AMRHA).

(p) Referees shall check the goal and nets before the start of the game and at the end of each period. The Referees shall check the goal lights, timing devise, and surface markings. If the surface markings are not in accordance with AMRHA, it must be reported to the member league's officials.

The official method of refereeing in an AMRHA hockey game is with a two man system.

#### **RULE 45: Goal Judges**

(a) There shall be one Goal Judge behind each goal, when available. The Goal Judges shall not be members of either competing team, nor shall they be replaced during the progress of the game, unless it becomes apparent that either Goal



Judge, on the account of partisanship or any other cause, is guilty of giving unjust decisions. In such cases, the Referees in charge may appoint another Goal Judge to act in her place.

(b) Each Goal Judge shall be stationed in the designated area behind each goal for the duration of the game, and she shall not change ends at any time after the game begins. Their jurisdiction is limited to that game only.

(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 and entirely over the goal line. Their decision will simply be “goal” or “no goal”. Referee will have final decision.

#### **RULE 46: Penalty Timekeeper**

(a) The Penalty Timekeeper shall keep the time served by each penalized player during the game and, upon request, inform the penalized player as to the unfinished time of their penalty.

(b) If a player leaves the penalty bench before their time has expired, the Penalty Timekeeper shall note the time and signal that to the Referee, who will stop the play as soon as possible.

(c) Where public address systems are used, the Penalty Timekeeper shall announce or have announced the name of each penalized player, the nature of the offense and the time the penalty was assessed.

#### **RULE 47: Official Scorer**

(a) The Official Scorer shall enter on the “Official Game Sheet” a correct record of the goals scored, by whom they were scored and to whom assists, if any, are to be credited. He shall also keep a correct record of all penalties assessed, stating the names and numbers of the penalized players, the duration of the penalty, the infraction, and the time when the penalties were assessed.

(b) The Official Scorer shall request that all Affiliated Players (AP) dressed for the game, be designated on the Official Game Report by the use of the symbols “AP” after their name (in a similar manner to that used to designate the Captain and



Alternate Captains). They shall be players not signed to a regular card of the club with which they are playing.

(c) At the completion of each game, the Official Scorer shall sign the Official Game Report, and then have the Referees sign it. They shall then forward the Game Report to the league convener.

(d) Prior to the start of the game, the Official Scorer shall obtain from the Manager or Coach of each team their complete line-ups, verified and signed by the TEAM OFFICIAL IN CHARGE. The Captain and Alternate Captains of each team shall be duly noted on the Official Game Report.

(e) The Official Scorer shall submit the complete line-up of the competing teams to the Referees, prior to the start of the game and shall draw to their attention any case which he feels does not comply with the rules.

(f) The Official Scorer shall advise the Referees when the same player has received their second Misconduct Penalty or their fourth penalty during the same game.

(g) Where a public address system is in use, the Official Scorer shall announce, or have announced, immediately following the scoring of each goal, the name of the player who scored the goal and the name of the player who received an assist.

#### **RULE 48: Game Timekeeper**

(a) The Game Timekeeper shall record the start and finish time of each game and all actual playing time during the game

(b) The Game Timekeeper shall signal the Referees for the commencement of the game, the start of the second period and for each overtime period.

If the rink is not equipped with an automatic sound device, or if this equipment should fail to operate, the Game Timekeeper shall, by means of a siren or whistle, signal the end of each period, each overtime period and the end of the game.



(c) The Game Timekeeper shall announce or have announced when ONE MINUTE of actual playing time remains in each regulation half or overtime period.

(d) In the event of any dispute regarding time, the matter shall be referred to the Referees in charge and their decision shall be final.



## **SECTION SIX - PLAYING RULES**

### **RULE 49: Abuse of Officials, Unsportsmanlike Conduct/Misconduct**

Team officials shall be responsible for their conduct and that of their players at all times. They must endeavour to prevent disorderly conduct before, during or after the game, on or off the surface and any place in the rink or arena area. The Referee may assess penalties to any of the above team officials for failure to do so and shall report full details of the incident to League Governor.

(a) A Minor Penalty shall be assessed to any player or team official who challenges or disputes the rulings of any official during the game or who displays unsportsmanlike conduct. If the person persists, he shall be assessed a Misconduct Penalty and any further disputes will result in a Game Ejection and or Game Misconduct Penalty being assessed to the offending person.

A Referee is not required to assess a Minor Penalty under this rule before assessing the Misconduct Penalty, Game Ejection and or Game Misconduct Penalty, but may assess either of these penalties initially.

(b) A Misconduct Penalty shall be assessed on any player who:

- 1) Uses obscene, profane or abusive language or gestures to any person.
- 2) Persists in disputing or shows disrespect for the ruling of any official.
- 3) Intentionally knocks or shoots the puck out of reach of an official who is retrieving it. A player who, after receiving a Misconduct Penalty, persists in any of the actions of (b) above, shall be assessed a Game Ejection Penalty and or Game Misconduct.

(c) If the Referee is unable to identify the person responsible for the use of obscene, profane or abusive language, a Bench Minor Penalty shall be assessed the offending team.



(d) A Misconduct Penalty shall be assessed any player who does not proceed immediately and directly to the penalty bench when he has been penalized. Where the penalized player causes any delay by returning for her equipment (gloves, sticks, etc...), the Misconduct Penalty shall apply. The equipment shall be delivered to them on the penalty bench by a player of their team on the surface at the time of the infraction.

(Note) It shall be necessary to place a substitute player on the penalty bench. Such substitute may return to the surface as soon as the Misconduct Penalty to the offending player commences.

(e) A Misconduct Penalty shall be assessed any player who, after one warning by the Referee, persists in any course of conduct (including threatening and abusive language or gestures or similar actions) designed to incite an opponent into incurring a penalty.

(f) A Misconduct Penalty shall be assessed any player or players who, except for taking their position on the penalty bench, enters or remains in the Referees' crease while the Referee is reporting to or consulting with any game official, including the Timekeeper, Penalty Timekeeper, Official Scorer or Announcer.

(g) Where a team official has been assessed a Game Misconduct Penalty under this rule, the Referee shall report the individual in full details to the League Governor who may assess further penalties.

(h) A Bench Minor Penalty shall be assessed a team where any player or team official on the bench bangs the boards or surface with a stick or any other object in protest of an official's ruling. Or in the case of overzealous celebrations, creating travesty of game through poor sportsmanship.

(Note) When the penalty is assessed against a player on the penalty bench, another player must serve the Bench Minor Penalty.

(i) When the player on the surface commits the infraction described in (h), the Unsportsmanlike Conduct Penalty shall be assessed.



### **RULE 50: Adjustment to Clothing and Equipment**

(a) A player shall not be allowed to request a stoppage of time to adjust clothing or equipment. If adjustments are required, the player retires to the bench and is substituted with another player. The goalie may receive time to adjust padding without being substituted only when there is a stoppage of play.

(b) If a player requests a stoppage in play for whatever reason, the stoppage shall be noted as his/her team's one minute time out. If the team has already used its time out, the Referee shall not permit the stoppage. Persistence or excessive delay to continue play can result in a Delay of Game Penalty being called.

### **RULE 51: Attempt to Injure or Deliberate Injury**

(a) A Match Penalty shall be assessed any player or team official who deliberately attempts to or deliberately injures an opponent, official, team official or spectator in any manner.

A Match penalty shall be assessed any player or team official who head-butts or attempts to head-butt an opponent with force or who injures an opponent with this action. A Double Minor penalty may be assessed any player or team official who head-butts or attempts to head-butt an opponent but no injury results.

A player who attempts to kick or deliberately kicks an opponent shall be assessed a Double Minor Penalty or Match Penalty.

(b) A player who pulls an opponent's hair or who grabs the facial protector, helmet, or chin strap of an opponent and uses this to gain an advantage or to inflict punishment or injury shall be assessed a Double Minor, Major or Match Penalty.

A player who grabs an opponent's hair, facial protector, helmet or chin strap, but does not use it to gain an advantage or to inflict punishment or injury shall be assessed a Double Minor Penalty.

A Match Penalty shall be assessed any player who uses their facial Protector as a weapon.



(c) A Match Penalty shall be assessed any player or team official who deliberately butt-ends or deliberately attempts to butt-end an opponent by jabbing her forcefully with the butt-end of the stick, or who injures an opponent by any butt-ending action.

At the discretion of the referee, a Double Minor penalty, Major or Match Penalty shall be assessed to any player or team official who attempts to butt-end an opponent with the butt-end of their stick.

A Minor penalty shall be assessed to any player who uses the shaft of the stick above the upper hand to hold or hook an opponent.

(d) A Match Penalty shall be assessed any player or team official who deliberately spears or deliberately attempts to spear an opponent by jabbing them forcefully with the toe of the blade of the stick, or who injures an opponent by any spearing action. A Double Minor Penalty or Major Penalty for spearing shall be assessed any player or team official who pokes or jabs or attempts to jab an opposing player with the toe of the blade of the stick.

#### **RULE 52: Body checking**

(a) Accidental or incidental contact is permitted. It will be at the Referee's discretion if any body contact between two players is deemed intentional and warrants a penalty. Battling for the puck with stick down (attempting to play the puck) and using body positioning to gain advantage is not deemed illegal body contact.

(b) In Inline Hockey no intentional body checking is allowed. A Double Minor Penalty or Major Penalty plus a Game Misconduct Penalty are to be imposed on a player who intentionally body checks an opponent.

#### **RULE 53: Broken Stick**

(a) A player without a stick may participate in the game

(b) But he must drop the broken portion or receive a Minor Penalty.



(c) A player may receive another stick only if it has been handed to them from a teammate or from the player's bench.

A player may not receive a stick which has been thrown to them. Any player throwing a stick onto the playing surface from the player's bench or penalty bench, a bench minor shall be assessed. If that player is identified then a Game Ejection shall also be assessed.

#### **RULE 54: Charging**

(a) A Major Penalty and a Game Misconduct or Match Penalty shall be assessed any player who runs or jumps into or charges an opponent.

(Note) If more than 2 steps or strides are taken, it shall be considered a charge.

(b) A Major Penalty and a Game Ejection Penalty or Match Penalty shall be assessed any player who charges a goaltender while the goaltender is within their crease or who injures an opponent as a result of a charge.

(Note) A goaltender is not "fair game" just because he is outside the goal crease area. A penalty for interference (Minor Penalty or Major Penalty and Game Misconduct Penalty) shall be called where an opposing player makes unnecessary contact with a goaltender. Likewise, Referees should be alert to penalize goaltenders for tripping, slashing, or spearing in the vicinity of the goal.

#### **RULE 55: Checking From Behind**

(a) A Major Penalty plus Game Misconduct or Match Penalty shall be assessed any player who intentionally pushes, body-checks, or hits an opposing player from behind, anywhere on the surface.

(b) Where a player is high-sticked, crosschecked, body-checked, pushed, hit or propelled in any manner from behind in to the boards or goal net, in such a way that the player is unable to protect or defend themselves, a Major plus a Game Misconduct or Match Penalty can be assessed.



(Note) Referees are instructed not to substitute other penalties when player is checked from behind in any manner. This rule must be strictly enforced.

**RULE 56: Crosschecking**

(a) A Minor Penalty, a Major Penalty plus a Game Misconduct or Match Penalty, at the referee's discretion shall be assessed any player who crosschecks an opponent

(b) Any player who strikes an opponent above the normal height of their shoulders with a crosscheck shall incur a Major Penalty and a Game Misconduct Penalty or Match Penalty, whether or not injury results.

(c) A Major Penalty and a Game Misconduct Penalty or Match Penalty shall be assessed any player who crosschecks a goaltender while he is in their crease, or who injures an opponent as a result of a crosscheck.

**RULE 57: Delay of Game**

(a) A Bench Minor Penalty shall be assessed a team which, in the opinion of the Referee, is deliberately delaying the game in any manner.

A Minor Penalty shall be assessed to any goaltender that shoots or bats the puck out of the playing surface with their stick.

(Note 1) When the goaltender shoots the puck directly out of the playing surface where there is no glass, such as at the players' bench or penalty bench, or if the puck touches the glass or deflects off a player or official, no penalty shall be assessed.

(Note 2) This penalty will also be assessed to any other player or goalie that shoots the puck out of the playing surface with their stick during the stoppage of play.

(Note 3) Referees must be strict in enforcing the rules where a team is deliberately stalling, freezing the puck, shooting the puck out of the playing surface, thereby forcing a face-off.



(b) Any player who leaves his/her players' bench to deliver instructions to their teammates and does not remain on the surface as a substitute will be assessed a Minor Penalty.

(c) Any deliberate action by a defending player including the goalie, in their defending zone, which results in the goal net, being knocked from its position, shall constitute an act of deliberate delay of game.

If this action occurs in the last two minutes of regular playing time, a Penalty Shot shall be awarded against the offending team and the Minor Penalty shall not be served.

(d) A Penalty Shot shall be awarded should the goalie by deliberate action dislodge the goal net from its position when a player is on a breakaway on the opponents' side of the centre red line.

(e) If in the last two minutes of regular playing time, a team is penalized for any of the following infractions, a Penalty Shot shall be awarded against the offending team: Deliberate Illegal Substitution; Protective Equipment; Deliberately Knocking the Goal Net from its Position; Refusing to Start Play.

(Note) In overtime, a Minor Penalty shall be assessed under this rule, except in the case of Rule 79(a) Refusing to Start Play, in which case a Major Penalty and a Game Ejection shall be assessed to the coach of the offending team.

(f) A Bench Minor Penalty shall be imposed upon any team which, after a warning by the Referee, fails to place the correct number of players on the surface and commence play.

#### **RULE 58: Elbowing, Kneeing and Slew Footing**

(a) A Minor Penalty, a Major Penalty plus a Game Misconduct Penalty, or Match Penalty at the referee's discretion, shall be assessed any player who fouls an opponent in any manner with their elbow, knee, or with a slew foot.



(b) A Major Penalty and Game Misconduct Penalty or Match Penalty shall be assessed any player who injures an opponent by elbowing or kneeling.

(c) A Major Penalty and Game Misconduct Penalty or Match Penalty shall be assessed any player who injures an opponent by slew footing.

### **RULE 59: Face-offs**

(a) A face-off shall take place when the Referee drops the puck on the surface between the sticks of the players facing-off.

The players taking the face-off shall stand squarely facing their opponents' end of the rink, approximately one stick length apart with the full blade of the sticks flat on the surface. All other players on both teams must be at least 15 ft. from the players taking the face-off and they must be on-side.

When the face-off takes place at any of the face-off spots in the end zones, the players taking part in the face-off shall take their positions so that they will stand squarely facing their opponents' end of the rink. The sticks of both players facing off shall have the toe of the blade touching within the designated white area and the player of the Visiting Team shall place her stick within the designated white area first. All other players on the surface must position themselves and their sticks on side.

If a player, other than the player taking the face-off, moves offside, makes physical contact with an opponent or encroaches on the face-off circle prior to the dropping of the puck, then the offending team's player taking the face-off shall be ejected from the face-off.

(b) In the conduct of a face-off anywhere on the playing surface, no player facing-off shall make any physical contact with her opponent's body by means of her own body or by his stick, except in the course of playing the puck, after the face-off has been completed.

For a violation of this rule, the Referee shall assess a Minor Penalty or penalties on the player(s) whose action(s) caused the physical contact.



(c) If a player facing-off fails to take their proper position immediately when directed by the Referee, the official may order them replaced at the face-off by any player on the surface.

No substitution of players shall be permitted until the face-off has been completed and play has resumed, except when a penalty is imposed which will make a team short-handed.

(d) A team committing a second violation of any of the provisions of Section (a) during the same face-off may be assessed a Minor Penalty for “face-off violation” by the Referee.

(e) When a stoppage of play has been caused by an attacking player in their attacking zone, the ensuing face-off shall be at the centre face-off spot, unless otherwise stated in the rules.

(Note 1) This includes a stoppage of play caused by a player of the attacking side shooting the puck on the back of the defending team’s net without any intervening action by the defending team.

(Note 2) A face-off commences when the Referee gets in position to drop the puck.

(f) When an infringement of any kind has been committed by players of both teams, the ensuing face-off shall take place at the nearest face-off dot, unless otherwise stated in the rules.

(g) All face-offs shall be conducted at the designated face-off spots as dictated by reason for the stoppage of play.

When a stoppage of play occurs between the end zone face-off spots and the nearest end of the rink, the face-off shall be at the nearest end zone face-off spot, unless otherwise stated in the rules.



(h) When any stoppage of play in the end zone is caused by the goaltender, the ensuing face-off shall take place at either end zone face-off spot regardless of the location of the puck when play was stopped.

(i) When a goal is illegally scored as a result of the puck being deflected off the Referee directly into the net, the face-off position will be decided as follows:

1) If the defending team was in possession of the puck, the face-off shall be at either end zone face-off spot in that zone.

2) If the attacking team was in possession of the puck, the face-off shall be at the centre face-off spot.

(j) When one or both defensemen, point players or any player coming from the players' or penalty bench of the attacking team, enter deeply into the attacking zone (the top of the circle being the limit) when a gathering is taking place following a stoppage of play, the ensuing face-off shall take place at the attacking teams defensive zone face-off spot.

#### **RULE 60: Falling on the Puck**

(a) A Minor Penalty shall be assessed any player except a goalie, who deliberately falls on or gathers the puck into their body by any means, while standing or lying on the surface.

(b) A Minor Penalty shall be assessed any goalie who deliberately falls on or gathers the puck into their body or holds or places the puck against any part of the goal, or the boards, when the puck is behind the goal line and the goalie's body is entirely outside the boundaries of their own goal crease area.

(c) A Penalty shot shall be awarded against the offending team when a defending player (except the goalie) deliberately falls on the puck, holds or gathers the puck into their body in any manner, or picks up the puck with their hands, while the puck is within their goal crease.

No other penalty shall be assessed.



(Note 1) If the goalie has been removed, he may return to the surface for the Penalty Shot.

(Note 2) This rule shall be interpreted so that a Penalty Shot will be awarded only when the puck is in the crease at the instant the offense occurs. However, in cases where the puck is outside the crease, Rule 60(a) may still apply and a Minor Penalty may be imposed, even though no Penalty Shot is awarded.

### **RULE 61: Fighting and Roughing**

(a) A Major Penalty plus a Game Misconduct Penalty or Match Penalty shall be assessed any player who fights.

- 1) A player who is identified by the Referee as being the instigator or the aggressor in a fight shall be assessed a Minor Penalty in addition to any other penalties he may incur.
- 2) A Minor Penalty shall be assessed any player who, having been struck, shall retaliate with a blow or attempted blow. Should such a player continue to retaliate, he shall be assessed a Double Minor Penalty or Major Penalty plus a Game Misconduct Penalty.
- 3) Any player who does not retaliate after being struck will not be assessed a penalty under this section, but may be assessed a penalty for a violation of other rules.
- 4) Any player wearing a ring or rings, tape or any other material on their hands, who becomes involved in a fight and who uses such to gain an advantage or to inflict punishment and/or injury, shall be assessed a Match Penalty in addition to any other penalties he may incur.

(Note 1) The foregoing sections shall also apply to goaltenders.

5) When a fight occurs, all other players except the goaltender shall immediately retire to the front of their respective benches or to a neutral zone designated by the Referee and remain there until the Referee calls them back to resume play.



The goaltenders must stay in their goal creases or proceed to the designated area by the Referee. Any player(s) refusing to do so after being instructed by the Referee shall be assessed a Game Ejection Penalty, plus any other penalty he may incur.

(b) A Minor, Double Minor or Major Penalty plus a Game Misconduct Penalty shall be assessed any player who, in the Referee's judgment, is guilty of unnecessary rough play. If injury results from an infraction of this rule, a Major Penalty plus a Game Misconduct Penalty or Match Penalty shall be assessed.

(c) A Major Penalty plus a Game Misconduct Penalty or Match Penalty shall be assessed any player who is involved in fighting with another player off the playing surface.

(d) Any player or team official who becomes involved in a fight with a team official shall be assessed a Gross Misconduct Penalty. This does not eliminate the possibility of further penalties being assessed for such an infraction.

(e) A Minor Penalty, Double Minor, Major Penalty plus a Game Misconduct or Match Penalty, shall be assessed any player who makes deliberate physical contact with an opponent after the whistle.

(f) Any player joining a fight, acting clearly as a peacemaker and not causing an advantage for either opponent and does not become involved in any other infractions may be penalized at the Referee's discretion. However, this same peacemaker may be assessed a Game Misconduct for taking part in another fight during the same stoppage of play, plus any other penalty the offender incurs under the rules.

#### **RULE 62: Goal and Assists**

It is the responsibility of the Referee to award goals and assist, and their decision in this manner is final.



- (a) A goal shall be scored when the puck has legally passed between the goal posts by a player from in front, and below the crossbar and the puck entirely crosses the line drawn or imaginary between the two goal posts.
- (b) A goal shall be scored if a player from the defending team, in anyway, puts or deflects the puck into their own net. The last player who touches the puck from the attacking team shall be awarded the goal but no assist will be awarded.
- (c) A goal shall be allowed from a deflection off an attacking player, including their skate.
- (d) If an attacking player kicks the puck directly into the net or deflects off another player including the goalie, the goal will not be awarded.
- (e) If a goal is scored from deflecting a puck off a Referee, it shall not be allowed.
- (f) A goal may be scored contacting the puck above the playing surface, with the player's stick providing it is below the height of the cross bar and/or shoulders, or whichever is lower.
- (g) When a goal is scored an assist shall be awarded to the player taking part in the play immediately preceding the goal. No more than two assist can be given per goal. Each goal and assist, so credited, shall count as one point on the player's record.

**RULE 63: Handling the puck**

(a) Play shall immediately be stopped and a Minor Penalty shall be assessed any player except a goalie who closes their hand on the puck and, while so doing, gains an advantage on their opponents.

When a player simply closes their hand on the puck and immediately drops it to the surface, without gaining or attempting to gain an advantage by this action, play shall be allowed to continue.

(b) A Minor Penalty shall be assessed a goalie who deliberately holds the puck and in the opinion of the Referee, is causing an unnecessary stoppage in play.



(Note) Where the puck is thrown towards an opponent's goal by the goalie and it is received by an opponent, the Referee shall allow play to continue. However if a teammate receives the puck, play shall be stopped.

(c) A Minor Penalty shall be assessed any player (except the goalie) who, while play is in progress, picks up the puck with their hand.

If a player of the defending team (except the goalie) picks up the puck from the surface while it is in their team's goal crease, the play shall be stopped and a penalty shot shall be awarded to the non-offending team.

(d) A player shall be permitted to stop or "bat" a puck in the air with their open hand, or to push it along the surface with their hand and play shall not be stopped, unless the player has directed the puck to a teammate in the attacking zone. When this occurs play shall be stopped and the puck faced-off at the spot where the offense occurred, unless the offending team gains a territorial advantage, then the face-off shall be where the stoppage of play occurred, unless otherwise covered in the rules. Play shall not be stopped for any hand pass by players in their own defending zone.

(e) The puck may not be batted with the hand by an attacking player directly into the goal. A goal shall not be allowed when the puck has been batted with the hand by an attacking player, and is deflected into the goal off a defending or attacking player or the goalie.

#### **RULE 64: High Sticks**

(a) The carrying of sticks above the normal height of the shoulders of the opponent is prohibited. A Minor Penalty or Major Penalty and a Game Misconduct at the referee's discretion shall be assessed any player who checks or intimidates an opponent while carrying their stick above the waist of their opponent. If injury results, a Major Penalty plus Game Misconduct Penalty or Match shall be assessed.

(b) A player who contacts an opponent above the normal height of their shoulders with a high stick shall be assessed a Minor Penalty or Major Penalty plus a Game Misconduct Penalty at the discretion of the Referee. If injury results,



a Major Penalty plus a Game Misconduct Penalty or Match Penalty shall be assessed.

(c) A Match Penalty shall be assessed any player who deliberately attempts to injure or deliberately injures an opponent with a high stick.

(d) Contacting the puck above the normal height of their shoulders with the stick is prohibited and when it occurs, play shall be stopped and the ensuing face-off shall be at the spot where the offence occurred, unless:

(1) a player of the non-offending team obtains possession and control of the puck, in which case play shall continue;

(2) a player of the offending side shall bat the puck into own net, in which case the goal shall be allowed;

(3) the offending team gains a territorial advantage, then the face-off shall be where the stoppage of play occurred, unless otherwise stated in the rules.

(e) A goal scored from a high stick shall not be allowed, except when such a goal is scored by a player of the defending team in to their own goal.

#### **RULE 65: Holding**

(a) A Minor Penalty shall be assessed any player who holds an opponent with their hands, stick or in any other manner. If the penalty assessed is for holding the stick, a Minor Penalty for “holding the stick” shall be recorded and announced.

(b) A Major Penalty and Game Misconduct shall be assessed any player who injures an opponent by holding.

#### **RULE 66: Hooking**

(a) A Minor Penalty shall be assessed any player who impedes or seeks to impede the progress, of an opponent by hooking.



(b) A Major Penalty and a Game Misconduct shall be assessed any player who injures an opponent by “hooking”.

#### **RULE 67: Clearing the Puck**

(a) Clearing (icing) of the puck is allowed for Inline hockey under AMRHA Rules.

#### **RULE 68: Interference**

(a) It is a violation of the rules to interfere with or impede the progress of an opponent who is not in possession of the puck. A Minor Penalty or Major Penalty plus a Game Misconduct shall be assessed any player who interferes with an opponent. If injury results a Major Penalty plus a Game Misconduct shall be assessed. Incidental body contact will be permitted. All judgments in this case will be at the Referee’s discretion.

(Note 1) Often it is the action and movement of the attacking player which causes the interference since defending players are allowed to stand ground.

(Note 2) Occasionally players of poor skating ability may create the appearance of interference. A Referee should only call a penalty for deliberate interference such as:

1. When the defending team secures possession of the puck in its own end and the other players of his/her team run aggressive interference for the player by creating a protective screen limiting access to the opposition. A two minute penalty of an on surface player will be assessed.
2. When a player facing off deliberately obstructs their opponent after the face-off when the opponent does not have possession.
3. When the puck carrier makes a drop pass and follows through as to “take their opponent out” of the play opening the way for the puck carrier.

#### **RULE 69: Interference by Spectators**

(a) The Referee shall stop play if a player is being held or interfered with by a spectator, unless that player’s team is in possession of the puck and in scoring



position at the time. In this case, play shall be allowed to be completed before the stoppage. In either case, the face-off shall be where the stoppage took place, unless otherwise stated in the rules. The spectator shall be removed from the arena if it was deliberate.

(b) The Referee shall stop play if any objects are thrown on the playing surface which interferes with the progress of the play. When the play resumes, the face-off shall be where the stoppage took place, unless otherwise stated in the rules.

#### **RULE 70: Kick Shot**

(a) A Minor Penalty shall be assessed to any player, except a goaltender, who uses a kick shot.

#### **RULE 71: Kicking the Puck**

(a) Kicking the puck with your skate shall be permitted in all zones. However, a goal will not be counted if it is kicked in or kicked in deflecting off any player, including the goalie.

#### **RULE 72: Leaving the Players' or Penalty Bench**

(a) A Double Minor Penalty and Game Misconduct plus any other penalties they occur may be imposed on the player of the team who was the first to leave the players' or penalty bench during a fight or for the purposes of starting a fight. Any subsequent player who leaves the players' or penalty bench during a fight or for the purposes of starting a fight may be assessed a Game Misconduct penalty plus any other penalties they occur.

(Note 1) There is no maximum of players per team that may be assessed Game Misconduct for violations of Sections (a) of this rule during the stoppage of play.

(Note 2) Where one team has been clearly identified as the first to leave the bench, then in this situation an Official Report must be filed by the Officials with the League Governor for further suspensions. The players first leaving the benches should be clearly outlined in the report.



(Note 3) Referees must record in detail, on the Official Game Sheet, any bench clearing incidents.

(c) A penalized player may not leave the penalty bench (whether or not play is in progress), except at the end of the period or on the expiration of their penalty. A Minor Penalty shall be assessed for a violation of this rule, including the situations dealt with under Sections (a) of this rule. However, in the case of a player returning to the surface before their time has expired through an error of the penalty timekeeper, they are to serve only their unexpired time.

(d) When a player on a breakaway on the opponents' side of the centre line is interfered with by a player of the opposing team who shall have illegally entered the game, or by a player or team official on the players' or penalty bench the Referee shall award a penalty shot to the non-offending team.

(e) Any team official who gets on the surface after the start of the game, without the permission of the Referee, shall be assessed a Game Ejection Penalty and ordered to the dressing room for the remainder of the game. The Referee shall submit a report in full detail to the League Governor, who may assess further penalties.

(f) If a penalized player returns to the surface from the penalty bench before their Penalty has expired, (either by their own error or the error of the Penalty Timekeeper), any goal scored by their own team while he is illegally on the surface shall not be allowed. All Penalties assessed either team shall be served as regular Penalties.

### **RULE 73: Physical Abuse of Officials**

(a) Any player or team official who intentionally touches, holds, or pushes; deliberately strikes, trips or body checks; threatens or attempts to strike a Referee, or any official; before, during or after a game shall be assessed a Match Penalty and shall be reported to AMRHA by the referee.

### **RULE 74: Off-Sides**

(a) There are no off-sides for in-line hockey, under AMRHA playing rules.



#### **RULE 75: Passes and Offside Passes**

(a) There are no off-side passes for in-line hockey, under AMRHA playing rules.

#### **RULE 76: Puck must be kept in Motion**

(a) Except to carry the puck behind their net, a team in possession of the puck in its own defending zone must attempt to advance the puck towards the opposing goal, except if he is prevented from so doing by players of the opposing side. A team with a man advantage should move the puck forward without any reasonable delay (referee discretion). A team that is short-handed will be permitted to stand behind their own net without moving forward providing the player is not creating a travesty of the game or inciting poor sportsmanship.

#### **RULE 77: Puck Out of Bounds or Out of Play**

(a) When the puck goes outside the playing area it shall be considered “out of play” and faced off at the nearest face-off spot at which it left the playing surface.

(b) When a puck becomes lodged in the netting and is unplayable, or if it is frozen between opposing players, unintentional or otherwise, the Referee will blow their whistle and face-off at the nearest face-off spot.

(c) A Minor Penalty shall be imposed on a goalkeeper who deliberately drops the puck on the goal netting to cause stoppage of play.

#### **RULE 78: Puck Out of Sight**

(a) If the puck goes out of sight or view of the Referee, he will stop play by blowing their whistle and a face-off will occur at the nearest face-off spot.

#### **RULE 79: Puck Striking Official**

(a) Play shall not be stopped because the puck touches one of the Referees anywhere on the rink, even if one team is shorthanded.

(NOTE) It is recommended that the Referees, in the interest of time, shall always carry two pucks.



### **RULE 80: Refusing to Start Play**

(a) If a team is withdrawn from the surface and fails to return and start play, or if being on the surface, fails to start play within TWO MINUTES after being ordered to do so by the Referee, the game or series shall be suspended. The team officials and or players of the team which are responsible for any of these actions may be suspended for one year or more from the date of the infraction. If a team after being ordered to return, does return to start play, then a Major Penalty plus a Game Misconduct Penalty may be assessed for delay of game.

If this infraction occurs in the last two minutes of regular playing time, a penalty shot (in addition to the major penalty plus Game Misconduct Penalty) shall be awarded against the offending team, as stated in the delay of game rules.

(b) The commencement of the two-minute warning and the reason for such warning shall be announced over the public address system, on the instructions of the Referee.

(c) If a team is withdrawn from the surface or fails to go on the surface or being on the surface, fails to start play a SECOND TIME within the same game after being ordered to do so by the Referee, the two minute allowance shall not be granted and the game will be officially suspended. The team officials and/or players of the team which are responsible for any of these actions may be suspended for 1) next tournament 2) Championship Events 3) Possible one year or more from the date of the infraction.

(Note) Should the offending team be on the surface the order shall be given in person by the Referee. If the offending team is not on the surface, the Timekeeper, on the instruction of the Referee, will convey the order to the offending team. The order may be given to any player or team official of the offending team.

(d) If a team fails to present itself at the time and place appointed to play any game, the game shall be awarded to the opposing team, unless such failure is caused by an unavoidable accident or unforeseen contingency.

The team official and/or players responsible for any of these actions shall be reported to AMRHA by the Referee, giving full details of the incident.



(e) A player or team official who refuses to leave the bench, after he has been assessed a Game Ejection Penalty, Game Misconduct Penalty, Gross Misconduct Penalty or Match Penalty may be suspended for up to one year or more from the date of the infraction.

### **RULE 81: Slashing**

(a) A Minor Penalty or Major Penalty and a Game Misconduct or Match Penalty, at the discretion of the Referee, shall be assessed any player who impedes or seeks to impede the progress of an opponent by “slashing” with their stick.

(b) A Major Penalty and a Game Misconduct Penalty or Match Penalty will be assessed to any player who injures an opponent with a “slash”.

(c) A “slashing” Penalty shall be assessed any player who swings their stick at an opponent (whether out of range or not) without actually striking the player, or who, on the pretext of playing the puck, makes a wild swing at the puck with the object of intimidating their opponent.

(d) A Match Penalty shall be assessed any player who deliberately attempts to or deliberately injures an opponent with a slash.

### **RULE 82: Spitting**

(a) A Match Penalty shall be assessed any player or team official who deliberately spits on or at anyone.

### **RULE 83: Start of Game and Periods**

(a) The game shall commence at the time scheduled (teams should be prepared to start 15 minutes earlier than scheduled for any tournament play) by a face-off in the centre of the rink. It shall be renewed promptly at the conclusion of each intermission in the same manner. No delay shall be permitted by reason of any ceremony, exhibition, demonstration or presentation, unless consented to reasonably in advance by the visiting team.



(b) To start the game, at the beginning of each period (including any overtime periods) and following the scoring of a goal, the Referee shall conduct a face-off at the centre face-off spot.

(c) At the beginning of each period, only the players taking part in the actual face-off shall be allowed on the surface. All other players not taking part in the face-off shall go directly to their benches. For an infraction of this rule, a Bench Minor Penalty for delay of game shall be assessed the offending team.

(d) At the end of each period, all players must remain on their respective players' or penalty bench until directed off by the Referees. The visiting team shall leave the surface first, unless otherwise directed by the Referees. Failure to comply shall result in a Bench Minor Penalty.

#### **RULE 84: Throwing Stick**

(a) Where a player deliberately throws their stick at the puck or puck carrier in their defending zone and a goal is NOT scored, a Penalty Shot shall be awarded to the attacking team.

(b) A Minor Penalty shall be assessed for throwing a stick except when a Penalty Shot is assessed or a Goal is scored.

#### **RULE 85: Tied Games**

If at the end of regulation time of Round Robin game, the score remains tied, each team will be awarded one point in the standings (AMRHA Tournament Rules); Community Leagues are permitted to alter this rule for Tied Games for their own leagues, provided it is clearly stated in writing prior to contest.

(a) In the event of overtime being played, the format is the following:

1. A series of 10 minute sudden victory overtime periods, in which teams will not change ends at the conclusion of each. Each overtime period will be followed by a 2 min. break.
2. The overtime periods are considered part of the game and all unexpired penalties remain in effect.



### **RULE 86: Time of Match**

(a) The match will consist of two equal halves, including a 5 minute warm-up. The following options are allowed:

(b) Two 22 minute running time halves with a five minute rest period between halves. This is recommended for community league play only and not for tournament play.

**Or**

(c) Two 12 - 18 minute stop time halves with a 5 minute rest period between halves. Straight time is recommended where there is no visible game time clock. Stop time for all National, Provincial Championships, or Regional Qualifiers.

### **RULE 87: Time-out**

a) Each team will be allowed a 1 minute time out to be used during regulation time only.

### **RULE 88: Tripping**

(a) A Minor Penalty, Major Penalty plus a Game Misconduct Penalty or Match Penalty at the referee's discretion shall be assessed any player who uses their stick, knee, hand, foot, arm or elbow in any manner or falls or slides along the surface directly in the path of the puck, causing the puck carrier to trip and lose possession of the puck, a penalty shall be assessed. If injury results, a Major Penalty plus Game Misconduct Penalty or Match Penalty may be assessed.

(Note) If a player in the process of falling or sliding along surface, hits or knocks the puck from the opponent's stick prior to making actual body contact, the tripping action shall be ignored.



**RULE 89: In the Goal Crease**

(a) Provided the attacking player does not interfere with the goaltender of the opposing team, a goal will be allowed if the attacking player is in the goal crease area, when the puck crosses the goal line.

(b) If the attacking player is pushed into the goal crease by the defending team the goal will be allowed.

(c) Any attacking player, while having possession of the puck and attempting to score may enter the crease with the puck.



## **SECTION SEVEN - FOR THE GOOD OF THE GAME**

### **AMRHA Credo**

- We will respect all players, coaches, parents and volunteers.
- We will respect the rules of the game and officials.
- We will provide equal opportunity for everyone.
- We will strive to learn and improve.
- We will have Fun!

“Honour the Game”

### **Officials Pledge**

As an Official Representing AMRHA and assigned to enforce the Rules of the game:

- I promise to create a fair environment for which all players can compete.
- I promise to create an environment that is safe for all participants.
- I promise to communicate with and respect all coaches.
- I promise to communicate with and respect all players.

“Honour the Game”

### **Coaching Creed**

Be a resourceful person able to assist the athlete to develop their athletic potential and self-dependency.

Recognize individual differences in athletes and always think of the athlete’s long-term best interest. Aim for excellence based upon realistic goals and the athlete’s growth and development.

Lead by example. Teach and practice cooperation, self-discipline, respect for officials and opponents and proper attitudes in language, dress and deportment. Make sport challenging and fun. Skills and techniques need not be learned painfully. Be honest and consistent with athletes. They appreciate knowing where they stand. Be prepared to interact with the media, league officials and parents. They too have important roles to play in sport.

Coaching involves training by responsible people who are flexible and willing to continually learn and develop. Physical fitness should be a lifelong goal for all



Canadians. Encourage athletes to be fit all year, every year and not just for the season.

“Honour the Game”

### **Player Code of Behavior**

- Play the game for the game’s sake.
- Be generous in winning.
- Be graceful in losing.
- Be fair at all times, no matter what the cost.
- Be obedient to the rules.
- Work for the good of the team.
- Accept gracefully the decision of the officials.
- Believe in the honesty of your opponents.
- Conduct yourself, at all times, with honour and dignity.
- Recognize and applaud honestly and wholeheartedly the efforts of your teammates or opponents regardless of color, creed or race.

Failure to comply with this Code of Behaviour may lead to ejection.

“Honour the Game”

### **Spectator Code of Behavior**

- Cheer in a positive manner.
- Respect officials’ decisions.
- Do not interfere with the competition.
- Keep off the playing area.
- Be courteous and respectful.

Failure to comply with this Code of Behaviour may lead to ejection.

“Honour the Game”

**For any rules not covered in this rule book please refer to the Hockey Canada Official Rule Book.**



### **AMRHA Tournament Tie Breaking Rules:**

The tie breaking procedure at the end of round robin play (in the event that teams are tied with equal number of points for the semi-final and/or final positions, the following procedure will apply:

If Two Teams are tied after Round Robin Play:

a) The team with the most wins in the Round Robin gains the highest seed.

b) The winner of the Round Robin game between the two tied teams (head to head match) gains the highest seed.

c) If the two teams are tied after a & b above, then the team with the least amount of goals against gains the highest seed.

d) If two teams are still tied then the team who scored first in the head to head match gains highest seed.

e) If two teams did not play each other and are still tied to this point, the team with the least amount of penalties minute's gains highest seed. (This includes bench, minor, major, misconducts and match - considered a major).

f) If still tied, then team with lowest goal differential will gain highest seed (GF-GA).

g) If still tied then a single coin toss will determine which team gains highest seed.

If Three or More Teams are tied after Round Robin Play

\* At anytime through this process the number of teams still tied falls to two, then automatically convert to the above Two Team Tie Breaking Formula beginning at (a).

a) The point record established in the games among the tied teams only will be used as the first tie breaking formula (this is only if teams are in the same pool) the team with the most wins gains highest seed.



- b) If from different pools: team with most wins gains highest seed.
- c) Team with least amount of goals against gains the highest seed.
- d) Team with least amount of penalty minutes gains highest seed.
- e) Team with lowest goal differential gains highest seed (GF-GA).
- f) The team that scored earliest in any Round Robin game gains highest seed.
- g) If still tied then a single coin toss will determine which team gains highest seed.



## **Penalty Codes**

ATI.....Attempt to Injure  
BC.....Body Checking  
FI.....Instigator  
FA .....Aggressor  
BM.....Bench Minor  
BDG.....Boarding  
BS .....Broken Stick  
BE.....Butt Ending  
CH.....Charging  
CFB .....Checking from Behind  
CC .....Cross Checking  
DG.....Delay of Game  
EL .....Elbowing  
FI.....Fighting  
FOV.....Face-Off Violation  
GM.....Game Misconduct  
GRM.....Gross Misconduct  
H .....Holding  
HS.....High Sticking  
HK.....Hooking  
IE .....Illegal Equipment  
INT.....Interference  
KN.....Kneeing  
LPB.....Leaving Player's Bench  
MJM.....Major Misconduct  
MP.....Match Penalty  
RG .....Roughing  
SL.....Slashing  
SP .....Spearing  
M10.....10Minute Misconduct  
F3rdM.....Third Man in  
TMM.....Too Many Men  
TR .....Tripping



TST.....Throwing Stick  
 UsLC .....Unsportsmanlike

**AMRHA Suspension Guidelines**

**Code Infraction**

**Minimum Suspension**

**Misconduct & Game Misconduct:**

M20 Abusive Language & Behaviour	10 minute misconduct
M21 Trash talking	10 minute misconduct
M22 Inciting	10 minute misconduct
M23 Failure to go to Bench	10 minute misconduct
GM24 Profane Language & Behaviour	1 Additional Game
GM25 Second Misconduct of Game	1 Additional Game
GM26 Second Major- (Same Stoppage of Play)	2 Additional Games
GM27 Interference from Bench	1 Additional Game
GM28 Fighting (major + game)	2 Additional Games
GM29 Instigator	1 Additional Game
GM30 Aggressor	1 Additional Game
GM31 2 <sup>nd</sup> Fight Same Stoppage of Play (3 <sup>rd</sup> , 4 <sup>th</sup> , etc)	2 Additional Games
GM32 Leaving Player or Penalty Bench (game ejection)	3 Additional Games
GM33 Team Official Responsible for Leaving Bench	2 Additional Games
GM35 Checking from Behind (major + game)	2 Additional Games
GM36 High Sticking (major + game)	2 Additional Games
GM37 Cross Checking (major + game)	2 Additional Games
GM38 Hooking/Slashing (major + game)	2 Additional Games
GM39 Boarding/Body Checking (major + game)	2 Additional Games
GM40 Elbowing/Kneeing (major + game)	2 Additional Games
GM41 Charging (major + game)	2 Additional Games
GM49 Game Misconduct	1 Additional Game
GM50 Game Ejection	Reviewed
GM99 Miscellaneous	1 Additional Game (reviewed)



**Gross Misconduct:**

GRM50	Travesty of Game	2 Additional Games
GRM51	Obscene Gesture	2 Additional Games
GRM52	Removing Helmet	2 Additional Games
GRM53	Discriminatory Slur	3 Additional Games
GRM54	Trash Talking	2 Additional Games
GRM99	Miscellaneous	2 Additional Games (reviewed)

**Match Penalties:**

MP60	Threatening an Official	5 Additional Games
MP61	Physical Abuse of Official	Indefinite (pending hearing)
MP62	Spitting	3 Additional Games
MP63	Fighting- Ring or Tape on Hand	3 Additional Games
MP64	Attempt to Injure	2 Additional Games
MP65	Deliberate Injury	3 Additional Games
MP66	Butt Ending	3 Additional Games
MP67	Grabbing Facemask/Helmet/Strap	3 Additional Games
MP68	Hair Pulling	3 Additional Games
MP69	Kicking	3 Additional Games
MP70	Spearing	3 Additional Games
MP71	Head Butting	3 Additional Games
MP72	Check From Behind (Match)	4 Additional Games
MP99	Miscellaneous	3 Additional Games (reviewed)