

Broomball League Rules Rochester, MN



For use in broomball leagues organized by
the Rochester Parks & Recreation Department

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Section 1: Introduction

1.1 FOREWORD

USA Broomball is an organization whose mission is to promote, safeguard, and oversee the sport of broomball in the United States. USA Broomball coordinates or supports hundreds of leagues, tournaments, and training seminars each year, and maintains an evolving set of rules that govern impartial, safe, and exciting games of broomball. It is the intent of this rule book to mirror and echo the rules set forth by USA Broomball. Any rules contained in this rule book that deviate from the USA Broomball rule set do so in the intention of promoting recreational level play.

1.2 BROOMBALL BASICS

Broomball is a game played by 2 teams of 6 players. The rules are similar to those of ice hockey. Players on a team use broomball sticks (or “brooms”) to attempt to hit or direct a broomball into the net of the opposing team. Broomball can be played either indoors or outdoors and must be played on a sheet of ice. Many manufacturers produce specialized broomball equipment - such as brooms, broomballs, broomball shoes, and other protective equipment - that should be used whenever possible.

1.3 OFFICIATION

Whenever possible, broomball games must be overseen by one or two broomball officials/ referees. To aid in officiating, a referee should use a whistle to indicate when gameplay must stop. A referee must maintain impartial judgment when interpreting and enforcing the rules of broomball. All players must respect the decisions of the referees at all times. Any situation not explicitly described by this rule book shall be left for interpretation and judgment by the referee; the referee should make every effort to make decisions based on the rules set forth by USA Broomball.

Section 2: Playing Surface

2.1 LOCATION OF PLAY

The game of broomball must be played on a firm, even ice surface. This surface may be outdoors or indoors. Where possible, the surface should be free of water, skate marks, snow, or other debris. The perimeter of the ice surface must contain vertical walls (or “boards”) at least 3 feet high, which prevent unnecessary stoppages in play.

2.1.1 Primary location

Unless otherwise stated, all broomball games will be played on outdoor ice rinks constructed by the Rochester Parks & Recreation department.

2.1.2 Secondary location

At the discretion of the Rochester Parks & Recreation department, broomball games may be played at a suitable indoor ice rink meeting the conditions outlined in Section 2.1. The indoor rink should have the size and dimensions of an NHL or Olympic hockey rink.

2.2 LINES AND ZONES

The ice surface should whenever possible contain the lines and zones that are required in order to play the game of broomball. If the rink does not have these zones painted or crafted into the ice surface, the lines and zones will be left to the judgment of the referee. Refer to Figure 2a for more information.

2.2.1 Center ice line/“Red Line”

There must be a line painted/crafted across the width of the ice surface that evenly divides the rink into two halves. This line should be red in color and is called the Red Line.

2.2.2 Offsides lines/“Blue Lines”

There must be two lines painted/crafted across the width of the ice surface that denote the transition (center ice) and defensive zones. These lines must be 25 feet from the Red Line (or a proportionally smaller distance if total rink dimensions are smaller than NHL sized rink). The lines should be blue in color and are called the Blue Lines.

2.2.3 Goal lines

There must be two lines painted/crafted across the width of the ice surface. These lines must be 11 feet from the end of the rink (or a proportionally smaller distance if total rink dimensions are smaller than NHL sized rink). The lines should be red in color and are called the Goal Lines.

2.2.4 Faceoff locations

There must be 7 faceoff locations on the rink: One center-ice location, two neutral-zone locations, and two end-zone locations in each end. Please refer to Figure 2a for a diagram of these faceoff locations.

2.2.5 Goaltender crease

There must be a semicircular region immediately in front of both broomball nets that is 6 feet in radius. Each of these regions is called a Goaltender’s Crease. The Goaltender’s Crease should be painted/crafted with a blue color if possible.

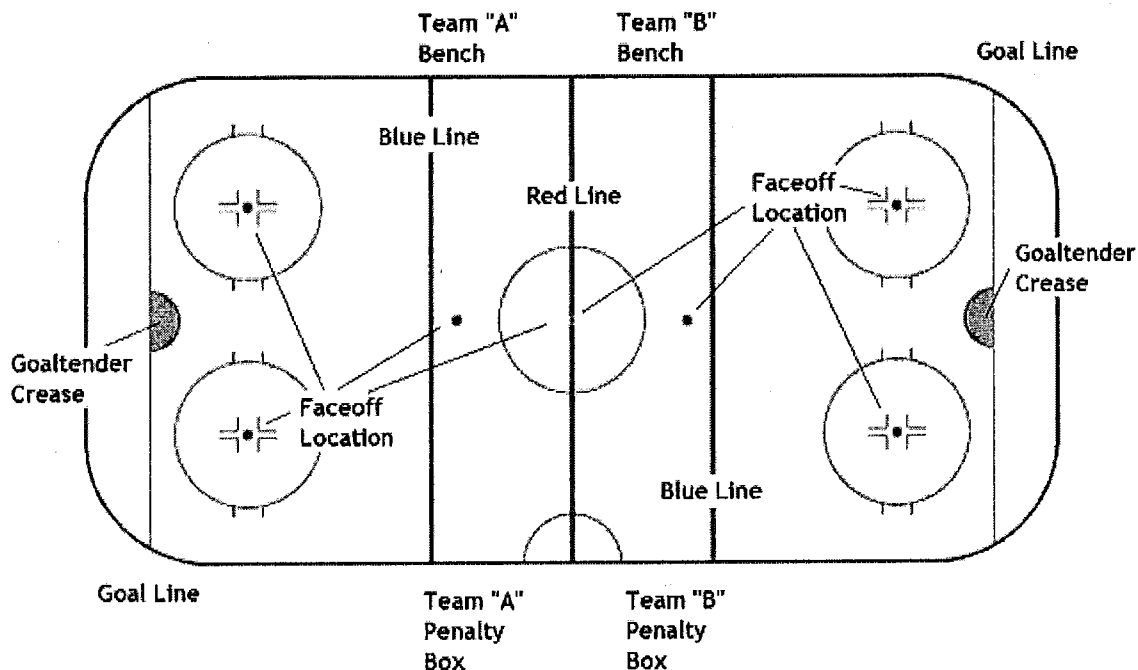


Figure 2a: Lines and zones on a broomball rink

2.3 TEAM BENCHES

There must be two regions outside of the broomball rink that stretch between each Blue Line and the Red Line. Each of these regions is called a Team Bench. Any players on a broomball team that are not currently on the ice or subject to a penalty must stand or sit within their Team Bench. Refer to Figure 2a for more information.

2.4 PENALTY BOXES

There must be two regions outside of the broomball rink that line up with each Blue Line on the opposite side of the rink as the Team Benches. Each of these regions is called a Penalty Box. Each team's Penalty Box will be the Penalty box that is directly across the ice from their Team Bench. A penalized player must stand or sit within the Penalty Box of their team until their penalty expires. Refer to Figure 2a for more information.

Section 3: Equipment

3.1 REQUIRED EQUIPMENT

3.1.1 Nets

There must be 2 broomball nets in order to play the game of broomball. Each net must measure 6 feet high, 8 feet wide, 3 feet deep at the base of the net, and 2 feet

deep at the top of the net. One net must be positioned on each Goal Line exactly midway between the sides of the rink.

3.1.2 Broomball sticks/brooms

Players must use only broomball sticks consisting of manufactured components to play broomball. Brooms may not exceed 53 inches in length. For safety reasons, players should add tape to their brooms in two locations: At the end that is held, and to secure the head to the shaft of the broom.

3.1.3 Broomballs

The game of broomball must only be played with a properly inflated, commercially manufactured broomball. When playing outdoors, an orange stitched "outdoor" broomball must be used. When playing indoors, the orange rubber "indoor" ball must be used. If neither the Rochester Parks & Recreation Department nor either broomball team can provide a broomball meeting these criteria, it will be up to the referee to decide which broomball will be used during gameplay.

3.2 RECOMMENDED EQUIPMENT

3.2.1 Shoes

Players are strongly encouraged to wear manufactured broomball shoes for either outdoor or indoor broomball as they provide superior traction to street shoes or boots. Broomball shoes are not required, but all shoes must satisfy the rules specified in Sections 3.4.2 and 3.4.3.

3.2.2 Helmets

Players are encouraged to wear head protection while playing broomball, as they frequently fall on the ice or are struck inadvertently by broomballs or brooms. Hockey or lacrosse helmets are commonly used by broomball players. Players that choose to play without head protection do so at their own risk.

3.2.3 Gloves

Players are encouraged to wear hand protection while playing broomball, as they are frequently struck inadvertently by broomballs or brooms. Broomball, hockey, or lacrosse gloves are all commonly used by broomball players.

3.2.4 Knee and shin protection

Players are encouraged to wear knee and shin protection, as they frequently fall on the ice or are struck by broomballs or brooms. Broomball or hockey knee/shin pads are commonly used by broomball players.

3.2.5 Elbow protection

Players are encouraged to wear elbow protection, as they frequently fall on the ice. Hockey, lacrosse or thin volleyball elbow pads are commonly used by broomball players.

3.3 OTHER ALLOWABLE EQUIPMENT

3.3.1 Goaltender's blocker

Goaltenders are allowed to use one manufactured hockey-style blocker/waffle pad during play.

3.3.2 Hockey pants/Breezers

Players are permitted to wear hockey or lacrosse padded pants/breezers during play.

3.3.3 Shoulder pads

Players are permitted to wear shoulder protection during play. Hockey shoulder pads are one example of allowable shoulder protection.

3.3.4 Mouthguards

Players are permitted to use mouthguards during play.

3.4 ILLEGAL EQUIPMENT

3.4.1 Broken or damaged brooms

Players may not use cracked or broken brooms during play.

3.4.2 Illegal shoes

Players may not wear cleats or spiked shoes of any kind during play.

3.4.3 Modified shoes

Players may not modify the sole or sides shoes used while playing broomball to improve traction. Specifically, the addition of metal tabs or spikes to the shoe is prohibited.

3.4.4 Goaltender's leg pads

A goaltender may not use hockey-style leg pads during play.

3.4.5 Goaltender's glove

A goaltender may not use any glove containing webbing during play.

3.4.6 Dangerous equipment

Any broomball equipment that is deemed dangerous to players by a referee can be considered illegal.

Section 4: Rules

4.1 PLAYERS ON THE ICE

A broomball team may have no more 6 players on the ice at one time. A team typically consists of 5 players and a goaltender. A goaltender is a player with special privileges and

restrictions that are described below in Section 4.6.4.

4.2 PLAYER SUBSTITUTIONS

Any player may come off the ice during play or during a stoppage of play, and a player from the Team Bench may come onto the ice to replace that player. There are a few restrictions on player substitutions.

4.2.1 Transition area

All player substitutions made during play must be made within one broom length of a Team Bench. This unmarked region is known as the Transition Area. The player coming on the ice may not enter the Transition Area until the player coming off the ice enters the Transition Area.

4.2.2 Goaltender substitutions

A goaltender-for-goaltender substitution can only be done during a stoppage in gameplay. When doing so, the team must inform a referee of the switch. A goaltender may be substituted for another player during gameplay, but the player coming onto the ice will not have goaltender privileges (described later in Section 4.6.4).

4.3 SCORING

A goal is scored when a player shoots, bats, or directs the ball into the net of the opposing team with the broom. The ball must completely cross the goal line in order for the goal to be valid.

4.3.1 Deflections by opposing team

If the ball deflects off any member of the opposing team before entering the net, the goal is considered valid.

4.3.2 Deflections by scoring team

If the ball deflects off any member of the scoring team before entering the net, and the deflection is deemed purely incidental by a referee, the goal is considered valid. However, if a player intentionally directs the ball into the opposing team's net with any equipment or body part not including the broom, the goal is not valid.

4.3.3 Own goals

If a team kicks, passes, or directs the ball into their own net by any means, the other team is awarded a goal.

4.3.4 Goal disallowment

A goal may be disallowed by a referee if any of the following situations occur: if a delayed penalty is to be assessed on a member of the scoring team, if the scoring team illegally directs the ball into the crease, if the scoring team commits a penalty while scoring the goal, if a member of the scoring team was in the Goaltender's

Crease before the ball entered the Goaltender's Crease and scored, or if a member of the scoring team pushes the opposing goaltender into the goal.

4.4 GAME DURATION AND TIMING

Broomball games end when the allotted game time expires, one team forfeits, or if a referee cancels the game due to disorderly conduct. The game time is kept by a referee.

4.4.1 Game length

A broomball game shall consist of 2 24-minute halves.

4.4.2 Overtime

If the score is tied after both halves are played, one 5-minute overtime period will be played. Each team must play with two fewer players on the ice (i.e. 4 total players instead of 6) and no player is permitted to have goaltender privileges (described later in Section 4.6.4). When one team scores a goal, the game will immediately end and that team will be declared the winner. If the game remains tied after the 5-minute overtime period, the game will end in a tie. However, if the game is a playoff game, a second overtime period of indefinite length will be played until a goal is scored.

4.4.2 Clock stoppages

The referee will pause the game clock only in the event that a player is injured during play, or during the final 3 minutes of the second half if the score differential is 3 goals or less.

4.4.4 Timeouts

Each team is permitted one timeout per game during regulation play. If an overtime period is played, each team may take one timeout during overtime play.

4.5 FACEOFFS

All situations resulting in an interruption of play (for example: ball leaves play, penalty assessed, etc.) will result in a faceoff at one of the faceoff locations mentioned above in Section 2.2.4.

4.6 ALLOWABLE ACTIONS

4.6.1 Use of broom and broom height

A player may use his or her broom to shoot, pass, direct, deflect or swing at a broomball as long as no part of the broom contacts the ball above the player's shoulders and no other penalties are committed (for example, slashing). Refer to Section 5.2.15 for more detail. A player may also use a broom to lift or move the broom of another player in an attempt to play the ball. A player may block or intercept the shooting or passing motion of an opposing player's broom with the arms, legs, or broom (this is commonly called "stick checking"), however this action is taken at the player's risk.

4.6.2 Use of feet

A player may use his or her feet to kick the ball at any time as long as no penalties are committed (for example, tripping).

4.6.3 Use of hands

A player may use his or her hands to pass or push the ball along the ice as long as the pass is initiated and received inside the team's defensive zone (before their Blue Line). A player may catch a ball that is in midair with the hands but may not hold onto it with the hands; the ball must immediately be dropped or propelled to the ice.

4.6.4 Goaltender privileges/restrictions

A goaltender is permitted to pick up and hold onto ("freeze") the broomball when attacking players are nearby and part of the goaltender is within the Goaltender's Crease. A goaltender is allowed to use a blocker during play. A goaltender may not cross the red line at any time. A goaltender may not throw the broomball forward as in soccer, though may pass the ball along the ice with the hands as outlined above in Section 4.6.3. A goaltender may also contact the ball with the broom above shoulder height, provided that part of the goaltender is within the Goaltender's Crease and no penalties are committed (for example, high-sticking).

4.6.5 Sliding or handing brooms

A player may slide a broom along the ice to another player or may hand a broom to another player at any time. However, no player may play the ball or otherwise participate in a play with multiple brooms at any time.

4.7 OFFENSIVE ZONE

Prolonged play in the offensive zone is common in broomball and slightly different rules are in force than ones used in ice hockey.

4.7.1 Establishing the offensive zone

When a member the offensive team shoots, passes, or carries the ball into the opposing team's defensive zone (by crossing the opposing Blue Line), they have established the offensive zone. Only when the offensive zone is established may other offensive players enter the zone.

4.7.2 Expansion of the offensive zone

When the offensive team establishes the offensive zone, the offensive zone expands in size to the Red Line. This is in contrast to ice hockey, where the offensive zone remains the same in size.

4.7.3 Clearing of the offensive zone

When the offensive team establishes the offensive zone, the defensive team may shoot, pass, kick, or deflect the ball past the Red Line. If they successfully do so, they have cleared the offensive zone. An offensive zone may also be cleared inadvertently

by the defensive team by an errant pass or other accidental means. When an offensive zone is cleared, all offensive players must leave the offensive zone (Blue Line) before any may re-enter the zone.

Section 5: Penalties

5.1 SITUATIONS RESULTING IN FACEOFFS

5.1.1 Offsides: establishing zone

If a team fails to establish the offensive zone as described above in Section 4.7.1 and has a player completely in the offensive zone before the zone is established, that player is considered Offsides.

5.1.2 Offsides: re-establishing zone after clearing

If the defensive team has cleared the offensive zone as described above in Section 4.7.3, all players on the offensive team must leave the offensive zone (Blue Line) before the offensive zone may be established again. If any player on that team tries to establish the offensive zone before all players have cleared the offensive zone, those players are considered Offsides.

5.1.3 Offsides: delayed whistle

If one or more players are Offsides, the referee should raise an arm to indicate that a player is Offsides. If the offending team touches or controls the ball while one or more of its players are Offsides, the referee should blow the whistle and stop play. However, if no members of the offending team touch or control the ball, the referee should allow play to continue. When the offending team clears the offensive zone without committing Offsides, the referee should lower the arm to indicate that no players are currently Offsides.

5.1.4 Offsides: enforcement

If the referee whistles play dead due to Offsides, a faceoff shall occur at the neutral zone faceoff location immediately outside of the offensive zone.

5.1.5 Icing

If a member of any team shoots, passes, or kicks the broomball from within their defensive zone (Blue Line) and the broomball passes the opposing team's goal line, that team has committed Icing.

5.1.6 Icing: delayed whistle

If a team commits Icing, the referee should raise an arm while the ball is traveling towards the goal line to indicate that Icing will be whistled. The referee should not blow the whistle to stop play until the ball has completely crossed the goal line.

5.1.7 Icing: cancellations

A referee may cancel (or “wave off”) Icing under a number of scenarios: if a player on either team contacts the ball after it crosses the Blue Line of the defensive zone, if a referee deems that a member of the non-offending team could have reasonably run after, played, or controlled the ball but chose not to in order for Icing to be called, or if the goaltender of the non-offending team leaves the Goaltender’s Crease and makes a movement towards the ball. If the referee waves off Icing, the arm should be lowered and a clear vocal signal should be given to all players.

5.1.8 Icing: enforcement

If a team commits Icing, the referee shall whistle play dead and issue a faceoff in the defensive zone of the offending team. The faceoff location nearest to the point at which the player shot/passed/kicked the broomball should be used.

5.1.9 Icing: during penalty kill

When a team is considered shorthanded due to a penalty, Icing will never be enforced or whistled.

5.1.10 Delay of Game: intentional out of the zone

If a team has established an offensive zone as described above in Section 4.7.1 and one or more players on the offensive team intentionally clears the zone as described above in Section 4.7.3, a warning will be issued to that team explaining that this situation is considered Delay of Game. The next time this situation occurs by either team, the referee shall whistle play dead and issue a faceoff in the defensive zone of the offending team.

5.1.11 Illegal Hand Pass

A player may legally pass or bat a ball to a teammate as long as the pass is initiated and received inside the team’s defensive zone (before their Blue Line). If an hand pass is initiated and/or received outside the team’s defensive zone, the team has committed an Illegal Hand Pass.

5.1.12 Illegal Hand Pass: delayed whistle

If player initiates an Illegal Hand Pass, the referee should raise an arm and give a clear vocal signal to indicate that a player has initiated an Illegal Hand Pass. If another player on the offending team touches or controls an Illegal Hand Pass, the referee shall whistle play dead and issue a faceoff. The referee should not blow the whistle unless this occurs. If the player who initiated the Illegal Hand Pass or any member of the opposing team touches or controls the ball, the referee should lower the arm and allow play to continue.

5.1.13 Illegal Hand Pass: enforcement

If the referee whistles play dead due to Illegal Hand Pass, a faceoff shall occur in the defensive zone of the offending team. The faceoff location nearest to the point at which the player initiated the Illegal Hand Pass should be used.

5.1.14 Use of hands: carrying or closing hand on ball

If a player other than the goaltender catches and holds the ball with the hands, or holds the ball on the ice with the hands, the referee shall whistle play dead and issue a faceoff. If the offending team did not clear the zone as described above in Section 4.7.3, the faceoff location will be in the defensive zone of the offending team. If the offending team did clear the zone, the faceoff location will be at the neutral zone faceoff location immediately outside of the offending team's defensive zone.

5.1.15 Crease violation: offensive player in crease

A player may not enter the Goaltender's Crease of the opposing team unless the ball is in the Goaltender's Crease first. If any part of a player, including the broom, is within the Goaltender's Crease of the opposing team while his or her team is in control of the ball, and the ball is not present in the Goaltender's Crease of the opposing team, the referee shall whistle play dead and issue a faceoff at the neutral zone faceoff location immediately outside of the offending team's defensive zone.

5.1.16 Crease violation: directing ball into crease with feet or hands

A player may not hit, bat, or direct a ball into the Goaltender's Crease of the opposing team with the hands. A player may not kick a ball into the Goaltender's Crease with the feet, even to pass. If either of these infractions occurs, the referee shall whistle play dead and issue a faceoff at the neutral zone faceoff location outside of the offending team's defensive zone.

5.2 MINOR PENALTIES

If a player commits a minor penalty, he or she is required to serve a 3-minute penalty. The player's team must play with one fewer player on the ice (i.e. "shorthanded") for the duration of the penalty. The penalized player must stand or sit inside the Penalty Box for the entire duration of the penalty. All of these penalties carry over into subsequent periods of play, including overtime.

5.2.1 Minor Penalties: delayed whistle

If a player commits a minor penalty, the referee should raise an arm. The referee should not blow the whistle to stop play until a member of the offending team gains control of the ball.

5.2.2 Minor Penalties: faceoff location

If a minor penalty is assessed, the referee shall issue a faceoff in the defensive zone of the offending team to begin play.

5.2.3 Minor Penalties: goaltenders

If a goaltender commits a minor penalty, the penalty may be served by another player instead of the goaltender. However, the player serving the penalty must have been on the ice at the time the penalty occurred.

5.2.4 Minor Penalties: expiration

A penalized player may immediately return to the ice and begin play when the minor penalty expires. At this time, the player must either return to his or her Team Bench for a substitution, or return to his or her defensive zone (Blue Line) to "touch up." There are a couple exceptions to penalty time expiration, documented below in Sections 5.2.5 and 5.2.6.

5.2.5 Minor Penalties: early expiration

If one team is shorthanded and the other team scores a goal, the penalty is immediately considered expired regardless of how much penalty time still needed to be served. The player may immediately leave the Penalty Box and resume playing or go to the Team Bench for a substitution. Note that this may only happen if the team that is scored on is shorthanded.

5.2.6 Minor Penalties: immediate expiration

If a player commits a minor penalty, but play continues due to a delayed whistle, and the non-offending team scores a goal, the penalty will expire immediately. No penalty minutes will be served.

5.2.7 Minor Penalties: coincidental minor penalties

A referee may issue minor penalties to two players on opposing teams at the same time. If these are the only penalties being enforced, both teams must play with one fewer player (i.e. 4-on-4 with goaltenders).

5.2.8 Minor Penalties: multiple minor penalties

Multiple minor penalties may be assessed on either or both teams. This may happen regardless of whether the penalties are assessed all at one time, or over separate incidents. In most cases, except when coincidental minor penalties are assessed, each penalty will cause a team to be shorthanded by one player. Exceptions to this rule are described below in Section 5.2.9.

5.2.9 Minor Penalties: minimum number of players during regulation play

A team is not allowed to play with fewer than 4 broomball players (including goaltender). If a team has 2 penalized players and a third penalty is assessed, the offending player must report to the Penalty Box, but the penalized team may continue to have 4 players on the ice. The penalty time for the third penalized player will not begin until the penalty time for the first penalized player ends. At this point, the first penalized player will not be allowed to return to the ice until a whistle or other stoppage in play, because the team continues to have 2 penalized players.

5.2.10 Minor Penalties: minimum number of players during overtime play

During overtime, a team is not allowed to play with fewer than 2 broomball players on the ice. Other than this exception, minor penalty enforcement must occur as described in previous Sections.

5.2.11 Minor Penalties: abuse of official

No player is allowed to be verbally abusive to an official. This includes continued arguing, or foul, abusive, or disrespectful language.

5.2.12 Minor Penalties: delay of game

No player is allowed to intentionally delay the game by any means. This includes intentionally hitting or directing the ball out of the rink at any time, intentionally hitting the ball away from an official during a stoppage in play, continuing to hold or trap the ball against the boards with the feet or broom during play, continuing to hold the ball against the ice with the hands during play, illegally falling on or freezing the ball during play, or a defensive player or goaltender intentionally knocking the goal out of position.

5.2.13 Minor Penalties: tripping

If a player falls as a result of another player extending a broom, foot, hand, arm, leg, or elbow, or as a result of another player recklessly diving, sliding, or swinging the broom, a tripping penalty shall be assessed. Note that contacting the ball first does not negate this rule.

5.2.14 Minor Penalties: interference

No player is allowed to impede the progress of an opponent who does not have the ball. This includes setting picks/screens, or moving immediately in front of a player without an attempt to play or protect the ball. A defending player may occupy space on the ice that he or she has established without penalty.

5.2.15 Minor Penalties: high broom

A player may not contact a the ball with his or her broom above his or her shoulder height. A goaltender, however, may do so if making a save in the Goaltender's Crease. When assessing a high broom penalty, If the player is crouching or kneeling at the time of the infraction, that player's standing height should be used to determine whether contact occurred above the shoulders. If a player swings and misses a ball above the shoulders, no penalty for high broom shall be assessed, although other penalties (i.e. slashing) may apply.

5.2.16 Minor Penalties: thrown broom

A player may not throw the broom at any time. A referee may elect to award a penalty shot instead of a minor penalty if a thrown broom disrupts a scoring attempt with a goaltender in net. A referee may also elect to award a goal instead of a minor penalty if a thrown broom disrupts a scoring attempt while a goaltender is on the ice but away from the net.

5.2.17 Minor Penalties: playing with broken broom

If at any time a broom cracks or breaks, the player must immediately drop the broom. If the player does not do so, a minor penalty shall be assessed.

5.2.18 Minor Penalties: playing with multiple brooms

A player may hold two brooms at once but may not intentionally play, contact, or control the ball.

5.2.19 Minor Penalties: too many players on the ice

A team may not play with more players than allowed. For example, when even strength, a team may not have more than 6 players (including goaltender) and when shorthanded a team may not have more than 5 players (including goaltender). This penalty must be served by a member of the team who was on the ice at the time the penalty occurred.

5.2.20 Minor Penalties: too many players on the ice during substitution

While performing a substitution, the player coming onto the ice may not enter or leave the Transition Area in front of the Team Bench (described earlier in Section 4.2.1) until the player coming off the ice enters the Transition Area. This penalty must be served by a member of the team who was on the ice at the time the penalty occurred.

5.2.21 Minor Penalties: too many players on the ice during substitution involving ball contact

While performing a substitution, neither the player coming off the ice nor the player coming onto the ice may intentionally play, contact, or control the ball in the Transition Area in front of the Team Bench (described earlier in Section 4.2.1). However, if the ball inadvertently strikes either player, no penalty should be called. This penalty must be served by a member of the team who was on the ice at the time the penalty occurred.

5.2.22 Minor Penalties: contact penalties

Contact penalties such as roughing, charging, slashing, high-sticking, hooking, boarding, cross-checking, elbowing, holding, or kneeing are not permitted. Body contact (checking) is not permitted.

5.2.23 Minor Penalties: double minor penalties

If a player commits a minor penalty that draws blood on an opposing player, that player will be assessed a double minor penalty. This penalty is treated as if the player were assessed an additional penalty that begins immediately after serving the first penalty.

5.3 MAJOR PENALTIES

If a player commits a major penalty, he or she is required to serve a 5-minute penalty. The player's team must play with one fewer player on the ice (i.e. "shorthanded") for the duration of the penalty. The penalized player must stand or sit inside the Penalty Box for the entire duration of the penalty. All of these penalties carry over into subsequent periods of

play, including overtime.

5.3.1 Major Penalties: delayed whistle

If a player commits a major penalty, the referee should raise an arm. The referee should not blow the whistle to stop play until the offending team gains control of the ball.

5.3.2 Major Penalties: faceoff location

If a major penalty is assessed, the referee shall issue a faceoff in the defensive zone of the offending team to begin play.

5.3.3 Major Penalties: goaltenders

If a goaltender commits a major penalty, the penalty must be served by the goaltender and may not be served by another player.

5.3.4 Major Penalties: expiration

If a player commits a major penalty, the penalized player may only return to the ice and begin play when the major penalty expires. The penalty does not expire if the opposing team scores a goal. If a penalty is called but play continues due to a delayed whistle, and the non-offending team scores a goal, the penalty must still be served.

5.3.5 Major Penalties: attempt to injure

If a referee determines that a player deliberately injures or attempts to injure another player will be assessed a major penalty and a match penalty. This includes kicking or head-butting another player.

5.3.6 Major Penalties: contact penalties

If a player commits a contact penalty such as roughing, charging, slashing, high-sticking, tripping, hooking, boarding, cross-checking, elbowing, holding, kneeing, or checking, and a referee judges this penalty to be intentionally excessive, the referee may assess a major penalty instead of a minor penalty.

5.3.7 Major Penalties: fighting

If a player is involved in fighting, a major penalty and game misconduct penalty must be assessed.

5.3.8 Major Penalties: spearing or butt-ending

If a player strikes or attempts to strike another player with either end of the broom, that player shall be assessed a major penalty plus a game misconduct.

5.3.9 Major Penalties: leaving the bench

Any player leaving the bench to participate in a fight or altercation will be assessed a major penalty plus a game misconduct.

5.3.10 Major Penalties: accompanying minor penalties

If a player is assessed both a major and minor penalty, the major penalty is served first.

5.4 MISCONDUCT PENALTIES

If a player commits a misconduct penalty, he or she is required to serve a 10-minute penalty. The offending team is not shorthanded as a result of this penalty. All of these penalties carry over into subsequent periods of play, including overtime.

5.4.1 Misconduct Penalties: goaltenders

If a goaltender commits a misconduct penalty, the penalty must be served by the goaltender and may not be served by another player.

5.4.2 Misconduct Penalties: expiration

If a player commits a misconduct penalty, the penalized player may only return to the ice and begin play at a stoppage of play after the misconduct penalty expires. The penalty does not expire if the opposing team scores a goal.

5.4.3 Misconduct Penalties: accompanying minor penalties

If a player is assessed both a misconduct and minor penalty, the misconduct penalty is served by the offending player and the minor penalty must be served by another player on the offending team.

5.4.4 Misconduct Penalties: abuse of official

If a player continues to challenge or dispute the ruling of a referee, intentionally interferes with an official, or uses repeated, violent, threatening, or profane language toward an official, the player shall be assessed a misconduct penalty.

5.4.5 Misconduct Penalties: checking from behind

If a player checks another player from behind, a misconduct and minor penalty shall be assessed.

5.4.6 Misconduct Penalties: throwing broom out of ice

If a player on the ice throws a broom out of the ice surface, a misconduct penalty shall be assessed.

5.5 GAME MISCONDUCT PENALTIES

If a player commits a game misconduct penalty, he or she is required to leave the game immediately and may not return for the duration of the game. The player may not stay at the team bench nor make any attempt to coach their team. The offending team is not shorthanded as a result of this penalty.

5.5.1 Game Misconduct Penalties: injuries while assessing major penalties

If a player commits a major penalty that causes injury to another player, that player shall also be assessed a game misconduct penalty.

5.5.2 Game Misconduct Penalties: spearing or butt-ending

If a player strikes or attempts to strike another player with either end of the broom, that player shall be assessed a major penalty plus a game misconduct.

5.5.3 Game Misconduct Penalties: fighting

If a player is involved in fighting, that player shall be assessed a major penalty plus a

game misconduct.

5.5.4 Game Misconduct Penalties: leaving the bench

Any player leaving the bench to participate in a fight or altercation will be assessed a major penalty plus a game misconduct.

5.6 MATCH PENALTIES

If a player commits a match penalty, he or she is required to leave the game immediately and may not return for the duration of the game. The player may not stay at the team bench nor make any attempt to coach their team. In addition, the player may not play in any future games until league or city officials have discussed the incident and determined whether further disciplinary action is appropriate. The offending team is not shorthanded as a result of this penalty.

5.6.1 Match Penalties: attempt to injure

If a referee determines that a player deliberately injures or attempts to injure another player will be assessed a major penalty and a match penalty. This includes kicking or head-butting another player.

5.7 PENALTY SHOTS

In some situations a referee may elect to award a team a penalty shot. When this occurs, all players than the goaltender of the offending team and the shooter must be on their team benches or in the transition area and must remain quiet during the penalty shot.

5.7.1 Penalty Shot: penalty on breakaway

If a referee determines that a penalty is committed on a player who had a clear breakaway scoring opportunity, the referee may award a penalty shot to the non-offending team.

5.7.2 Penalty Shot: thrown broom

A player may not throw the broom at any time. A referee may elect to award a penalty shot instead of a minor penalty if a thrown broom disrupts a scoring attempt with a goaltender in net. A referee may also elect to award a goal instead of a minor penalty if a thrown broom disrupts a scoring attempt while a goaltender is on the ice but away from the net.

5.7.3 Penalty Shot: procedure

If a penalty shot is awarded, the ball will be placed at the center ice faceoff location. Upon a clear signal by a referee, the shooter may proceed toward the goal and make a scoring attempt. The ball must always move forward during the penalty shot, and after an initial shot is made, the play is considered complete. If the goaltender makes the save, the shooter is not allowed to retrieve or shoot a rebound.

5.7.4 Penalty Shot: eligible shooters

If a penalty shot is awarded based on a penalty committed on a breakaway (as

indicated above in Section 5.7.1) only the player whose breakaway was disrupted may take the penalty shot. If the player was injured on the disrupted breakaway attempt, any other teammate may take the penalty shot.

5.7.5 Penalty Shot: eligible goaltenders

Only a player of the offending team with goaltender privileges is permitted to defend against a penalty shot. If the offending team did not have a designated goaltender at the time the penalty shot was signaled, the penalty shot must be conducted with no player defending the goal.

5.7.6 Penalty Shot: optional minor penalty

The non-offending team can elect for the offending team to serve a minor penalty for the infraction instead of taking the penalty shot.