

Harrisonburg Inline Hockey – Official Rulebook

2007 Edition

Introduction

The Harrisonburg Inline Hockey organization is part of Harrisonburg Department of Parks & Recreation. The rules listed here are for the purpose of sponsoring the growth of organized inline hockey in the Harrisonburg, VA area. AAU's USARS rulebook was used as a guide for developing this set of rules. However, several key adjustments were made to accommodate the Harrisonburg rink.

Questions & comments concerning the HIH rulebook or organization can be addressed to:

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General

Age Classifications

Harrisonburg Inline Hockey is initially an adult organization, but hopes to develop youth hockey in the near future.

Anticipated age groups are:

Adult: Ages 16 and older

Pee Wee: Ages 11 through 15

Squirts: Ages 10 & Under

Team Size

Due to the rink size HIH Hockey will be played 3 on 3 plus goalkeepers. Minimum team size will be 3 skaters and a goalkeeper. Maximum team size is 8 skaters and 2 goalkeepers. Once a game or tournament has begun no changes may be made to the roster.

Harrisonburg Rink

The rink is approximately 145 feet long by 75 feet wide. Lines have been painted for the boundary, center line, face off circles and dots, and goal creases. The boundary lines will be used when the border patrol is not in use. Official HIH events and pick-up sessions will use the 12" high border patrol to keep the ball in play. This border patrol will be rounded in the corners and serve as the official out-of-bounds.

The surface will be kept clean of debris during play and all cracks will be filled as needed.

Duration of Games

The length of official HIH games will be 2 halves of 10-15 minutes running time with a 2 minute intermission between halves. Warm-up sessions will be allowed before each game of at least 3 minutes. The teams will switch sides at halftime.

In league and tournament play stop clock will be used for the last minute of the game if the score is tied or there is a one goal lead. Each team is allowed one time out per game of one minute duration.

Officials

Whenever possible, officials will be provided for official league play and tournaments. Only one skating referee is needed per game due to the short rink, or 2 referees without skates. Another official will serve as score & timekeeper. The referee should be completely familiar with this rulebook and direct the score & time keeping as needed.

RULES OF THE GAME

SECTION ONE:

Rule One – Rink

The rink should be 55-90 feet wide and 110-180 feet long. Rinks shorter than 130 feet shall have the goal cages placed on the end line. Boundaries shall be clearly marked as well as center line, face off circles & dots, and goal creases. Borders should be used when possible to keep the ball in play. Such borders shall be 12-40 inches high, consistent in form, and safe for participants and spectators. All spectators will be encouraged to sit or stand a minimum of 15 feet from the side lines and only at the end lines if a netting is provided.

Rule Two – Goal Cages

The goal cages consist of a metal pipe cage with a rectangular face opening with an inside dimension height of 48 inches and an inside width of 72 inches. The back of the goal cage is fitted with a white netting that does not allow any holes for the ball to go through. The posts should be painted red.

The goals are placed facing each other with the front of the goal lined up on the end line for rinks 130 feet or less in length, or 15 feet from the end line on rinks 131 feet or more in length.

Rule Three – Goal Creases

In front of each goal there shall be a goal crease painted in a semi-circle 5 feet from the end line and 10 feet in diameter at the end line. During play an offensive player may not enter the goal crease until the ball enters.

The goalkeepers privileged area, where he or she may cover the puck, consists of the box area between the 2 face off dots and straight back to the end line. At least a part of the goalkeeper must be in that zone in order to cover the puck.

In pick up play without goalkeepers “shooter tutors” will be substituted. In such cases, offensive players may never enter the goal crease or play a ball while it is in the goal crease.

Rule Four – Face Off Spots

There are 5 face off dots and circles on the rink. One face off dot is in the exact center of the rink. The other 4 face off dots are near each corner.

The referee will drop the ball on the dot for face offs. In pick up games with no referee, the ball will sit on the dot until a designated person yells “drop” or the face off players tap their sticks 3 times to the floor & each others sticks.

Rule Five -Player Benches

An area will be designated as the player bench area. This area is where the players will stand or sit during the game when not in play, regardless of whether benches actually exist. No spectators will be allowed in this area during the game. The players benches are separated by the center line.

Rule Six -Penalty Benches

On the opposite side of the rink is an area designated as the penalty bench. Between the two teams penalty benches is where the score & timekeeper sits.

When a player receives a penalty he or she must stay in the penalty box until the penalty expires or the opposing team scores a goal, whichever comes first.

Rule Seven – Signal Device

In league play and tournaments the timekeeper will signal the end of the period with either a whistle or horn. The referee will also use a whistle for stopping play as needed.

Rule Eight – Timing Device

In league play and tournaments the timekeeper will use a stopwatch or other suitable timing device. Penalties will be kept track of on paper and will start at the ensuing face off.

SECTION TWO:**Rule Nine – Composition Of Team**

In league play and tournaments a roster must be submitted in advance listing all players on the team. All players, except the goalkeeper, must have a numbered jersey. In pick up play one team must wear all white jerseys and the other team must wear all dark jerseys.

Rule Ten –Team Captains

In all play a team captain must be assigned from each team. In pick up play when there is no official all disputes will be settled between the 2 captains. In league and tournament play only the team captain can question an official ruling. The captain must be a skater and need not be on the rink to question a call.

Rule Eleven – Change Of Players

While the game is in progress not more than 3 skaters and a goalie may be present on the rink at any one time. Players may be substituted from the bench at any time, provided the players leaving the rink are within 10 feet of the bench when the substituted player touches the rink surface.

Players leaving the penalty box when their penalty has expired may immediately enter play. However, if the penalty expires during a stoppage of play the player may not leave the penalty box until after the ensuing face off. A player may not be substituted from the bench for the player leaving the penalty box until that player approaches the bench using the 10 feet rule.

In league and tournament play the team designated as the home team may make the last change of players. That team may change players after the visiting team has changed players regardless of whether or not they had already changed players during the stoppage of play. After the visiting team has changed players they cannot change again in response to the home team's change of players.

A "Too Many Players" penalty will be assessed to a team with more than the allowed players on the rink, except for the 10 foot rule. However, a player leaving the rink must do so as quickly as possible after their substitute has entered the rink, even though they are within 10 feet of the bench, or the penalty will be assessed. If either the substituted player or the leaving player touches the ball or an opposing player intentionally while both are on the rink, the penalty will be assessed.

When the goalkeeper is being substituted for the goalkeeper must be within 10 feet of the bench for the substitution. Failure to do so will result, not in a penalty, but a stoppage of play and a face off at a spot giving the opposing team the advantage, assuming the substituting team has possession of the ball.

Rule Twelve – Injured Players

Injured players must make an attempt to leave the rink without stopping play. Change of Players rules apply in such cases. Injured players that do not make an attempt to leave the rink will cause a stoppage of play when their team gains possession of the ball. Players that are obviously seriously injured will cause an immediate stoppage of play. The ensuing face off will be at the closest face spot to the ball at the time of the stoppage, yet giving the opposing team the advantage.

Any injury that causes a stoppage of play requires that the injured player go to the players bench for the ensuing face off and cannot enter the game until after that face off.

Any time a back up goalkeeper enters the game he or she does not receive a warm up session. If a skater replaces the goalkeeper that skater does not receive the privileges of the goalkeeper and must abide by all rules that apply to skaters.

SECTION THREE:

Rule Thirteen – Sticks

Only hockey sticks will be allowed, whether of ice hockey or street hockey type. Adhesive tape may be applied to the blade, handle or other part of the stick to provide reinforcement or better ball control. No stick may be longer than 60 inches from heel to the end of the shaft. The blade of the stick must be a minimum of 1 ½ inches high and a maximum of 3 ½ inches high. No part of the stick may have a sharp corner as a result of modification or wear. Such corners must be rounded before use.

The blade of the goalkeeper's stick may not be more than 5 ½ inches high and 16 inches long. The widened portion of the goalkeeper's stick shaft may not be more than 25 inches from the heel and 5 ½ inches wide.

A minor penalty will be assessed to any player using an illegal stick. Players failing to drop a broken stick immediately will also be penalized.

Rule Fourteen – Skates

Though quad skates are allowed, inline skates are highly recommended. Inline skates may have 3, 4 or 5 wheels and may be of recreational or hockey type. Skates with 3 axle openings must have a wheel at each axle opening. Skates with 4 or 5 axle openings may have 1 missing wheel, though it is not recommended.

Brakes and toe stops are not recommended for hockey. All brakes and toe stops must be in good repair or removed.

Rule Fifteen – Goalkeeper’s Equipment

Goalkeeper’s equipment must serve the purpose of protecting the goalkeeper and not be designed for giving the goalkeeper an undue advantage in keeping goal.

Catching Glove: Netting may not be in excess of that required to connect the thumb and forefinger when the glove is fully open.

Blocker Glove: May not be more than 8 inches wide or 16 inches long.

Apron: May not hang excessively off the body or over the thighs.

Leg pads: May not be more than 12 inches wide or excessive in height.

Helmet: Must be approved hockey goalkeeping helmet with full protection of face and throat.

Rule Sixteen – Skater’s Equipment

Required: Knee pads, elbow pads, and helmet (hockey, skateboard, or bike type).

Strongly recommended: Shin guards (with knee pads), gloves that protect the back of the hand, hockey helmet. Children are encouraged to wear hockey helmets with face cage and a mouthpiece.

Suggested: Hockey gloves, hockey girdle/pants, HECC approved helmets, athletic cup, mouthpiece.

Any equipment deemed dangerous by officials will not be allowed.

Rule Seventeen – Ball or Puck

Due to the asphalt playing surface of the rink an outdoor hockey ball will be used. A puck will not be allowed due to the increased safety requirements. If the rink conditions change to allow for puck play, all participants will be required to wear all of the strongly recommended equipment. Balls will be supplied by Harrisonburg Parks & Recreation. Any player supplied balls must be hockey balls and agreed upon by the majority of participants.

SECTION FOUR:

Rule Eighteen – Penalties

Penalties shall be assessed in game clock time and not begin until play has resumed. The following are the different classes of penalties:

- 1- Minor penalties
- 2- Bench Minor penalties
- 3- Major penalties
- 4- Misconduct penalties
- 5- Game Misconduct penalties
- 6- Penalty Shot

There are no “off-sides” or “icing” rules. Coincidental penalties are penalties that do not cause either team to be shorthanded. However, if either team does not have the required number of players for the coincidental assessment, teams will play 2 on 2. Players placed in the penalty box for coincidental penalties cannot leave the box until a stoppage of play after the penalty expires. Goals scored do not end coincidental penalties.

Players may not leave the penalty box area until their penalty has expired, halftime, or the game ends. When the penalty expires during play, the penalized player returns to the playing surface and cannot be substituted for until he or she returns to the player’s bench.

Rule Nineteen – Minor Penalties

For a minor penalty the penalized player, other than the goalkeeper, shall be ruled off the rink for 2 minutes and no substitution will be permitted (except for coincidental penalties). Any player that receives 3 minor penalties in one game will receive a game misconduct penalty and not be allowed to play in the remainder of the game. Another player on that team must serve the 3rd minor penalty.

A bench minor will be served by any player on the penalized team as if they were the penalized player.

In 3 on 3 hockey a team cannot be shorthanded by more than 1 player. If a second minor penalty is assessed a substitute will be allowed. However, the player serving the first penalty cannot leave the box until a stoppage of play after the penalty has expired and the team must stay shorthanded until the second penalty has expired. The penalty clock for the second penalty does not begin until the first penalty has expired. If a goal is scored during the first penalty it expires the first penalty and second penalty must be served with 2 minutes starting at the ensuing face off.

Coincidental penalties are penalties that are assessed at the same time to players on each team. Such penalties do not expire when a goal is scored, nor do they reduce the number of players on the rink.

Rule Twenty – Major Penalties

For the first major penalty in the game the penalized player (except the goalkeeper) will be ruled off the rink for 5 minutes. Major penalties cause the penalized team to be shorthanded for the full 5 minutes. Goals scored by the opposing team do not expire Major penalties.

Any player with 6 or more minutes of penalties assessed against them in one game will receive an automatic game misconduct. This can be 3 minors, 2 majors, or 1 minor & 1 major. Game misconduct requires that another player on that team serves the penalty and the offending player is not allowed to play in the remainder of the game.

Rule Twenty One – Misconduct Penalties

Misconduct penalties require the removal of the penalized player, except for goalkeepers, for 10 minutes. During this time a substitute player will be allowed on the rink. When a player receives a minor and a misconduct penalty at the same time, a substitute player must serve the minor while the penalized player serves the full misconduct penalty.

A game misconduct penalty requires the removal of the player for the remainder of the game. Such player must leave the rink and bench areas. Any player receiving a game misconduct penalty will be reported to Harrisonburg Inline Hockey and may receive additional reprimands, including ineligibility for future Harrisonburg Inline Hockey events.

Rule Twenty Two – Penalty Shot

When an infraction in the rules calls for a penalty shot it shall be taken as follows:

- 1-The official will announce the penalty shot and all players other than the player taking the penalty shot and the goalkeeper must leave the playing surface.
- 2- The player taking the penalty shot will start with the ball at center rink and proceed toward the goal at the whistle. If the player ceases forward motion toward the goal the penalty shot attempt will be whistled dead.
- 3- The goalkeeper must stay in the goal crease until the whistle to start the penalty shot attempt.
- 4- The player taking the shot may take only one shot. Goals scored off of a rebound will not be allowed.
- 5- If the goalkeeper attempts to stop the shot by throwing the stick a goal will be awarded the shooter.

- 6- If the player taking the penalty shot is also assessed with a penalty, the penalty shot will be allowed first.
- 7- If a goal is scored the following face off will be at center rink. If a goal is not scored, the following face off will be at the face off dot closest to the offense.
- 8- Penalty shots are performed at stop clock. The clock stops when the official announces the penalty shot to the timekeeper and does not restart until the following face off.
- 9- If any player interferes with the penalty shot attempt in any way, a goal will be awarded.

Rule Twenty Three – Goalkeeper Penalties

Anytime a penalty is called on the goalkeeper, another player from that team will serve the penalty. If a penalty calls for the ejection of the goalkeeper, that goalkeeper will be removed from the rink and bench areas and a back up goalkeeper or skater will be allowed to be substituted.

When a goalkeeper leaves the crease area to incur an infraction of the rules, the goalkeeper will be assessed with a game misconduct penalty. If the goalkeeper during play crosses the center line, that team will be assessed a minor penalty.

Any goalkeeper that displaces the goal in an attempt to keep a shooter from scoring will cause the awarding of a penalty shot.

Rule Twenty Four – Calling Of Penalties

Should an infraction of the rules occur by a player on the team currently in possession of the ball, the referee should immediately blow the whistle and assign the penalty. Should an infraction occur by a player on the team not currently in possession of the ball, the referee shall signal the calling of a delayed penalty by raising his arm straight up above his head. The referee will then blow the whistle and assign the penalty once the offending team gains possession of the ball. Should the non-offending team score a goal before a whistle to assign the penalty, the goal shall count and the penalty disregarded. If a goal is scored on the non-offending team before the whistle, the goal is waived off and the penalty is assigned.

Rule Twenty Five – Assignment of Officials

Referees should be completely familiar with this rulebook before accepting officiating duties. Certification of Referees is a possibility in the future. Once a certification test has been provided all tournament and league referees will need to complete the certification test with a score of 90% or better.

Score & Timekeepers are most often volunteers from the spectators. These volunteers must have their duties fully explained to them by the referees or league director before accepting the assignment. Volunteer Score & Timekeepers are never to act as mediator between the teams and the referees or handle any complaints. It is the duty of the league director and the referees to assume responsibility for all mistakes made by these volunteers and correct them in the most professional manner.

SECTION FIVE:

Rule Twenty Six – Adjustment to Clothing & Equipment

Play shall not be stopped, nor the game delayed by reason of adjustment to clothing, equipment, skates, etc. For infringement of this rule a minor penalty will be assessed for delay of game. However, after a stoppage of play a

goalkeeper may be allowed to make adjustments as needed at the discretion of the referee. EXCEPTION: During informal contests delays may be allowed if agreed upon by both captains.

Any player that needs to adjust their equipment during play must go to the player's bench before attempting such adjustments. Any parts that have fallen on the rink should be removed in a timely fashion. If equipment or liquid on the playing surface creates a hazard, play may be stopped by the referee.

Rule Twenty Seven – Attempt to Injure

Any player that attempts to injure will receive a game misconduct penalty (see rule twenty-one).

Rule Twenty Eight – Boarding

A minor penalty will be assessed for any player that forces another player into or over the temporary or permanent rink border/wall. A major penalty will be assessed to any player that checks another player near the border/wall.

A player in possession of the ball skating along the wall is protected from even incidental contact by this rule. Opponents should maintain a safe distance from opposing players along the border/wall.

Rule Twenty Nine – Broken Stick

A player whose stick is broken during play may continue to play provided the broken stick is dropped immediately. This applies to skaters and goalkeepers. Such a player may obtain a replacement stick from the player's bench area and continue play. No player at anytime may be allowed to carry two sticks. Failure to drop a broken stick calls for a minor penalty.

Rule Thirty – Charging

A minor penalty will be assessed for any player that runs, jumps into, or charges an opponent. This includes players that skate into the body of the opponent in possession of the puck without first playing the puck. Any player that charges a goalkeeper will be assessed a major penalty.

Rule Thirty One – Cross Checking

Cross checking is striking another player with your stick while maintaining both hands on the stick. Whether deliberate or accidental this calls for a minor penalty. At referee's discretion, a major penalty may be imposed for intent to injure.

Rule Thirty Two – Delay of Game

A minor penalty will be assigned to any player that intentionally delays the game by knocking the ball out of play or knocking the goal out of place, to any team that fails to place the required number of players on the rink to start play at the request of the referee, to any player that throws debris on to the rink.

Rule Thirty Three – Elbowing & Kneeing

A minor penalty will be assessed to any player striking another player with their elbow or knee. A major penalty will be assessed if an injury occurs.

Rule Thirty Four – Face Offs

Players facing off will face their opponent's end of the rink approximately one stick length apart with the full blade of their stick on the playing surface. All other players must be at least ten feet from the face off spot and on their goal-side of the

face off spot. Players must not make contact with the opposing player either by body or stick except in the course of playing the ball.

If a player fails to align properly or makes illegal contact during the face off, the play is whistled dead and that player must be replaced by another player from that team for the ensuing face off. A second infraction for the same face off will result in a delay of game penalty.

Face offs will occur after all stoppage of play at the face off dot closest to the ball at the time of the stoppage of play, or the infraction that caused the stoppage. In cases of infraction the selection of the face off location cannot give the advantage to the penalized team. In cases where the ball goes out of play the face off will occur at the closest face off dot that gives a disadvantage to the team last touching the ball before it exited the playing area.

When a face off occurs that should not give an advantage to either team the face off shall take place exactly where the puck was last played. Exception: all face offs must take place at least fifteen feet from the border/wall.

Rule Thirty Five – Falling on the Ball

A minor penalty will be assessed to anyone, other than the goalkeeper, deliberately falling on or covering the ball. A minor penalty will be imposed on any goalkeeper falling on or covering the puck when their entire body is outside the goalkeeper's privilege area (a box formed from the two closest face off dots to the end/goal line).

No player may fall on the ball while it is inside the goal crease except for the goalkeeper. A penalty shot will be awarded for an infraction of this rule.

Rule Thirty Six – Fighting

Fighting is not permitted! Anyone instigating a fight will be given a game misconduct (see rule twenty-one). Those defending themselves or joining in the fight may be given game misconduct penalties as well at the referee's discretion.

Rule Thirty Seven – Goals & Assists

The player on the scoring team that is the last to touch the ball before it enters the goal will be awarded a goal. The offensive player to pass to the goal scorer will be awarded the assist. If an opposing player is the last player to touch the ball before it reaches the goal scorer, no assist will be awarded.

A goal is only scored when the ball completely crosses the plane of the goal line inside the goal. If the ball is scored directly by a kicking motion the goal will not be allowed. If the ball is scored directly by batting the ball with the hand or arm, the goal will not be allowed. If, however, the ball is kicked or batted and deflects off another player and enters the goal, the goal will be allowed.

Rule Thirty Eight – Gross Misconduct

The referee can suspend any player from the remainder of the game for any form of gross misconduct, including: racial slurs, obscene gestures, spitting at another player, attempt to injure, etc.

Rule Thirty Nine – Handling of the Ball with Hands

If a player other than the goalkeeper catches the ball and does not immediately release it directly to the playing surface, play shall immediately be stopped. The ensuing face off shall give the advantage to the non-offending team.

If a player other than the goalkeeper catches & carries the ball, or picks the ball up off the playing surface, or covers the ball on the playing surface causing it to be unplayable, a minor penalty for delay of game shall be assessed.

Use of the hands to direct the ball to a teammate in the offensive zone shall cause a stoppage of play.

Rule Forty – High Sticks

The carrying of the blade of the stick above the height of a normal player's shoulders is prohibited. Intimidating or making contact with another player with a high stick calls for a minor penalty. Causing injury to another player with a high stick is cause for a major penalty.

A goal scored from a stick above the height of the crossbar will not be allowed. If a stick above shoulder height contacts the ball play shall be stopped and the ensuing face off will be held giving the advantage to the non-offending team.

Any player that swings the stick above shoulder height at another player shall be assessed a game misconduct.

Rule Forty One – Holding

A minor penalty shall be imposed on any player that holds an opponent with hands, legs, feet or stick or in any other way.

Rule Forty Two – Hooking

A minor penalty shall be imposed on any player that impedes, or seeks to impede, the progress of another player by hooking with either end of the stick.

Rule Forty Three – Interference

A minor penalty shall be assessed when a player interferes with the progress of another player that is not in possession of the ball, or deliberately knocks the stick out of another player's hands, or prevents a player from picking up a dropped stick.

Any player in the player's bench area or penalty box area that interferes with the ball or any player shall be assessed a bench minor penalty. A minor penalty will be imposed on any player interfering with a goalkeeper's ability to move.

Any attacking player that stands in the goal crease area while the ball is outside the crease will be assessed a minor penalty. If an attacking player is in any way inside the goal crease when the ball is shot and scored from outside the crease, the goal will not be allowed.

When a player not in possession of the ball "runs a screen" for a teammate in possession of the ball a minor penalty will be assessed for interference.

If a spectator interferes with play and the team in possession of the ball loses possession play shall be stopped and the ensuing face off will be as close as possible to the spot of interference.

Rule Forty Four – Checking From Behind

Any player that checks from behind with body to body contact will be assessed a major penalty plus a game misconduct.

Rule Forty Five – Kicking the Ball

Kicking the ball shall be permitted in all zones, including kicking the ball to a teammate. However, a goal cannot be scored directly from a kicked ball. A kicked ball requires a kicking motion and not merely a deflection off of the skate.

Rule Forty Six– Leaving The Bench Area

A game misconduct will be imposed on any player leaving the bench area or penalty box area to join in an altercation. If a player leaves the penalty box area before the penalty has expired for any reason not permitted by the referee, a minor penalty shall be assessed.

If a player leaves the bench illegally to interfere with a breakaway a penalty shot shall be awarded. Any non-playing coach, manager or other team official representative that enters the rink during play shall be assessed a bench minor penalty for the first occurrence and a bench minor plus suspension for the second occurrence. Any goal scored by a team with a player illegally on the surface shall not be allowed.

Rule Forty Seven – Out Of Bounds

Play shall immediately stop when the ball goes out of bounds, even if it strikes an object out of bounds and immediately returns to the rink. The ensuing face off will be at least 15 feet from the wall but at the area where the ball was last touched before going out of bounds. This also applies to any ball rendered unplayable on the playing surface, such as an injured player inadvertently lying on the ball.

Rule Forty Eight – Ball Kept In Motion

Any player in possession of the ball must keep the ball in motion. If after 5 seconds the ball is still not kept in motion play will be stopped and the ensuing face off will favor the non-offending team. A second offense by the same team will result in a minor penalty for delay of game. This includes holding the ball against the boards.

Rule Forty Nine – Failure to Start Play & Forfeiture

Any team ordered to start or resume play will be allowed an additional 15 seconds to do so before imposing a minor penalty. Any team that cannot start or resume play within 5 minutes of being ordered to do so will forfeit the game. Failure to place the appropriate number of players on the playing surface will result in forfeiture.

In league and tournament play a forfeiting team will receive a loss and no goals scored and the opposing team will receive a win and one goal scored. In tournament play a team may forfeit one game in round robin play without being disqualified from the tournament. However, forfeiting a game in single elimination play disqualifies the team.

Rule Fifty – Slashing

A minor penalty shall be imposed on any player that strikes another player's stick with a downward swing of the stick. Any player that strikes another player with a swing of the stick will be assessed a minor penalty. If a slash results in an injury or the slash is above the waist a major penalty will be assessed. Any player that swings their stick at an opponent during an altercation will be assessed a game misconduct.

Rule Fifty One – Spearing and Butt Ending

A major penalty will be imposed on any player that spears or attempts to spear an opponent. Spearing is jabbing the blade end of the stick at an opponent. A major penalty will also be imposed for butt ending or attempting to butt end. Butt ending is jabbing at an opponent with the top end of the stick.

Rule Fifty Two – Start of the Game & Periods

The game and each period will start with a face off at center rink. Each team will defend the goal farthest from their bench in the first half and the goal closest to their bench in the second half and overtime. During pre-game warm up both teams will restrict their activity to the side of the rink closest to their bench. All players must be in full gear and uniform (as required by the event) during the warm up.

Rule Fifty Three – Throwing Stick

When any player, including the goalkeeper, throws their stick at the ball the referee shall allow play to continue. If a goal is not scored a penalty shot shall be awarded. A major penalty shall be imposed on any player throwing their stick in any other manner, such as: at another player, out of bounds, in frustration.

Rule Fifty Four – Game Time & Time Outs

The length of official HIH games will be 2 halves of 10-15 minutes running time with a 2 minute intermission between halves. Warm-up sessions will be allowed before each game of at least 3 minutes. The teams will switch sides at halftime. In league and tournament play stop clock will be used for the last minute of the game if the score is tied or there is a one goal lead. Each team is allowed one time out per game of one minute duration. A timeout may only be called by the player in possession of the puck, the team captain, or coach.

In cases where a tie is not desirable, an additional 5 minute period will be played sudden death. If still tied, a 3 player shootout will commence. Shootouts follow penalty shot rules. All 3 players for each team are permitted a shot. If still tied, continue the shootout sudden death with the same 3 players in the same order.

Rule Fifty Five – Tripping

A minor penalty shall be imposed on any player that places their stick or any part of their body in such a manner that causes an opposing player to trip. However, if a player is playing the ball and subsequently causes a trip AND they gain possession of the puck, no penalty shall be imposed.

If a player on a breakaway in clear possession of the ball and is tripped a penalty shot will be awarded.

Rule Fifty Six – Unnecessary Roughness

At the discretion of the referee, a minor penalty may be imposed on any player deemed guilty of unnecessary roughness.

Rule Fifty Seven – Goalkeeper Substitution

A goalkeeper may be substituted for by another goalkeeper or a skater. In cases where the substitute is a skater that skater will NOT receive any goalkeeper privileges. Any penalty that would normally call for a penalty shot will result in a goal being awarded.