

PICH CONSTITUTION

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The PICH Constitution

Prior to any participation in PICH, each player must carefully read and agree to the following rules and regulations. It is the Captain of each team's responsibility to enforce this. Violation of any terms listed herein may lead to the removal of the player from the league, if deemed necessary by PICH organizers. PICH organizers reserve the right to rule above the Constitution should the issue require it. If there is any discrepancy between this constitution and any other source of information, the constitution will be considered correct unless otherwise stated by the Commissioner.

CYCoMM Sports and Entertainment's (operating as PICH) mission statement:

To provide recreational roller hockey for individuals of all abilities and skill levels. The constitution is a legal document designed to provide a basis for expected conduct of play from each individual. The intent of all contained articles is to ensure everyone will attain meaningful opportunities and enjoyable experiences in a safe and sportsmanlike environment. The league was created based on the following principles: low cost to the participants, maximum prospect for participation, increased socialization, better health through physical activity, and most importantly, the irreplaceable element of fun.

QUICK NAVIGATION

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SECTION I – THE RINK

RULE 101 – RINK

(a) Roller hockey shall be played on a plastic tiled, wooden, or cement floor, which shall be in good condition. The game 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 rink shall be marked according to the diagram included with these rules, taking into consideration the dimensions indicated herein.

(c) Dimensions of the rink surface may vary between 60 to 100 feet in width and 140 to 200 feet in length. It is recommended that the corners be uniformly rounded in the arc of a circle with a radius in proportion to the length and width of the playing surface. As nearly as possible the dimensions of the rink shall be 200 feet long by 85 feet wide.

(d) The rink must be surrounded by boards which will extend no less than 3 feet 4 inches and not more than 4 feet above the playing surface.

(e) The rink will be divided into two halves with a centre line.

RULE 102 – GOAL POSTS AND NETS

(a) The goals will consist of NHL style nets. They may be metal or PVC pipe frames, with the pipes a minimum diameter of 2". They must be covered with netting strong enough to withstand any shot. Goals should be 6' wide and 4' tall, but they may be 5'1" wide by 3'5" tall as well. The goal posts should be painted red or blue. Optionally, the upright posts and front cross bar should always be red or blue but all other exterior surfaces can be white. The back inside post which rests on the floor should be padded. If possible, the goals should be affixed to the floor with velcro, or by flexible pegs. These pegs should not exceed 6" in length.

RULE 103 – GOAL CREASE

(a) In front of each goal, a goal crease area shall be marked by a red or blue line 2 inches wide.

(b) The goal crease shall be laid out as follows for goals which are 6' by 4'. A semicircle 6 feet in radius and 2 inches in width and red or blue in color shall be drawn using the center of the goal line as the center spot. In addition, an L-shaped marking of 5" in length (both lines) at each front corner will be painted or taped on the floor. The location of the L-shaped marking is measured by drawing an imaginary 4' line from the goal line to the edges of the semicircle. At that point the arrow may be drawn. If any other size goals are used, these dimensions should be adjusted proportionally.

(c) At each end of the rink, a 2 inch red or blue line, referred to as the goal line, shall be marked completely across the width of the rink. This line should be a minimum of 12 feet to a maximum of 15 feet from each end of the rink.

RULE 104 – FACE-OFF SPOTS

(a) One 12" face-off spot shall be at the exact center of the floor. A 15 foot radius circle shall be marked in red or blue around this face off spot. On both sides of the circle, there shall be two lines, red or blue in color, 2 feet long, 2 inches wide and 4 feet apart. The game will be started with a face-off from this spot, as well as the beginning of the second half, after each goal is scored, and before sudden death overtime (if applicable).

(b) In both end zones along an imaginary line, 20 feet out from each goal line and parallel to it at a point that is measured from the side boards at a length of 25% of the total width of the floor, face-off circles with a radius of 12 inches will be drawn on the floor in red or blue. A 15 foot radius, 2 inch wide circle, should be drawn around these face-off spots in red or blue paint or tape. On both sides of the circle, there shall be two lines, red or blue in color, 2 feet long, 2 inches wide and 4 feet apart.

RULE 105 – PLAYER BENCHES

(a) Each rink should have seats or a bench for the use of each team, to be known as the player benches. Each player bench shall accommodate at least 10 persons and shall be placed immediately alongside the playing surface in the neutral area as near as possible to the center of the rink and convenient to the dressing rooms. All doors that open to the rink surface shall swing away from the playing surface.

(b) Only players in uniform, the Manager, Coach and Trainer shall be permitted to occupy the player benches. A total of no more than three (3) non-players may be on the player bench at any time.

(c) During a game, Coaches, Trainers, and Managers will be confined to the player bench unless a game official allows otherwise. Violation of this rule may result in the assessment of a Bench Minor Penalty and further penalization from the league.

(d) Teams will maintain the same bench for the entire game.

(e) Since games are comprised of two periods, each team must start the game defending the goal which is at the opposite end of the rink from their player bench. Teams will switch ends at halftime, allowing them to defend the goal at the same end of the rink as their player bench for the second period. Teams will not switch ends for any overtime period.

RULE 106 – PENALTY BENCH

(a) Each rink will have seats or benches to be used for the seating of penalized players, Game Timekeeper and Official Scorer. The penalty bench should be located a substantial distance from the players' bench. The recommended location for the penalty benches is at the opposite side of the rink from the players' bench.

RULE 107 – REFEREE'S CREASE

(a) A line in the shape of a semi-circle and with a 10 foot radius, 2 inches wide, shall be marked on the floor in red or blue paint or tape directly in front of the Timekeeper's seat. This area shall be known as the "Referee's Crease".

RULE 108 – RINK LIGHTING

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

RULE 109 – 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.

RULE 110 – 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 room must be provided for all female players and officials.

(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.

SECTION II – TEAMS

RULE 201 – ID SHEETS, ROSTERS AND PLAYER ELIGIBILITY

(a) Final team rosters are due by the registration deadline of each season or unless specified by the Commissioner. Failure to hand in a roster sheet will result in the PICH's right to reject the roster and enforce the original roster handed in. Rosters are to be completely filled out with first and last names, jersey number and position played.

(b) Teams will be required to provide personal photographs (of 1 inch by 1.5 inches) of each player for identification sheets (ID sheets). ID Sheets are to be handed to the opposing captain or opposing team's player bench prior to the start of the game.

(c) Any player who has not played at least one shift in the first half is ineligible to play the remainder of the game.

NOTE: Any player attempting to enter the game after the start of the second half without having played a shift in the first half will be given a 2-minute delay of game penalty; this call may be made by the referee, scorekeeper, or an appeal by the opposing team.

(d) ID Sheet Appeals and Ineligible players:

1. Players not on the ID sheet are not eligible to play. No exceptions.

2. In the event that a player is suspected to not be on the roster, an appeal may be made at any time during a game. This must be made by the opposing team.

a. The referees will refer to the ID sheet and check on the suspected player. If the photo on the ID sheet is not conclusive, the player may be asked to produce a second piece of verifiable identification (ie. driver's license, student card, etc.). If there is no secondary ID available, the player is automatically deemed ineligible.

b. Should the player be found ineligible:

i. If the appeal was made prior to the start of the second half, the offending team shall forfeit the game, be fined \$100, and face further sanctions by the league.

ii. If the appeal was made after the start of the second half, the offending team shall be penalized a 2-minute delay of game penalty and the opposing team shall be awarded a penalty shot. The offending team will also be fined \$100, and face further sanctions by the league.

c. Should the player be found eligible, the team that appealed will be issued a 2-minute delay of game penalty. The referee's decision is official and final. Judgment on photos and identification is to be made at the time of the appeal.

d. If the appeal is to question the eligibility of a player based on the import rule or minimum games played, referees must note down all the details of the appeal on the gamesheet. The balance of the game is played out and the league will make a ruling. Referees and Scorekeepers do not have jurisdiction to make decisions on import and minimum game eligibility. NOTE: All import and minimum game eligibility appeals must be made before the second half starts.

6. A team may only appeal once per stoppage of play.

8. In the case a player is both a goalie and a player, the goalie status shall be ignored and he/she SHALL be considered as a potential import player.

(e) Teams may add players to their ID Sheet pending approval from the Commissioner and with an administrative fee. They must include a colour picture, a signed waiver and the old ID sheets. ID sheets will need 2-3 working days for processing. Players deemed to be playing out of their tier (i.e. tier 1 player registering in tier 15), a player registering in the same division twice, or dangerous or overly aggressive players will be subject to refusal.

(f) All changes to the ID Sheets must be done by the league. Any alterations or attempts to duplicate (done by non-PICH people) will result in forfeiture from the league with no refund or obligation to further games. The league will post all changes on the website.

NOTE: Each team will only be allowed a maximum of three changes – not 3 player changes, but 3 ID sheet changes. Exceptions will be granted only in cases of medical reasons and must be accompanied by a medical note.

(g) ID sheets will be stamped with the official PICH stamp. Any sheets not bearing this stamp are considered counterfeit and not official.

(h) Goalies:

1. Goalies only need to be on the ID sheet for playoffs.
2. Goalies are exempt from an ID sheet appeal call during the regular season.
3. Any player on the ID sheet can play goalie in any regular season or playoff games.
4. Any player recognized as a goalie on the ID sheet cannot play as a player position.

(i) Rosters will be frozen on June 1st of each season, unless otherwise specified by the commissioner.

(j) Import Players:

1. Import Players are defined as:
 - a. Plays on more than one team in PICH
 - b. Is not a goalie
1. Players on multiple teams can only play within a 5 tier 'window'. For example, a player that plays in tier 4 can play as low as tier 8 as an import.
2. An import is defined as a player playing in non-consecutive tiers. For example, a player that plays in tier 4 and 6 will be considered an import on the tier 6 team.
3. Tier 15 and 14 are completely import free while all other tiers are allowed a maximum of 2 imports
4. Teams must comply with the import rules if they are subject to re-tiering.
5. As always, players registering with more than one team do so at their own risk; that is if they play on 2 teams in the same tier, in playoffs, they must declare only 1 team to play for.
6. Additionally, if their teams are tiered outside the import parameters, their teams may be forced to make roster add / drops.

(k) Declaring imports:

1. Teams MUST email all their imports to the ID sheets person at info@pichpage.com before their first game.
2. It is the teams responsibility to keep track of players and who is playing on what tier.
3. Teams must declare import players even after tiering to the ID sheets person.
4. If after tiering, a team violates one of the above import rules, changes by the team or by the imported players will need to be made to meet the import guidelines.

(l) An import rule appeal may not cancel or cause the forfeiture of a game. An appeal must be made to the referees and it shall be recorded on the game sheet as a game played under protest. The results of the game shall be pending until official word from the commissioner.

(m) Appeals must be made before the second half begins. (Coinciding with the rule that a player must have played [goalies notwithstanding] at least one shift in the first half). If an ineligible is noted in the second half of play, the player will be removed from the game and the player and offending team will face further sanctions from the league. The game will not be forfeited and the game will continue as is.

(n) Playoffs:

1. A player playing on two teams in separate tiers can play on both teams during the playoffs.
2. A player on teams in the same tier must choose one team to play in the playoffs.
3. Once a player plays one game for a given team, it shall be understood that he or she has declared their playoff team.
4. To be eligible for playoffs, each player must have played a minimum of five regular season games. Goalies are exempt from this rule.

RULE 202 – COMPOSITION OF TEAM

(a) A roller hockey team will consist of no more than 19 roster spots, with a maximum of 16 players and a maximum of 3 goaltenders.

(b) Players may NOT sign up for more than one team per tier. They are permitted to play on teams in different tiers. In a tiering conflict, the player MAY play with special permission from the commissioner. During playoffs, a player must chose one team to play on; he/she declares so by participating in the first game with a given team.

RULE 203 – TEAM CAPTAIN

(a) One Captain shall be appointed by each team, and that player alone shall have the privilege of discussing with the Referee any question relating to interpretation of rules which may arise during the progress of a game. He/she shall wear the letter "C," approximately 3 inches in height and in contrasting color in a conspicuous position on the front of the jersey.

(b) Alternate Captains (not more than two) shall be accorded the privileges of the Captain. Alternate Captains shall wear the letter "A," approximately 3 inches in height and in a contrasting color in a conspicuous position on the front of the jersey.

(c) The Referee or official scorer shall be advised prior to the start of each game, the name of the Captain of the team, also the identity of the players who will serve as Alternate Captains when the Captain is off the floor.

(d) No goalkeeper or playing Coach shall be entitled to exercise the privileges of Captain or Alternate Captain on the floor.

(e) Only the Captain or Alternate Captain on the floor at the time of the stoppage of play (but not both) shall have the privilege of discussing with the Referee any point relating to the interpretation of rules. Any Captain, Alternate Captain or player who comes off the bench and makes any protest or intervention with the Referee for any purpose may be assessed a misconduct penalty.

(f) A complaint about a penalty is NOT a matter "relating to the interpretation of the rules", and a minor penalty shall be imposed against any Captain or other player making such a complaint.

RULE 204 – UNIFORMED PLAYERS

(a) Each team shall be allowed one goaltender on the floor at one time. The goaltender may be removed and another "player" substituted. Such substitute shall not be permitted the privilege of the goaltender.

(d) Any substitute goaltender entering the game for any reason shall not be permitted a warm-up.

RULE 205 – START OF GAME

(a) A team must have five fully dressed and equipped skaters on the floor at the end of the warm-up to start any game. A fully equipped goaltender must tend the nets before the half - (have played a shift before the half is up) If this can not be met (i.e. no goaltender at the half) then that team shall forfeit the remainder of the game. The game shall be recorded as a 1-0 win for the opposing team, regardless of the stats or score to that point.

(b) If a team wishes to delay the start time of the game, they may take a two-minute delay of game penalty (start the game shorthanded). In this case, the team will be given a five minute grace period to get a goaltender dressed (or await his/her arrival).

(d) Referees will check with both benches to ensure that both teams have swapped ID Sheets. Note: ID Sheets are NOT to be handed into the scorekeeper's bench.

(e) At the beginning of each game, the Manager, Coach, or Captain of each team shall list on the official game roster, the players, with goaltender(s) identified who shall be eligible to play in each game of the season. It is the HOME team's responsibility to provide an official PICH gamesheet for each game.

(g) Rosters are to be handed to the scorekeeper prior to the start of a game. If a roster is not provided, the referees will charge the offending team a 2-minute delay of game penalty.

(h) A scorekeeper will be provided by the league for each game.

RULE 206 – CHANGE OF PLAYERS

(a) Players may be changed at any time from the player benches, provided that the player or players leaving the floor shall always be within 10 feet of the bench before substitutions may come on the floor.

(b) A player serving a penalty on the penalty bench, who is to be changed after the penalty has been served, must proceed at once by the way of the floor and be within 10 feet of his/her own player bench before any change can be made. When a penalty has expired, the penalized player MUST return to the playing surface in order to make a substitution. If a player fails to do so and merely skates around to his/her bench, then a minor penalty shall be assessed for illegal substitution.

(c) For any violation of this rule, a Bench Minor Penalty shall be imposed.

NOTE 1: If, in the course of making a substitution, either the player entering or leaving the game deliberately plays the puck or makes any physical contact with an opposing player while the retiring player is actually on the floor, then the infraction of "too many players on the floor" will be called. If, in the course of a substitution, either player is accidentally struck by the puck, the play will not be stopped and no penalty will be called.

NOTE 2: When a goaltender leaves his/her goal area for the purpose of a player change, and the substitution is made prematurely, the violation when called will be either a face off at center or a face off in the defensive zone, depending upon where the offending team touches the puck, and no penalty will be called.

NOTE 3: If there are less than two minutes remaining in either regulation time or anytime during overtime, and a penalty is imposed for a deliberate illegal substitution, a penalty shot shall be awarded to the non-offending team.

(d) During a stoppage of play, especially during running time, player changes must be made immediately after the whistle stopping play. Any delay by a coach causing the clock to wind down unnecessarily may be penalized with a bench minor for delay of game.

(e) The league shall be implementing a "fast face-off" rule whereby referees are striving to cut down on the time in between whistles. After a stoppage of play, a referee will go to the face-off dot and blow his whistle. From that whistle, he/she will wait 5 seconds until he/she drops the puck. The puck will be dropped regardless if there are 2 players ready for the face-off.

(f) To combat teams that purposely hold a player ahead of the play (knowing the puck will be dropped) for the purposes of having a player in position for a "breakaway", the following "tag up" rule shall be in effect.

A player who comes off the bench and is ahead of the face-off (meaning in the offensive end and his/her team is facing off in the defending end) must tag up to the face-off dot before he/she can play the puck. If he/she plays the puck before "tagging up" they shall be assessed a minor penalty for "delay of game".

RULE 207 – INJURED PLAYERS

(a) When a player, other than a goaltender, is injured or compelled to leave the floor during a game, he/she must leave the game and play must continue immediately.

(b) If a goaltender sustains an injury or becomes ill, he/she must be ready to resume play immediately or be replaced by a substitute goaltender, and NO additional time shall be allowed by

the Referee for the purpose of enabling the injured or ill goaltender to resume his/her position. No warm-up shall be given to the replacement goaltender.

(c) The substitute goaltender shall be subject to the regular rules governing goaltenders and shall be entitled to the same privileges. When a substitution for the regular goaltender has been made, such regular goaltender shall not resume his/her position until the first stoppage of play thereafter.

(d) If an injured player receives a minor penalty, the penalized team shall place a substitute player on the penalty bench before the penalty expires and no other replacement for the penalized player shall be permitted to enter the game except from the penalty bench. For violation of this rule a Bench Minor Penalty shall be imposed. The penalized player who has been replaced on the penalty bench shall not be eligible to play until his/her penalty has expired.

(e) When a player is injured so that he cannot continue play or go to his/her bench, the play shall not be stopped until the injured player's team has secured possession of the puck. If the player's team is in possession of the puck at the time of injury, play shall be stopped immediately, unless his/her team is in a scoring position. The Referee may stop the clock during such injury.

(f) If a penalty is assessed to the opposing team, THE INJURED PLAYER IS INELIGIBLE TO BE ON THE FLOOR FOR THE ENSUING POWERPLAY FACE-OFF.

(g) A player other than the goaltender whose injury appears serious enough to warrant a stoppage of play may not participate further in the game until the completion of the ensuing face-off.

(h) If a player is obviously bleeding, play shall be stopped immediately and the injured player shall be ruled off the playing surface. The player will not be permitted to return to play until the bleeding has been stopped and the wound covered.

NOTE: In a case where it is obvious that a player has sustained a serious injury the Referee may stop the play immediately regardless of who is in possession of the puck.

SECTION III – EQUIPMENT

NOTE: A request for the measurement of equipment shall not be permitted. The purpose of having stick guidelines is to ensure the safety of the players. It is each player's responsibility to play with a stick that does NOT endanger the health of other players.

RULE 301 – STICKS

(a) Sticks shall be made of wood or other approved material and must not have any projections extending from the stick. Tape may be wrapped around the blade of the stick. However, if house rules prohibit the use of any type of tape on the stick blade, use of such tape may be subject to an equipment minor penalty.

(b) No stick shall exceed 63 inches in 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 curvature of the blade of the stick shall be restricted to a maximum of 1". The width of the blade must be a minimum of 2 inches and may not exceed 3 inches in width at any point.

(c) The blade of the goaltender's stick may not exceed 3 1/2 inches in width at any point except at the heel where it must not exceed 4 1/2 inches in width, nor shall the goaltender's stick exceed 15 1/2 inches in length from the heel to the end of the blade. The widened portion of the goaltender's stick extending up the shaft of the blade shall not extend more than 26 inches from the heel and shall not exceed 5 inches in width.

(d) A minor penalty shall be assessed to any player, including the goaltender, for using a stick which does not conform to the provisions of this rule. Any illegal stick is to be kept by the Referee or Commissioner until the game is over.

(e) Should a player refuse to surrender his/her stick for measurement, that player shall be assessed a minor plus a misconduct penalty.

RULE 302 – SKATES

(a) No projections on skates other than those designed by the manufacturer are permitted.

1. If a stopper can be removed, then that player shall not enter the playing surface until it is done.

2. The league prefers stoppers to be removed to maintain the integrity of the playing surface.

(b) A player must start the game with all wheels in their chassis (typically 4 of 4). If, during the course of the game, a wheel breaks, the player may continue to play provided the skate does not present a danger to the player or others.

1. A player may not play with a wheel missing on the front or back of their chassis.

(c) Any player found on the floor breaking any of the above rules may receive a minor penalty and may not return to play until the fault is corrected.

(d) The use of quad skates is allowed, but not recommended.

RULE 303 – GOALTENDER EQUIPMENT

(a) With the exception of skates and sticks, all equipment worn by the goaltender must be constructed solely for the protection of the head or body, and must not include any garment or contrivance which would give the goaltender any undue assistance in tending goal.

(b) The goaltender's blocker glove shall not exceed 8 inches in width or 16 inches in length at any point.

(c) The maximum length of a goaltender's catching glove shall not exceed 17 inches. The cuff shall not exceed 9 inches in width. Any bar or attachment between the cuff and the thumb shall only extend in a straight line. Any other pocket or pouch added to the glove by a manufacturer or otherwise is not acceptable and makes the glove illegal.

(d) Abdominal aprons extending down the thighs or the outside of the pants are prohibited.

(e) The goaltender's pads may not exceed 12 inches in width as measured on the goaltender, and shall not be altered in any way.

(f) It is mandatory for all goaltenders to wear a HECC or CSA approved helmet designed for hockey goaltenders with helmet strap properly fastened and a HECC or CSA approved full-face mask designed for hockey goaltenders. All goaltenders must wear chest protection. Throat protection is highly recommended. Cats eyes masks are permitted so long as they are fastened to a CSA approved helmet.

(g) Violation of the goaltender equipment rule will result in a minor penalty and removal of the goaltender from the game until the equipment in question is adjusted to meet the correct specifications.

(h) Goalies may not use any gear intended for street hockey or ball hockey. Any goalie using such equipment will be asked to replace the gear and not be allowed to return without the proper equipment.

RULE 304 – PROTECTIVE EQUIPMENT

(a) Each participant is personally responsible to wear protective equipment for all games and warm-ups.

Recommended equipment for all players includes:

- Internal mouth guard
- Hip pads
- Padded long hockey pants
- Chest protection
- Throat protection

Mandatory equipment for players less than 19 years of age includes:

- HECC or CSA approved helmet with chin strap properly fastened
- HECC or CSA approved full face mask fastened properly to the helmet (no alterations to the face mask is permitted)
- Elbow pads
- Hockey gloves
- Hockey shin pads
- Protective cup or pelvic protector

Mandatory equipment for players 19 years of age and older include:

- HECC or CSA approved helmet with helmet/chin strap(s) properly fastened
- If wearing an HECC or CSA approved face mask, no alterations to the face mask is permitted
- Elbow pads
- Hockey gloves
- Hockey shin pads
- Protective cup or pelvic protector

(b) All protective equipment except gloves, head gear or goaltender leg pads, must be entirely under the uniform or pants. After one warning by the Referee, a minor penalty shall be imposed on the offending player for violation of this rule.

(c) Eyeglass wearers must have plastic, not glass lenses in their eye wear AND must wear a half shield as a minimum.

(d) A glove from which all or part of the palm has been worn out or cut to permit the use of bare fingers shall be considered illegal equipment, and if any player wears such a glove in play a minor penalty shall be imposed on him/her.

(e) One warning shall be issued followed by a minor penalty will be assessed for a violation of protective equipment.

RULE 305 – DANGEROUS EQUIPMENT

(a) The use of pads or protectors made of metal or any other material likely to cause injury to a player is prohibited. The wearing of casts or splints made of hard or unyielding materials is prohibited, even if padded.

(b) All elbow pads which do not have a soft protective covering of sponge rubber or a similar material at least 1/2 inch thick shall be considered dangerous equipment.

RULE 306 – PUCK

(a) Pucks must be of roller hockey design and made for roller hockey use. Ice hockey pucks are not permitted under any circumstance.

(b) Official game pucks will be red in colour and will be the IDS speedpuck brand or smelly puck.

(c) Each team must provide one "official game puck" each for the game puck. If a team disputes the colour or composition of the opposing team's puck, they must provide an agreed upon alternative. Referees hold full discretion as to what is reasonable for a game puck.

RULE 307 – UNIFORMS

(a) Teams are permitted to solicit commercial sponsors that may supply competitive uniforms, equipment and off-rink wear. The team uniform may include identification of the sponsor's name or logo, without restriction to size or shape. However, PICH reserves the right to black out any sponsor's name because of sponsorship conflicts with PICH.

(b) All players participating in PICH games, including goaltenders, on a particular team must be uniformed and have matching colour jerseys with long sleeves. Teams failing to be uniformed will be subject to a fine of \$50 as determined by the Commissioner.

(c) All players shall wear identifying numbers not less than 10" on the backs of their jerseys. All numbers assigned must be whole numbers only between 0 and 99 (no fractions, decimals etc.).

(d) No two members of the same team will be assigned or permitted to wear the same number.

(e) One team Captain and two Alternate Captains shall have a small "C" or "A" on the right shoulder of their jersey.

(f) It will be the responsibility of the HOME team to change its jerseys if the colours of the competing team conflict. The decision in this matter shall be left to the Referees in charge of the game. PICH does provide conflict jerseys at the arenas. Scorekeepers are responsible for supplying and retrieving them for teams. Teams are not to take the jerseys into the dressing rooms.

(g) Should a player report for play wearing a uniform bearing illegal inscriptions, the Referee is required to cause the offending inscription to be removed or covered. If refused, the offender shall be barred from the game or contest, or in any matter participating in the event and the matter must be reported to PICH Commissioner.

SECTION IV – PENALTIES

RULE 401 – PENALTIES

(a) Penalties shall be divided into the following classes:

1. Minor Penalties (includes double minors)
2. Bench Minor Penalties
3. Major Penalties
4. Misconduct Penalties
5. Match Penalties
6. Penalty Shot

(b) When play is not actually in progress and an offense is committed by any player, the same penalty shall apply as though play were actually in progress.

(c) The minimum number of players a team may have on the floor due to penalties is 3: (2 skaters and 1 goaltender, or 3 skaters).

RULE 402 – MINOR PENALTIES

(a) Depending upon the length of periods and whether playing time is by stopped or running clock, minor penalties may be either 2 or 3 minutes in length. However, whichever time is used, it should be consistent. For purposes of the following rule definitions, 2 minutes shall be used.

(b) For a Minor Penalty assessed to any player other than a goaltender, such player shall be ruled off the floor for 2 minutes, during which time no substitute shall be permitted. The player may leave the penalty bench upon expiration of his/her penalty or upon the scoring of a goal by the opposing team. If a Minor Penalty is assessed to a goaltender, a player on that team that was on the floor at the time of the infraction must serve the penalty.

(c) A "Bench Minor" penalty involves the removal from the floor of one player of that team for 2 minutes. Any player on the team may be designated to serve the penalty by the coach or playing Captain and such player shall take his/her place on the penalty bench promptly and serve the penalty as if it was a minor penalty imposed upon him/her.

NOTE: If running time is being played and a minor or bench minor penalty terminates during a stoppage of play, the player so penalized shall remain in the penalty bench until the ensuing face-off is conducted.

(d) If while a team is short-handed by one or more minor or bench minor penalties, the opposing team scores a goal, the first of such penalties shall automatically terminate.

NOTE 1: "Short-handed" means that the team must be below the numerical strength of its opponent on the floor at the time the goal is scored. The minor or bench minor penalty which terminates automatically is the first non-coincidental minor penalty assessed. Thus,

coincident minor penalties to both teams do NOT cause either side to be "short-handed". Although each team is playing short, they are at equal strength.

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

(f) When either team is short handed by two players and coincidental penalties are imposed upon players of each team, the penalized players shall take their places in the penalty bench and such players shall not leave the penalty bench until the first stoppage of play following the expiration of their respective penalties. Immediate substitution shall be made for players so penalized.

(g) A team may not be deprived of a man advantage situation in a game due to coincidental minor penalties already being served. If such a scenario arises, the players serving coincidental minors with the most time remaining will be substituted for, and such players shall not leave the penalty box until the first whistle after their penalties expire.

NOTE: This includes the scenario where a player on one team receives a double minor penalty, and two players on the opposing team are assessed minor penalties at the same stoppage with less time remaining in the game than is needed to serve the penalties in full. In this case, two players will sit to serve the two minor penalties assessed and the team will be down two players.

(h) Any three "trips" to the penalty box carries a game ejection.

RULE 403 – MAJOR PENALTIES

(a) Depending upon the length of periods and whether playing time is by stopped or running clock, major penalties may be either 5 or 7 minutes in length. However, whichever time is used, it should be consistent. For purposes of the following rule definitions, 5 minutes shall be used.

(b) All major penalties shall be accompanied with a Game Misconduct. Goalies are not exempt from this rule. The league may take supplementary discipline based on their discretion.

(c) When coincidental penalties of equal duration including a major penalty are imposed upon a player of each team, the penalized players shall take their places on the penalty bench and such players shall not leave the penalty bench until the first stoppage of play following the expiration of their respective penalties. Immediate substitution shall be made for the players so penalized.

(d) When coincidental penalties of unequal duration, including a major penalty, are imposed upon a player of each team, the penalized players shall take their places on the penalty bench and such players shall not leave the penalty bench until the first stoppage of play following the expiration of their respective penalties. The penalties which created the disparity in total penalty time between the players penalized shall be served first in the normal way by a player on the team of the penalized player. Account shall be taken of the penalties which create the disparity in the total penalty time awarded to the players affected for the purpose of the delayed penalty.

RULE 404 – MISCONDUCT PENALTIES

(a) "Misconduct Penalties" to all players except the goaltender, involve removal from the game for a period of ten minutes each. A substitute player is permitted to immediately replace a player serving a misconduct penalty. A player whose misconduct penalty has expired shall remain in the

penalty box until the next stoppage of play. A misconduct penalty assessed to a goaltender must be served by a player on the goaltender's team that was on the floor at the time of the infraction.

NOTE: Should any player incur a misconduct penalty after the final buzzer has sounded, ending the game, that penalty shall carry an automatic one game suspension plus any supplementary discipline as sought by the league.

(b) When a player receives a minor penalty and a misconduct penalty at the same time, the penalized team shall immediately put a substitute player on the penalty bench and he shall serve the minor penalty without charge.

(c) A "Game Ejection Penalty" involves the suspension of a player for the balance of the game. Such player will also be subject to further sanctions by PICH if they deem it necessary. Any infraction that takes place in the last 10 minutes of the second half or at any time during the overtime or shootout that would normally call for a game ejection will automatically carry a game suspension, and that player may be subject to further sanctions by PICH. The exemption to this rule is a game ejection for three trips to the penalty box.

(d) A "Game Misconduct Penalty" involves the suspension of a player for a minimum of the balance of the game. If the infraction occurs in the last 10 minutes of the game, the player faces another game suspension. The suspended player shall be reported to the PICH Commissioner who shall have full power to impose such further penalty as they may deem fitting.

(e) When a player receives a major penalty and a misconduct, game ejection, or game misconduct penalty at the same time, the penalized team shall place a substitute player on the penalty bench to serve the major penalty, and no replacement for the penalized player shall be permitted to enter the game except from the penalty bench. Any violation of this provision shall be treated as an illegal substitution under Rule 206 (b), calling for a bench minor penalty.

NOTE: For all Game Ejection and Game Misconduct penalties regardless of when imposed, a total of 10 minutes shall be charged in the records against the offending player.

(f) A player or Team Official who is assessed a game misconduct penalty, may not be near the team bench, or in any way attempt to direct the play of the team. Any player assessed a game misconduct penalty may be barred from the rink for the duration of the game if the Referee or Commissioner deems it necessary.

(g) A Gross Misconduct penalty (make a travesty of the game) involves the suspension of a player or Team Official for the balance of the game, a fine, and the next game based on a review by the Commissioner. The penalized player should assume that he/she is suspended until notified by the league. Playing under suspension will result in further sanctions and fines.

(h) The Commissioner and Referees are required to report all gross misconduct penalties and the surrounding circumstances to PICH immediately following the game. PICH shall have full power to impose further sanctions. A player who has been assessed a gross misconduct penalty shall be suspended from participating in any additional games until the case has been dealt with by PICH.

NOTE: For all Gross Misconduct penalties regardless of when imposed, a total of 10 minutes shall be charged in the records against the offending player.

RULE 405 – MATCH PENALTIES

(a) A Match penalty (intent to injure) involves the suspension of a player for the balance of the game and the offending player shall be ordered to the dressing room immediately. The penalized team shall immediately place a non-penalized player, other than a goaltender, on the penalty bench to serve the five-minute time portion of the penalty and such player may not be changed.

(b) The Commissioner and Referees are required to report all match penalties and the surrounding circumstances to PICH immediately following the game. PICH shall have full power to impose further penalties. A player who has been assessed a match penalty shall be suspended from participating in any additional games until the case has been dealt with by PICH.

(c) A player who is assessed a match penalty, may not be near the team bench, nor in any way attempt to direct the play of the team. Any player assessed a match penalty may be barred from the rink for the duration of the game.

NOTE: For all Match Penalties, regardless of when assessed, a total of 10 minutes shall be charged in the records against the offending player.

(d) When coincidental match penalties have been assessed or when any combination of coincidental major and match penalties have been assessed to a player or players of both teams, rules 403 (c & d) covering major penalties shall be applicable with respect to player substitutions.

RULE 406 – PENALTY SHOT

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

The Referee will name the player designated by him/her or selected by the team entitled to take the shot (as appropriate) and shall then place the puck on the center face-off spot. The player taking the shot will, on the whistle of the Referee, play the puck from there and shall attempt to score on the goaltender. The goaltender must stay in the crease until the player touches the puck. The player taking the shot must keep the puck in forward motion towards the opponent's goal line and once it is shot the play shall 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 may attempt to stop the shot in any manner except by throwing his/her stick or any other object or by committing a foul, in which case a goal shall be awarded.

NOTE: See Rule 639 (a).

(c) In cases where a penalty shot has been awarded under:

Rule 628 (g), (illegal entry into the game)
Rule 639 (a), (throwing stick)
Rule 643 (c), (fouling from behind)
Rule 610 (e), (deliberately displacing the goal post during the course of a breakaway)

the Referee shall designate the player who has been fouled as the player who takes the penalty shot

(d) In cases where a penalty shot has been awarded under

Rule 614 (c), (falling on the puck in the crease)
Rule 610 (e), (deliberately displacing the goal post)

Rule 617 (e), (picking up the puck from the crease area)

The penalty shot shall be taken by a player selected by the non-offending team from the players on the floor at the time when the foul was committed. Such selection shall be reported to the Referee and cannot be changed.

(e) If by reason of injury the player designated by the Referee to take the penalty shot is unable to do so within a reasonable time, the shot may be taken by a player selected by the Captain of the non-offending team from the players on the floor when the foul was committed. Such selection shall be reported to the Referee and cannot be changed.

(f) Should the player in respect to whom a penalty shot has been awarded himself commit a foul in connection with the same play or circumstances, either before or after the penalty has been awarded, be designated to take the shot, he/she shall first be permitted to do so before being sent to the penalty bench to serve the penalty, unless the penalty is a game ejection, game misconduct, gross misconduct, or a match penalty, in which case the shot shall be taken by a player who was on the floor at the time of the infraction, to be selected by the Captain or Coach of the non-offending team.

(g) If at the time a penalty shot is awarded and the goaltender of the penalized team has been removed from the floor to substitute another player, the goaltender shall be permitted to return to the floor before the penalty shot is taken.

(h) If a goal is scored from a penalty shot, the puck shall be faced at center floor in the usual way. If a goal is not scored the puck shall be faced at either of the end face-off spots in the zone in which the penalty shot has been tried.

(i) 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 or match penalty, in which case the penalty prescribed, for the particular offense, shall be imposed.

(j) 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 served.

(k) 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 expiration of the regular playing time in any period.

(l) All players, except the player taking penalty shot, must go to the player bench.

(m) If an opposing player other than the goaltender interferes with a player taking a penalty shot, a goal will be automatically awarded whether or not a goal was made.

(n) The time required for the taking of a penalty shot will not be included in the regular playing time or any overtime.

(o) The player who commits the offence for the penalty shot shall be charged a "trip to the box". This is in conjunction with Rule 402 (h).

RULE 407 – GOALTENDER PENALTIES

(a) A goaltender shall not be sent to the penalty bench for an offense which incurs a minor or major penalty, but instead the minor penalty shall be served by a player to be designated by the coach or captain of the offending team through the playing Captain that was on the floor at the time of the infraction, and such substitute shall not be changed.

(b) Should a goaltender incur a misconduct penalty, this penalty will be served by a teammate designated by the coach or captain that was on the floor at the time of the infraction.

(c) Should a goaltender incur a game misconduct penalty, his/her place then will be taken by a member of his/her own team, or by a regular substitute goaltender who is available and such player will be allowed the goaltender's full equipment.

(d) Should a goaltender incur a match penalty his/her place will then be taken by a member of his/her own team, or by a substitute goaltender who is available, and such player will be allowed the goaltender's equipment. No time period shall be allowed for this change. However, any additional penalties as specifically called for by the individual rules covering match penalties, will apply, and the offending team shall be penalized accordingly.

NOTE: All penalties imposed on a goaltender regardless of who serves the penalty or any substitution, shall be charged in the records against the goaltender.

(e) If a goaltender participates in the play in any manner when he/she is beyond the center floor line (or where a line would divide the floor into two equal halves), a minor penalty shall be imposed on him/her.

RULE 408 – 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 players already penalized shall have elapsed. Nevertheless, the third player penalized must, at once, proceed to the penalty bench but may be replaced by a substitute until such time as the penalty time of the penalized player shall commence.

(b) When any team shall have three players serving penalties at the same time and because of the delayed penalty rule, a substitute for the third offender is on the floor, the first of the three penalized players on the penalty bench may not return to the floor until play has been stopped. When play has been stopped, the player whose full penalty has expired may return to the play.

(c) When the penalties of two players of the same team will expire at the same time, the Captain or Coach of that team will designate to the Referee which of such players will return to the floor first, and the Referee will instruct the Penalty Timekeeper accordingly.

(d) When a major and a minor penalty are imposed at the same time on players of the same team, the Penalty Timekeeper will record the minor as being the first of such penalties.

NOTE: This also applies to the case where the penalties are imposed on different players of the same team.

RULE 409 – CALLING OF PENALTIES

(a) Should an infraction of the rules which would call for a minor, major or match penalty be committed by a player of the side in possession of the puck, the Referee shall immediately blow his/her whistle and assess the penalties to the appropriate players. The resulting face-off shall be

made at the place where the puck was last played or at center floor so as not to disadvantage the non-offending team.

(b) Should an infraction of the rules which calls for a minor, major, or match penalty be committed by a player of the team not in possession of the puck, the Referee shall signify the calling of a delayed penalty by raising his/her arm. The Referee will blow his/her whistle once the offending team gains possession and the penalty will be assessed to the offending player.

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

NOTE 1: The puck must have come into the possession and control of an opposing player or has been "frozen." This does not mean a rebound off the goaltender, the goal or any accidental contact with the body or equipment of an opposing player.

NOTE 2: If after the Referee has signaled a penalty but before the whistle has been blown, the puck shall enter the goal of the non-offending team as the direct result of the action of a player of that team, the goal shall be allowed and the penalty assessed in the normal matter.

NOTE 3: If when a team is "short-handed" by reason of one or more minor or bench minor penalties the Referee signals a further minor penalty against the "short-handed" team and a goal is scored by the non-offending side before the whistle is blown then the delayed penalty shall be served and the first of the minor penalties already being served shall automatically terminate.

(d) Should the same offending player commit other fouls on the same play either before or after the Referee has blown his/her whistle, the offending player shall serve such penalties consecutively.

(d) When using a running game clock or a stop game clock, the penalty time will always be the same as the game clock time. In the situation of a running game clock the penalty time will start when the Referee drops the puck to restart the game and continue to coincide with the game clock from that point on.

RULE 410 – SUPPLEMENTARY DISCIPLINE

(a) In addition to the suspensions assessed under these rules, PICH may, at the conclusion of the game, at their discretion, investigate any incident that occurs in connection with any game and may assess additional suspensions for any offense committed before, during or after any game by a player or Team Official, whether or not such offense has been penalized by the Referee.

Note: A player playing on multiple teams in different tiers shall NOT be permitted to play on other teams if a suspension is impending. Play will resume for that player once the entire suspension is served.

(b) Suspensions assessed during a PICH game must be served during that same game. If the length of the suspension carries beyond that game, PICH shall be the sole authority in determining the eligibility of the individual(s).

(c) Should a player receive a suspension in any other hockey organization (eg. Coast Hockey League, VIHL, Westcoast etc.), such player may be subject to sanctions by PICH. PICH reserves the right to refuse entry into any league to any player or team for any reason.

(d) A player who is suspended in one division will also be considered suspended for all divisions. The Commissioner may then decide to give a time period as opposed to number of games (i.e. 2-week suspension vs. 2-game suspension).

(e) Any fines that are outstanding at the balance of the season may prohibit those players or teams from registering the following season.

(f) PICH will keep a running total of repeat offenders and deal with them more harshly as time progresses.

Appeal Process

All one game suspensions are final and cannot be appealed.

The purpose of an appeal is to attempt to reverse or reduce a suspension term when you feel there has been an injustice.

In situations where by it is not proven that there has been an injustice to the appealing party, the decision will side with the Referee's report and Commissioner's decision.

Appeals must follow the following process or they will be void:

- Please deliver appeal to the PICH locker mail slot located on the South wall inside the Pond rink at the Richmond Ice Centre.
- All appeals must be submitted in writing. The PICH will not receive appeals in verbal form via phone or in person.
- All appeals must be addressed to the:
PICH Commissioner within twenty four (24) hours of being notified of the suspension.

- \$100.00 cheque or cash must also accompany the appeal. An appeal not accompanied with \$100.00 cheque or cash will not be reviewed. Cheques are to be made payable to the "CYCOMM" and must be dated the day of the submission.

- Videos shall not be considered in the appeal process.

- Appeals are to be submitted in writing (preferably typed). Please outline the details of the incident (i.e. date, time, period, player(s) involved, jersey numbers, incident, your view and recommendation). It is imperative that you include as many details as possible but to be specific, factual and to the point.

- Should you win your appeal, you will have your \$100.00 returned to you immediately.

- If you lose the appeal, you forfeit the \$100.00 and it will be forwarded to PICH to be used for future player development and/or donated to charity.

- The PICH Appeals Committee consists of the following:

League Director

Divisional Representative from the division involved

Suspension's Coordinator

Note: The Divisional Representative will not be a manager/player from the player's team in question.

- This Committee will review the written appeal, vote and make a decision. The League Director will inform the team manager or captain of the decision as soon as possible.

- The League Director reserves the right to the final decision in all appeals.

- Suspended players cannot be present on or behind the bench at any games.

- A player who receives a suspension, cannot count suspended games towards playoff eligibility.

- Any team playing a game with a suspended player will automatically forfeit the game.

- Any player who plays in a game while under suspension will automatically receive double the suspension and double the fine with a minimum of three (3) games and \$30.00 fine (i.e. if a player receives a three (3) game suspension and \$30.00 fine and plays while suspended, that player will automatically receive a six (6) game suspension and a \$60.00 fine).

All decisions are final. A team/player cannot appeal an appeals decision.

SECTION V – OFFICIALS

RULE 501 – GAMESHEETS

(a) Official gamesheets will be provided by the scorekeeper at each game. Teams are to hand in their lineup to the scorekeeper prior to the start of each game with player name and corresponding jersey numbers. Failure to do prior to the commencement of the game will result in a 2-minute delay of game penalty assessed by the scorekeeper.

RULE 502 – APPOINTMENT OF OFFICIALS

(a) All Referees will be appointed by the offices of PICH. There should be two Referees on the floor at all times.

RULE 503 – REFEREE

(a) The Referees are the official representatives of PICH. They shall be in full control of players on and off the floor.

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

(c) The Referee shall check the equipment used by any player when requested to do so by the Manager, Coach or Captain of either team.

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

(e) The Referee shall have the final decision on all goals, disputed or not.

(f) Before starting the game, the Referee shall see that the appointed Game Timekeeper/scorekeeper, are in their respective places.

(g) The Referee 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 to be credited.

(h) After each game, the Referee shall check and sign the official game report and return it to the Commissioner.

(i) All Referees shall be dressed in black pants or shorts and a long sleeved black and white striped shirt or attire approved by PICH. While officiating any PICH match, referees shall not wear crests of any other organizations.

(l) Referees are required to report on the official game report all game misconduct, gross misconduct and match penalties immediately following the league, to PICH.

RULE 504 – There is no rule 504

RULE 505 – OFFICIAL SCOREKEEPER

(a) The Official Scorekeeper shall enter into the official game report a correct record of the goals scored, who scored, and to whom credit is given for assists, if any. He/she shall also keep a correct record of all penalties assessed; stating the names and numbers of the penalized players, the duration of each penalty, the infraction, and the time the penalty was assessed.

(b) At the completion of each game the Official Scorer shall sign the official game report him/herself and have the Referees sign it.

(a) The Scorekeeper shall record the time of the starting and finishing of each game, and all actual playing time during the game.

(b) The Scorekeeper shall signal the Referee for the commencement of the game, the start of the second period, and for each overtime period.

(c) If the rink is not equipped with an automatic buzzer or if this equipment should fail to operate, the Scorekeeper shall, by means of a whistle, signal the end of each period, each overtime period, and the end of the game.

(d) The Scorekeeper will record all times in minutes and seconds.

SECTION VI – PLAYING RULES

RULE 601 – ABUSE OF OFFICIALS AND OTHER MISCONDUCT

(a) Any player who challenges or disputes the ruling of an Official, uses abusive language towards an Official, attempts to incite an opponent or create a disturbance during the game shall be assessed a minor penalty for unsportsmanlike conduct. If the player persists in such conduct, a misconduct penalty shall be assessed and any further persistence by the same player shall result in the assessment of a game misconduct penalty. In the case of a coach or other Team Official, a bench minor penalty shall be assessed first and if such conduct continues, a game misconduct penalty shall be assessed.

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

(c) If any player does any of the following, the team shall be assessed a Bench Minor penalty:

1. After being penalized, does not proceed directly to the penalty bench or dressing room when ordered to do so by the Referee. Equipment shall be delivered to the penalty bench or dressing room by a teammate.
2. Throws anything onto the playing surface from the players' bench or penalty bench.
3. Interferes with any Game Official in the performance of their duties.

4. When an altercation occurs, if not involved, does not proceed immediately to the players' bench, or, in the event that the altercation takes place at the players' bench, does not proceed to his/her team's defensive zone.

(d) If any player does any of the following, the player shall be assessed a Misconduct penalty:

1. Uses obscene, profane, or abusive language to any person before, during or after a game.

2. During a stoppage of play, intentionally shoots or throws the puck out of the reach of an Official who is retrieving it.

3. Enters and remains in the Referee's Crease, when asked to leave, except for the purpose of skating to the penalty bench.

4. Touches or holds any Game Official with the hand or stick or physically contacts the referee in any form.

5. Intentionally bangs the boards, protective glass or goal with a stick at any time.

6. Shows disrespect to an Official by means of language or gestures.

(e) If any player does any of the following, a Game Misconduct penalty shall be assessed:

1. Persists in any course of conduct for which the player has previously been assessed a misconduct penalty.

(f) If any player does any of the following, a Gross Misconduct penalty shall be assessed:

1. Deliberately inflicts or attempts to inflict physical harm to a Game Official or a Team Official in any manner.

2. Behaves in any manner which is critically detrimental to the conduct of the game including, but not limited to, spitting at an opponent, Game Official or Team Official.

3. Uses obscene gestures or racial slurs anywhere in the rink before, during or after the game.

(g) If any Team Official does any of the following, a Bench Minor penalty shall be assessed:

1. Bangs the boards with a stick or other instrument at any time.

2. Uses obscene, profane or abusive language to any person before, during or after a game.

3. Throws anything onto the playing surface from the players' bench.

4. Interferes with any Game Official, (non-physically) in the performance of their duties.

5. Attempts to incite an opponent into incurring a penalty.

(h) If any Team Official does any of the following, a Game Misconduct penalty shall be assessed:

1. Persists in any course of conduct for which the Team Official has previously been assessed a bench minor penalty.

(i) If any Team Official does any of the following, a Gross Misconduct penalty shall be assessed:

1. Deliberately inflicts or attempts to inflict, physical harm to a Game Official or a Team Official in any manner.

2. Behaves in any manner which is critically detrimental to the conduct of the game including, but not limited to, spitting at an opponent, Game Official or Team Official

3. Uses obscene gestures or racial slurs anywhere in the rink before, during or after a game..

RULE 602 – ADJUSTMENT TO CLOTHING AND EQUIPMENT

(a) Play shall not be stopped, nor the game delayed by reason of adjustment of clothing, equipment, skates or sticks. For an infringement of this rule, a minor penalty shall be given.

(b) The responsibility of maintaining clothing and equipment in proper condition shall be upon the player. If adjustments are required, the player shall retire from the floor and play shall continue without interruption using a substitute.

NOTE: In the event a player loses his/her helmet in the "process of a play", he/she will not be allowed to continue "that play" he/she must immediately retrieve their helmet and immediately fasten that helmet onto his/her head. A violation will result in a two minute minor penalty for improper equipment. "That play" is defined as having possession of the puck or stick-checking the player in possession of the puck. Extremely limited discretion is given to the Referee in this rule, as safety of the player is the top priority.

(c) A goaltender, after a stoppage of play, with the permission of the Referee, may be allowed to make adjustments or repairs to clothing, equipment, shoes or skates. A goaltender may also be permitted by the Referee to replace his/her mask but no time shall be allowed for repair or fitting a mask. For any adjustments or repairs that require time, the goaltender must do so off the floor.

(d) For an infraction of a rule by a goaltender, a minor penalty shall be imposed

RULE 603 – ATTEMPT TO INJURE

(a) A match penalty shall be imposed on any player who deliberately attempts to injure any opponent, in any manner, and the circumstances shall be reported to PICH for further action. A substitute player chosen by the team captain for the penalized player must serve the penalty and shall be permitted to return at the end of the fifth minute.

(b) A game misconduct will accompany the match penalty.

RULE 604 – BODY CHECKING

(a) A minor, double minor or major penalty, at the discretion of the Referee shall be imposed on any player who intentionally body checks an opponent, with or without the puck.

(b) A minor penalty or major penalty, at the discretion of the Referee, shall be assessed to any player who makes physical contact with an opponent after the whistle has been blown, if in the opinion of the Referee, the player had sufficient time to avoid such contact.

(c) When a player injures an opponent as the result of body checking, the Referee shall have no choice but to assess a major penalty to the offending player.

(d) Any major penalty assessed for body checking may also include a game ejection or game misconduct penalty at the Referee's discretion.

(e) A major penalty and automatic game misconduct shall be imposed on any player who checks an opponent from behind.

(f) Body Checking may also be treated as a match penalty under Rules 603 and 611.

RULE 605 – BOARDING

(a) A minor penalty or major penalty, at the discretion of the Referee based upon the degree of violence of the impact with the boards, shall be assessed to any player who fouls an opponent in such a manner that caused the player to be violently thrown into the boards.

NOTE: "Rolling" an opponent (if he is the puck carrier) along the boards where he/she is endeavoring to go through too small an opening is not boarding, but may be penalized as roughing.

(b) When a player injures an opponent as the result of boarding or body checking, the Referee shall use his or her discretion in regards to a major penalty to the offending player.

(c) Any major penalty assessed for body checking or boarding may also include a game ejection or game misconduct penalty at the Referee's discretion.

(d) Boarding may also be treated as a match penalty under Rules 603 and 611.

RULE 606 – BROKEN STICK

(a) A player whose stick is broken may participate in the game provided he/she immediately drops his/her stick. A minor penalty shall be imposed for an infraction of this rule.

NOTE: A broken stick is one which, in the opinion of the Referee, is unfit for normal play.

(b) A goaltender may not continue to play with a broken stick. A minor penalty will be enforced for this violation.

(c) A player whose stick is broken may not receive a stick thrown on the floor from any part of the rink, but must obtain one from the player bench. A goaltender whose stick is broken may not receive a stick thrown on the floor from any part of the rink but may receive a stick from a teammate without proceeding to his/her player bench. A minor penalty shall be imposed on the player or goaltender receiving a stick illegally under this rule.

(d) A minor penalty shall be assessed to any player who carries two or more sticks. This includes retrieving errant sticks for teammates.

RULE 607 – BUTT-ENDING

(a) A major penalty shall be imposed on a player who "butt-ends" or attempts to "butt-end" an opponent.

NOTE: An attempt to butt-end shall include all cases in which a butt-end gesture is made, regardless of whether body contact is made or not.

(b) A major penalty and automatic game misconduct shall be imposed on any player who makes contact with an opponent by butt-ending.

(e) Butt-ending may also be treated as a match penalty under Rules 603 and 611.

RULE 608 – CHARGING

(a) A minor, double minor or major penalty, at the discretion of the Referee, shall be imposed on a player who runs, jumps into or charges an opponent.

(b) A minor penalty, double minor or major penalty, at the discretion of the Referee, shall be imposed on a player who charges a goaltender while the goaltender is within his/her goal crease.

(c) When a player injures an opponent as the result of charging, the Referee shall use his or her discretion in assessing a major penalty to the offending player.

NOTE: A goaltender is not "fair game" just because he/she is outside the goal crease area. A penalty for interference or charging (minor or major) should be called in every case where an opposing player makes unnecessary contact with a goaltender.

(d) Any major penalty assessed for charging may also include a game ejection or game misconduct penalty at the Referee's discretion.

(e) Charging may also be treated as a match penalty under Rules 603 and 611.

RULE 609 – CROSS CHECKING

(a) A minor, double minor or major penalty, at the discretion of the Referee, shall be imposed on a player who "cross checks" an opponent.

(b) A major penalty shall be imposed on any player who injures an opponent by cross checking.

(c) A minor, double minor or major penalty shall be imposed on a player who cross checks a goaltender while the goaltender is within his/her goal crease.

(d) Any major penalty assessed for cross checking may also include a game ejection or game misconduct penalty at the Referee's discretion.

(e) Cross checking may also be treated as a match penalty under Rules 603 and 611.

RULE 610 – DELAYING THE GAME

(a) A minor penalty shall be imposed on any player or goaltender who delays the game by deliberately shooting or batting the puck with his/her stick outside the playing area.

NOTE: This penalty shall apply also when a player or goaltender deliberately bats or shoots the puck with his/her stick outside the playing area after a stoppage of play.

(b) A minor penalty shall be imposed on a goaltender who shoots the puck directly (non-deflected) outside of the playing area, except when a location is not protected by glass or screen which should normally be there in a standard rink.

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

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

(e) A minor penalty shall be imposed on any player (including the goaltender) who delays the game by deliberately displacing the goal post from its normal position. If such an infraction occurs with less than 2 minutes remaining in the second half or at any time during overtime, a penalty shot shall be awarded against the offending team. If the goal post is deliberately displaced during the course of a breakaway, a penalty shot shall be taken by the last player of the non-offending team in possession of the puck. In the event that a goal post is deliberately displaced by a defending player or goaltender immediately prior to the puck crossing the goal line, the Referee may assess a minor penalty, a penalty shot, or award a goal.

(f) A minor penalty shall be imposed on a goaltender who refuses to play the puck in a situation when it is safe to do so. The referee will verbally notify the goaltender that it is safe to play the puck and that he/she should do so.

RULE 611 – DELIBERATE INJURY OF OPPONENTS

(a) A match penalty shall be imposed on a player who deliberately injures an opponent in any manner. The incident shall be reported to PICH for further action.

(b) There is no Rule 611 (b).

RULE 612 – ELBOWING

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

(b) A major penalty shall be imposed on any player who injures an opponent as the result of a foul committed by using his/her elbows.

(c) Any major penalty assessed for elbowing may also include a game ejection or game misconduct penalty at the Referee's discretion.

(e) Elbowing may also be treated as a match penalty under Rules 603 and 611.

RULE 613 – FACE-OFFS

(a) One player from each team shall stand on their own defensive side of the face-off circle with their sticks held on the floor outside of the face-off spot. The attacking team must put his/her stick down first. All other players shall stay on their respective defensive side of the face-off spot until the Referee drops the puck on the face-off spot and play begins.

(b) Players facing-off will stand facing their opponent's end of the rink approximately one stick length apart with the blade of their stick on the floor.

(c) Sticks of both players facing-off shall have any part of the blade touching the floor and properly aligned on the tape. All other players must be at least fifteen feet away from the players facing-off and they must be on-side.

NOTE: If after warning by the Referee, either of the players fails to take his/her proper position for the face-off promptly, the Referee shall replace the offending player or players with another player on the floor. If either player or players still fail to take their proper position the Referee may assess a delay of game penalty against the offending player or players.

(d) In the conduct of any face-off anywhere on the playing surface no player shall make any physical contact with his/her opponent's body by means of his/her own body or by his/her stick except in the course of playing the puck after the face-off has been completed. For violation of this rule, the Referee may impose a minor penalty or penalties on the player(s) whose action(s) caused the physical contact.

NOTE: A face-off commences when the Referee designates the place of the face off and takes up a position to drop the puck.

(e) A second violation of any of the provisions or sub-selection(s) hereof during the same face-off may be penalized with a minor penalty to the player who commits the second violation of this rule.

(f) When an infringement of a rule has been committed or a stoppage of play has been caused by any player of the attacking side, the ensuing face-off shall be made at the center face-off spot.

NOTE: This includes stoppage of play caused by a player of the attacking side shooting the puck on to the back of the defending team's net without any intervening action by the defending team.

(g) When an infringement of a rule has been committed by players of both sides in the play resulting in the stoppage, the ensuing face-off will be made at the place of such infringement or at the place where play is stopped in cases where play is permitted to be completed unless otherwise expressly provided by these rules.

(h) When stoppage occurs between the end of face-off spots and near the end of the rink, the puck shall be faced-off at the end face-off spot on the side where the stoppage occurs, unless otherwise expressly provided by these rules.

(i) When a goal is disallowed as a result of the puck being deflected off the Referee directly into the net, the face-off shall be at either of the end face-off spots in that zone.

(j) When the game is stopped for any reason not specifically covered in the official rules, the puck must be faced-off where it was last played.

(k) The Referee is under no obligation to wait for the players to get to the face-off. It is the players' responsibility to get there as quickly as possible. If one team is lined up and the other team is procrastinating, the Referee can start the play by dropping the puck, or can assess a bench minor penalty to the team causing the delay.

NOTE: Once a team is in face-off position, the puck can be put into play within five seconds.

RULE 614 – FALLING ON PUCK

(a) A minor penalty shall be imposed on a player other than the goaltender who deliberately falls on or gathers a puck into the body.

NOTE: Defensemen who drop to their knees to block shots should not be penalized if the puck is shot under them or becomes lodged in their clothing or equipment, but any use of the hands to make the puck unplayable should be penalized promptly.

(b) A minor penalty shall be imposed on a goaltender who (when his/her body is entirely outside the boundaries of his/her own crease area and when the puck is behind the goal line) deliberately falls on or gathers the puck into his/her body, or who holds or places the puck against the boards.

(c) No defending player except the goaltender will be permitted to fall on the puck, hold the puck, or gather the puck into the body or hands when the puck is within the goal crease. For infringement of this rule play shall immediately be stopped and a penalty shot shall be ordered against the offending team but no other penalty shall be given.

NOTE: 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 infraction occurs. However, in cases where the puck is outside the crease, Rule 614(a) may still apply and a minor penalty may be imposed even though no penalty shot is awarded. If the goaltender has been removed from the playing surface when the infraction occurs, a goal shall be awarded to the non-offending team in lieu of the penalty shot.

RULE 615 – FIGHTING

(a) A major penalty, a fine, and an automatic game misconduct (as a minimum) shall be imposed on any player who engages in a fight. A fight is deemed regardless of whether the infracting player drops his/her gloves or not. This will be under the discretion of the referee.

1. The fine will increase by \$25 for repeat fighters (e.g. a player's second fight will cost the team \$50). After a player's third fight, they are automatically subject to suspension for the remainder of the season, further fines, and expulsion from the league.

2. Any player deemed by the Referee to be the instigator of the altercation shall be additionally assessed a minor penalty and is subject to additional suspension by PICH.

3. Any player removing his/her sweater before or during a fight will be treated as the instigator, even if both players do. That player(s) will receive an additional minor penalty as well as being subject to further suspension.

(b) A minor penalty shall be imposed on a player who having been struck shall retaliate with a blow or attempted blow. However, at the discretion of the Referee, a major or double minor penalty may be imposed if that player continues the altercation.

NOTE 1: The Referee is provided very wide latitude in the penalties which he/she may impose under this rule. This is done intentionally to enable him/her to differentiate between the obvious degrees of responsibility of the participants either for starting the

fighting or persisting in continuing the fighting. The discretion provided should be exercised realistically.

NOTE 2: Referees are directed to employ every means provided by these rules to stop brawling.

(c) A game misconduct shall be imposed on any player involved in fighting off the playing surface or with another player who is off the playing surface.

(d) A player who drops his/her gloves in an aggressive or threatening manner shall receive an automatic game misconduct penalty.

(e) Any player or goaltender deemed to be the first to intervene in an altercation (third man in), will receive a game ejection penalty, unless such incident takes place in the last 10 minutes of the second half or at any time during overtime. Then the penalty becomes an automatic game misconduct, with a minimum suspension of one game. This penalty is in addition to any other penalties incurred by that player.

(f) When an altercation occurs, all players not engaged shall immediately proceed to the area of their players' bench. In the event the altercation takes place at the players' bench, the players on the surface must go to their team's defensive zone. Failure to comply will result in a bench minor penalty assessed to the team(s) not observing this rule.

NOTE: Refer to Rule 601 (c4).

(g) Any player or goaltender that resists an official in the discharge of their duties shall be assessed a misconduct or game misconduct penalty.

NOTE: Refer to Rule 601 (d & f).

(h) A minor penalty shall be assessed to a goaltender who leaves the immediate vicinity of the goal crease to participate in an altercation. This penalty shall be in addition to any penalty incurred during the altercation.

RULE 616 – GOALS AND ASSISTS

(a) It is the responsibility of the Referee to award goals and assists, and such decision is final. In cases of an obvious error in awarding a goal or an assist, it should be corrected promptly. Changes shall not be made on the scoring summary after the Referee has signed the official score sheet.

(b) A goal shall be scored when the puck has been put between the goal posts by the stick of a player of the attacking side from in front, and below the cross bar and entirely across the goal line.

(c) A goal shall be scored if the puck is put into the goal in any way by a player of the defending side. The player of the attacking side who last played the puck shall be credited with the goal but no assist shall be awarded.

(d) If an attacking player kicks the puck and it is deflected into the net by any player, the goal shall not be allowed.

(e) If the puck has been deflected into the goal by a shot of an attacking player by striking any part of the person or a player of the same side, a goal shall be allowed. The player who deflected the puck shall be credited with the goal. The goal shall not be allowed if the puck has been kicked, thrown or otherwise deliberately directed into the goal by any means other than a stick.

(f) If a goal is scored as a result of a puck being deflected directly into the goal from an official, the goal shall not be allowed.

(g) Should a player legally propel a puck into the goal crease of the opponent's team and the puck should become loose and available to another player of the attacking side, a goal scored on the play shall be allowed.

(h) Any goal scored other than as covered by the official rules shall not be allowed.

(i) A goal shall be credited in the scoring records to a player who shall have propelled the puck into the opponent's goal. Each goal shall count as one point in the player's record. Two assists shall be credited to the player taking part in the play immediately preceding the goal.

(j) For players in the bottom four tiers of the league (ie. Tiers 12 to 15 in the 2007 season), each player is limited to a maximum of three goals per game. Any goals scored by the same player over the three-goal limit will not count to the final score.

RULE 617 – HANDLING PUCK WITH HANDS

(a) If any player, including the goaltender, closes his/her hand intentionally on the puck the play shall be stopped and a face-off will take place. However, if the puck is dropped immediately, play shall be allowed to continue.

(b) A goaltender who holds the puck with his/her glove (catcher hand) for longer than three seconds, play shall be stopped and a face-off shall follow. However, after an initial warning by the Referee, a goaltender who holds the puck unnecessarily shall be given a minor penalty for delay of game.

(c) A goaltender shall not deliberately drop the puck into his/her pads or onto the goal net, nor deliberately pile up obstacles at or near his/her net, that in the opinion of the Referee would tend to prevent the scoring of a goal. The penalty for infringement of this rule by the goaltender shall be a minor penalty.

NOTE: The object of this rule is to keep the puck moving continuously, and any action taken by the goaltender which causes an unnecessary stoppage must be penalized.

(d) A minor penalty shall be imposed on any player including the goaltender who, while play is in progress, picks up the puck off the floor with his/her hands. However, the goalie may cover the puck with his/her blocker.

Note: The object of this rule is to prevent fingers of goalies (bare and those gloved in the blocker) from being run over.

(e) If a defending player, except the goaltender, picks up the puck from the floor or holds the puck in the crease area while play is in progress, the play shall be stopped immediately and a penalty shot shall be awarded to the non-offending team.

(f) A player shall be permitted to stop or "bat" a puck in the air with his/her open hand, or push it along the floor with his/her hand, and the play shall not be stopped unless in the opinion of the Referee he has deliberately directed the puck to a teammate in which case the play shall be stopped and the puck faced off at the nearest special face-off spot where the offense occurred. This rule is disregarded if these actions are started and completed in the defensive zone.

NOTE: The object of this rule is to ensure continuous action and the Referee should NOT stop play unless he/she is satisfied that the directing of the puck to a teammate was in fact deliberate. The puck may not be batted with the hand directly into the net at any time, and a goal shall not be allowed when the puck has been legally batted and is deflected into the goal off a defending player including the goaltender.

(g) Throwing of the puck is not permitted by any player, even goaltenders. Throwing the puck will result in a minor penalty for delay of game.

RULE 618 – HEAD-BUTTING

(a) A major penalty shall be imposed on a player who head-butts or attempts to head-butt an opponent.

NOTE: An attempt to head-butt shall include all cases in which a head-butt gesture is made, regardless of whether contact is made or not with an opponent.

(b) A major penalty and automatic game misconduct shall be imposed on any player who makes severe contact with an opponent by head-butting.

(e) Head-butting may also be treated as a match penalty under Rules 603 and 611.

RULE 619 – HIGH STICKS

(a) When a player carries or holds any part of his/her stick above the normal height of his/her waist so that contact to the any body part above the shoulder including equipment of an opposing player results, the Referee shall have no alternative but to impose a minor penalty on the offending player.

NOTE: No contact on an opponent needs to occur to call a high sticking penalty.

(b) When a player carries or holds any part of his/her stick above the normal height of his/her waist so that injury to the face or head of an opposing player results, the Referee shall have no alternative but to impose a double minor or major penalty on the offending player.

(c) Any major penalty assessed for high sticking may also include a game ejection or game misconduct penalty at the Referee's discretion.

(d) High Sticking may also be treated as a match penalty under Rules 603 and 611.

(e) Batting the puck above the normal height of the shoulders with the stick is prohibited and when it occurs there shall be a whistle, and the ensuing face-off will take place at center floor or at the spot where the offense occurred if in the defensive zone unless:

1. The defending player batted the puck to an opponent in which case the play shall continue.

2. A player of the defending side batted the puck into his/her own goal in which case the goal shall be allowed.

(f) When either team is below the numerical strength of its opponent and a player of the team of greater numerical strength causes a stoppage of play by striking the puck with his/her stick above the height of his/her shoulder, the resulting face-off shall be made at one of the end face-off spots adjacent to the goal of the team causing the stoppage.

(g) A goal scored from a high stick shall not be allowed, except by a player of the defending team. This is defined by the following:

1. A goal will be allowed if the goal was batted in with a stick that is below both the player's shoulder and the crossbar.

2. If the player's stick is either above his/her shoulder or crossbar, a goal will be disallowed and the face-off will take place at the centre face-off. No penalty will be awarded unless the referee deemed the infraction to be a hazard to another player.

3. If an attacking player is on his/her knees or any other position other than his/her skates, and bats a puck into the opponent's net, the goal will only be allowed if his/her stick is below his/her shoulder. If the stick is above his/her shoulder, no goal will be awarded and the face-off will take place at the centre face-off. No penalty will be awarded unless the referee deemed the infraction to be a hazard to another player.

RULE 620 – HOLDING AN OPPONENT

(a) A minor penalty shall be imposed on a player who holds an opponent with his/her hands, legs, feet or stick or in any other way.

(b) A major penalty shall be assessed to a player who holds the face mask of an opponent with the hand.

(c) When a player injures an opponent as the result of holding the face mask, the Referee shall assess a major penalty and an automatic game misconduct to the offending player.

RULE 621 - HOLDING AN OPPONENT'S STICK

(a) A player is not permitted to hold an opponent's stick. A minor penalty shall be assessed to a player who holds an opponent's stick.

NOTE 1: A player is allowed to protect him/herself by holding an opponent's stick to remove it from his/her body.

NOTE 2: When a player's stick is caught in the equipment or sweater of his/her opponent, no penalty shall be assessed, unless that opponent intentionally placed the stick there.

RULE 622 – HOOKING

(a) A minor penalty shall be imposed on a player who impedes or seeks to impede the progress of an opponent by hooking with his/her stick.

(b) A major penalty shall be imposed on any player who injures an opponent by hooking.

(c) Any major penalty assessed for hooking may also include a game ejection or game misconduct penalty at the Referee's discretion.

RULE 623 – INTERFERENCE

(a) A minor penalty shall be imposed on a player who interferes with or impedes the progress of an opponent who is not in possession of the puck.

1. The last player to touch the puck, other than a goaltender shall be considered the player in possession. In interpreting this rule the Referee should make sure which of the players is the one creating the interference. The defending players are entitled to "stand their ground" or "shadow" the attacking players. However, the defending player can not exceed his/her ground to deliberately interfere with the progression of the offending player.
2. Players of the side in possession shall not be allowed to "run" deliberate interference for the puck carrier. Offensive interference:
 - a. When the defending team secures possession of the puck in its own end and the other players of that team run interference for the puck carrier by forming a protective screen against fore checkers.
 - b. When a player facing-off obstructs an opponent after the face-off when the opponent is not in possession of the puck.
 - c. When the puck carrier makes a drop pass and follows through so as to intentionally make body contact with an opposing player.
3. All offensive or defensive players may attempt to establish positional territory in front of either goal. The incidental contact that occurs in so doing shall not be considered interference or unnecessary roughness. However, should a player from either team run at his/her opponent, or make a body check, the Referee, at his/her discretion, may assess a minor penalty for interference, charging or unnecessary roughness. Should a player cross-check an opponent, a minor or major penalty can be called.

(b) A minor penalty shall be imposed on a player who deliberately knocks a stick out of an opponent's hand, who prevents a player who has dropped his/her stick from regaining possession of it or who knocks or shoots an abandoned or broken stick or other debris towards an opposing puck carrier in a manner that would cause him/her to be distracted.

(c) A minor penalty shall be imposed if any player on the player bench or on the penalty bench who by means of his/her stick or body interferes with the movement of the puck of any opponent on the floor during the progress of play. A penalty shot shall be awarded if this action occurs during a breakaway.

(d) A minor penalty shall be imposed on a player who, by means of his/her stick or body, interferes with or impedes the movements of the goaltender by actual physical contact while he/she is in the goal crease area.

(e) Unless the puck is in the goal crease area, a player of the attacking side not in possession may not stand on the goal crease line or in the goal crease or hold his/her stick in the goal crease area in a manner that would interfere with the goaltender. If the puck should enter the net while

such a condition prevails, a goal shall not be allowed and the puck shall be faced off at center floor. The infracting player will also receive a two-minute minor penalty for goalie interference.

NOTE: Players are generally not advised to occupy a space in the goal crease. A minor penalty will be called against the infracting player under the discretion of the referee. However, if a player is in the goal crease but in no manner is interfering the goalie or interfering in any manner that will provide his/her team an advantage with regards to scoring a goal, the goal will be disallowed, a minor penalty will be assessed to the infracting player and the face-off will be at the centre line. This rule will be left to the discretion of the referee.

(f) If a player of the attacking side has been physically interfered with by the action of any defending player so as to cause him/her to be in the goal crease, and the puck should enter the goal while the player so interfered with is still within the goal crease, the goal shall be allowed.

(g) If when the goaltender has been removed from the floor, any member of his/her team not legally on the floor including any Team Official interferes by means of his/her body or stick or any other object with the movement of the puck of an opposing player, the Referee shall immediately award a goal to the non-offending team.

RULE 624 – INTERFERENCE BY SPECTATORS

(a) In the event of a player being held or interfered with by a spectator, the Referee shall blow the whistle and play shall be stopped, unless the team of the player interfered with is in possession of the puck at the time, then the play shall be allowed to be completed before blowing the whistle, and the puck shall be faced-off at the spot where last played at the stoppage.

(b) Any player who physically interferes with a spectator shall be assessed a game or gross misconduct penalty and the circumstances shall be reported to PICH for possible further action.

(c) In the event that objects are thrown on the floor which interfere with the progress of the game the Referee shall blow the whistle and stop the play, and the puck shall be faced-off at the spot where play is stopped.

RULE 625 – KICKING PLAYER

(a) A match penalty shall be imposed on any player who kicks or attempts to kick another player, but a substitute shall be permitted at the end of the fifth minute. Refer to Rules 603 and 611.

RULE 626 – KICKING THE PUCK

(a) Kicking the puck shall be permitted in all zones, but a goal may not be scored by the kick of an attacking player.

(b) A goal cannot be scored by any attacking player who kicks any article of equipment (i.e. stick, helmet, glove, etc.) at the puck, causing the puck to enter the net.

(c) A goal will be awarded to a player if a puck should cross the goal line by ricocheting off the player's skates. However, the goal will be disallowed if a kicking motion is used to direct the puck into the net or if the player intentionally directs the puck into the net with his/her skates.

RULE 627 – KNEEING

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

(b) A major penalty shall be imposed on any player who injures an opponent as the result of a foul committed by using his/her knees.

(c) Any major penalty assessed for kneeling may also include a game ejection or game misconduct penalty at the Referee's discretion.

(d) Kneeing may also be treated as a match penalty under Rules 603 and 611.

RULE 628 – LEAVING PLAYER OR PENALTY BENCH

(a) No player may leave the player bench at any time to enter an altercation. A game misconduct penalty is to be imposed on any player violating this rule. The Referee will report all such infractions to the PICH Commissioner for possible further sanctioning.

(b) Except at the end of each period, or on expiration of penalty, no player may at any time leave the penalty bench.

(c) A penalized player who leaves the penalty bench before his/her penalty has expired, whether play is in progress or not, will receive an additional minor penalty to be served after serving the unexpired penalty.

(d) Any penalized player leaving the penalty bench during the stoppage of play, and entering an altercation shall incur a minor penalty plus a game misconduct penalty, after serving his/her unexpired time, in addition to any other penalties he may incur.

(e) If a player leaves the penalty bench before his/her penalty is fully served, the Penalty Timekeeper shall note the time and signal the Referee who will immediately stop the play.

(f) In the case of a player returning to the floor before his/her time has expired through an error by the Penalty Timekeeper, he/she is not to serve an additional penalty, but must serve his/her unexpired time.

(g) If a player of an attacking side in possession of the puck shall be in such a position as to have no opposition between him and the opposing goaltender, and while in such position he/she is interfered with by a player of the opposing side who shall have illegally entered the game, the Referee shall award a penalty shot to be taken by the player so interfered with.

(h) If the opposing goaltender has been removed and an attacking player in possession of the puck shall have no player of the defending team to pass, and a stick or a part thereof is thrown by an opposing player, or the player is fouled from behind, thereby being prevented from having a clear shot on an open goal, a goal shall be awarded against the offending team.

(i) When the opposing goaltender has been removed from the floor, and a player of the side attacking the unattended goal is interfered with by a player who shall have entered the game illegally, the Referee shall immediately award a goal to the non-offending team.

(j) Any Team Official who gets on the floor after the start of the game without permission of the Referee shall automatically receive a bench minor penalty, and possibly a game ejection or game misconduct.

(k) If a penalized player returns to the floor from the penalty bench before his/her penalty has expired by his/her own error or the error of the Penalty Timekeeper, any goal scored by his/her own team while he/she is illegally on the floor shall be disallowed, but all penalties imposed on either team shall be served as regular penalties.

RULE 629 – MERCY RULE

(a) Should a team score enough goals to make an eight-goal differential between them and their opponents, the game shall be timed with a running clock.

RULE 630 – There is no rule 630

RULE 631 – PUCK MUST BE KEPT IN MOTION

(a) The puck must be kept in motion at all times.

(b) A minor penalty shall also be imposed on any player who deliberately holds the puck against the boards in any manner to deliberately delay the game.

(c) Should the puck remain on the net for longer than three seconds, play shall be stopped and the face-off shall take place at the nearest end zone face-off spot, except when the stoppage is caused by a player of the attacking team, in which case the ensuing face-off shall be conducted at the center face-off spot.

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

RULE 632 – PUCK OUT OF BOUNDS OR UNPLAYABLE

(a) When the puck goes outside the playing area to either end, or either side of the rink, or strikes any obstacles above the playing surface other than the boards or glass, it shall be faced-off from where it was shot or deflected, unless otherwise expressly provided in these rules.

(b) When the puck becomes lodged in the netting on the outside of either goal so as to make it unplayable, or if it is frozen between opposing players intentionally or otherwise, the Referee shall stop the play and face-off the puck at either of the adjacent face-off spots unless in the opinion of the Referee, the stoppage was caused by a player of the attacking team, in which case the resulting face-off shall be conducted at center floor.

NOTE 1: This includes stoppage of play caused by the player of the attacking side shooting the puck onto the back of the defending team's net without any intervening action by the defending team.

NOTE 2: The defending team and/or the attacking team may play the puck off the net at any time. However should the puck remain on the net for longer than three seconds play shall be stopped and a face off shall take place in the end face-off zone except when the stoppage is caused by the attacking team, then the face off shall take place on the face-off spot at center floor.

RULE 633 – PUCK OUT OF SIGHT AND ILLEGAL PUCK

(a) Should a scramble take place and a player accidentally falls on the puck or the puck is out of sight of the Referee, the Referee shall immediately blow his/her whistle and stop play. There will be a face-off at the point in which play was stopped, unless otherwise provided for in these rules.

(b) If at any time while play is in progress a puck other than the one legally in play shall appear on the playing surface the play shall not be stopped but shall continue with the legal puck until the play in progress is completed by change of possession.

NOTE: At the Referee's discretion, if the illegal puck has interfered with play, play shall be stopped immediately.

RULE 634 – REFUSING TO START PLAY AND FORFEITURE

(a) If when both teams are on the floor and one team for any reason shall refuse to play when ordered to do so by the Referee, he/she shall warn the Captain or Alternate Captain and allow the team so refusing fifteen seconds within which to begin the game or resume play. If, at the end of that time, the team shall still refuse to play, the Referee shall impose a bench minor penalty for delay of game to the offending team. Should there be a repetition of the same incident, the Referee shall have no alternative but to declare that the game be suspended and the case shall be ruled on by the Commissioner for action, which may include forfeiting the game to the non-offending team. Any such incident shall be reported to PICH, who reserves the right to sanction such team as they see fit.

(b) If a team, when ordered to do so by the Referee through its Manager or Coach, fails to go on the floor and start play, the game shall be suspended and the case shall be ruled on by the Commissioner for action, which may include forfeiting the game to the non-offending team. Any such incident shall be reported to PICH, who reserves the right to sanction such team as they see fit.

(c) A forfeiture of a game may be declared for the following reasons:

1. At the start of a game, (Referee's whistle to put puck in play) a team does not have five skaters on the floor in full and required uniform.

2. By the Team Official submitting in writing and accepted by the Commissioner that his/her team will not be able to play a particular game. In this event the opposing team does not need to suit up or make an appearance at the game, but shall still be awarded the victory.

3. Due to injury or illness during the game a team cannot field (when at full strength) four skaters and a goaltender to continue the game.

4. A team fails to produce their authenticated PICH ID Sheet.

(d) In the event of a forfeit, the following scoring statistics shall be awarded:

1. The forfeiting team shall be awarded zero points (a loss) for the game. The opposing team shall be awarded two points (a victory for the game). The score of the game shall be recorded as 1 to 0.

2. The Captain of the victorious team shall be awarded one goal. This may not be substituted to any other player. There shall be no assist awarded.

3. The goalies of either team shall not be assessed a shot, save, or goal against.

(e) A team may forfeit one game per season without recourse to that team's status for the year. If the same team forfeits a second game, that team shall be fined \$100 per game.

(f) A team will be removed from the league after forfeiting two games in one season. The removal however will be subjected to the discretion of the Commissioner and the offending team may be eligible to continue play if the Commissioner deems the cause of the forfeiture to be unavoidable.

(g) In the event of the removal of a team from the year (by forfeiture of two games), the following statistical change shall take place:

Any rules involving forfeits, especially the number of goals to be to be awarded, can be changed in any year, provided that any such rules have been put in writing by the Commissioner prior to the start of any year. EXAMPLE: If goals against is a primary statistical tie breaker, more than one goal may be counted against the forfeiting team.

RULE 635 – ROUGHING

(a) At the discretion of the Referee, a minor or double minor may be imposed on any player deemed guilty of unnecessary roughness.

NOTE: It is not intended that there be no body contact between two opposing players who are actively in pursuit of the puck. The act of riding an opponent off the puck or meeting the opponent head-on, WHILE ATTEMPTING TO PLAY THE PUCK, shall not be considered roughness. However, this does not imply that players NOT in possession of the puck may throw their bodies into an opponent in order to achieve possession.

RULE 636 – SLASHING

(a) A minor, double minor, or major penalty shall be imposed on any player who impedes or seeks to impede the progress of an opponent by "slashing" with his/her stick.

NOTE: Referees should penalize as slashing any player who swings his/her stick at any opposing player (whether in or out of range) without actually striking him/her, or where a player on the pretext of playing the puck makes a wild swing at the puck with the object of intimidating an opponent.

(b) A double minor or major penalty shall be imposed on any player who injures an opponent by slashing.

(c) Any player who swings his/her stick at another player in the course of any altercation shall be subject to a match penalty under Rules 603 and 611.

(d) Any player not in possession of the puck cannot have any stick contact upon the goaltender, in the goal crease, who has covered or caught the puck, regardless of whether or not the Referee has stopped the play. A minor penalty shall be assessed.

(e) Any major penalty assessed for slashing may also include a game ejection or game misconduct penalty at the Referee's discretion.

(f) Slashing may also be treated as a match penalty under Rules 603 and 611.

RULE 637 – SPEARING

(a) A minor, double minor or major penalty shall be imposed on a player who spears or attempts to spear an opponent.

NOTE: Attempt to spear shall include all cases where a spearing gesture is made regardless of whether bodily contact is made or not.

(b) A major penalty and automatic game misconduct shall be imposed on any player who makes contact with an opponent by spearing.

(c) Spearing may also be treated as a match penalty under Rules 603 and 611.

RULE 638 – START OF GAME AND PERIODS

(a) The game shall be commenced at the time scheduled by a "face-off" at the center face-off spot, and shall be resumed promptly for the second half in the same manner. No delay shall be permitted by reason of any ceremony, exhibition, demonstration, or presentation unless consented in advance by the Commissioner or by PICH.

(b) Players will start the game defending the zone opposite their player bench.

(c) During the pre-game warm-up and before the commencement of play in any period, each team shall confine its activity to its own end of the rink.

NOTE: All players must be dressed and ready to play ONE HALF HOUR prior to their scheduled playing time or the game can be forfeited. This time can be changed for any game, but must be put in writing prior to the start of a game.

(d) All players must be in full uniform, INCLUDING HELMETS properly secured, to take the floor for warm-up and until they have left the floor at the conclusion of the game.

RULE 639 – THROWING STICK

(a) When any player or Team Official of the defending team deliberately throws or shoots a stick or any other object at the puck in the defending zone, the Referee shall allow the play to be completed and if a goal is not scored, a penalty shot shall be awarded to the fouled player. If, however, the goal is unattended and the attacking player has no defending player to pass and has a chance to score on an open goal, and a stick or any other object is thrown or shot at the puck by a member of the defending team, thereby preventing a shot on the open goal, a goal shall be awarded to the non-offending team.

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

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

(c) A game ejection or game misconduct penalty shall be assessed to any player who throws a stick or any part thereof outside the playing area at or in the direction of any spectators.

RULE 640 – TIED GAMES

(a) If at the end of the two periods, the score shall be tied, there shall be one five-minute overtime period. Based on the referee's assessment of the amount of floor-time remaining, he/she may decide that there is not enough time for overtime.

(b) The following shall take place:

1. The teams shall not change ends.
2. A five-minute overtime period (running for four minutes, stop for last minute), shall be played.
3. The game shall terminate upon the scoring of a goal and the team scoring the goal shall be declared the winner and that team shall receive two points in the standings. The losing team will receive one point in the standing and will have recorded a regulation time tie in the standings.
4. If no one scores, the game is declared a tie.

(c) For overtimes occurring during a playoff game, and if no team scores during the overtime period, a shootout shall take place as follows:

1. Only three skaters shall be allowed to shoot for each team.
2. The rules of play will be the same as a penalty shot (See Rule 406)
3. Teams will alternately take a penalty shot, with the visiting team shooting first, until a winner is determined.
4. If no winner is declared after the first three skaters, the winner is then determined by sudden death (one shooter per team).
5. No player may shoot more than once until the rest of the team has taken a shot. For the larger rostered team with more players eligible to shoot, players can take their second shot once the opposing team repeats their shooters.
6. No player who has any unexpired penalty time at the end of the game may participate in the shootout.

RULE 641 – TIME OF GAME

(a) The game shall be played in two periods (in a time length depending on available time). A rest may or may not be permitted between each period to the discretion of the referees. The game will be played in two (2), stop-time twenty-minute halves. Should games be running late, referees may decide that the games be timed with a running clock.

(b) Game time-outs may be called by the Referee at any time during the game.

(c) Any overtime period shall be considered a part of the game and all unexpired penalties shall remain in force.

(d) The Referee may order the game to be shortened or suspended anytime the playing area is deemed to be in an unsafe condition or the rented (allotted) floor-time is close to expiration. The game shall remain suspended until such condition is corrected. If any delay occurs during the first period, the Referee shall have the option to begin the second period immediately, without time out for an intermission between periods.

RULE 642 – TIME-OUTS

(a) A time-out may be called only during a stoppage of play by a player on the floor.

(b) When there is a time-out, the teams may go to the player bench, but penalized players are not permitted to leave the penalty bench.

NOTE: Each team is allowed one time-out per game, thirty (30) seconds in duration.

(c) A time-out may not be used to warm up a goaltender.

(d) Any violations of the above rule may result in a two-minute bench minor penalty.

(e) Each team is only allowed ONE time-out per game. They can not be saved up and do not have to be used.

(f) A time-out WILL stop the clock should the game be in running time.

(g) A time-out may NOT be called in overtime.

RULE 643 – TRIPPING

(a) A minor penalty shall be imposed on any player who, with his/her stick, knee, foot, arm, hand or elbow, causes his/her opponent to trip or fall.

NOTE: If in the opinion of the Referee a player is unquestionably hook-checking the puck and obtains possession of it thereby tripping the puck carrier, no penalty shall be imposed.

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

(c) When a player in control of the puck in the attacking zone and having no other opponent to pass other than the goaltender, is tripped or otherwise fouled from behind preventing a reasonable scoring opportunity a penalty shot shall be awarded to the non-offending side. Nevertheless, the Referee shall not stop the play until the attacking side has lost possession of the puck to the defending side.

NOTE 1: The intention of this rule is to restore a reasonable scoring opportunity which has been lost by reason of a foul from behind when the foul is committed in the attacking zone.

NOTE 2: "Control of the puck" means the act of propelling the puck with the stick. If, while it is being propelled, the puck is touched by another player or his/her equipment or hits the goal or goes free, the player shall no longer be considered to be "in control of the puck."

SECTION VII - STANDINGS AND PLAYOFF FORMAT

(a) Point system:

WIN 2 POINTS

LOSS 0 POINTS

TIE 1 POINT

REGULATION TIE 1 POINT

FORFEIT -1 POINT

(b) At the end of the league play of any PICH season, should two (2) or more teams be tied in point percentage (games played versus teams in their final tier), the tie breaker format will be in this order:

1. Most points
2. Number of wins (in final tier)
3. Result of head-to-head competition. This tie breaker may only be used if all teams involved in the tie have faced one another, and one team has beaten all of the other involved teams.
4. Least total goals allowed by the team during the course of the regular season.
5. Most goals scored by the team during the course of the regular season.
6. Coin toss.

(c) The number of teams qualifying for playoffs will vary each year, pending enrolment numbers in each tier.