

Definitions

Acting Goalkeeper (AGK). The AGK is the skater acting in the position of goalkeeper during goalkeeper substitution.

Batting the Ring. The ring is batted when a player intentionally moves the hand or arm to make contact with the ring, and makes such contact while the hand or arm is in motion.

Control. Control of the ring is gained when:

- a) a player places the stick into the ring, propels the ring with the stick, or bats or kicks the ring.
- b) a goalkeeper, within the goal crease, prevents the ring from entering the net.
- c) the ring comes to rest inside or contacting the goal crease.

Deflection

Deflection by a player occurs when any part of the body or equipment is intentionally placed in a stationary position to redirect the ring.

Deflection off a player occurs when the ring is unintentionally redirected by any part of the body or equipment, whether the player is in motion or not.

Goalkeeper. A goalkeeper is a specially equipped player, who has unique privileges to prevent the ring from entering the net.

Goalkeeper Ring. A goalkeeper ring is the awarding of the ring to the defending goalkeeper in lieu of a defending zone free pass.

Goalkeeper Substitution. Goalkeeper substitution is the replacement on the ice of the goalkeeper by a skater.

Kicking the Ring. The ring is kicked when a player intentionally moves the foot or leg to make contact with the ring, and makes such contact while the foot or leg is in motion.

Playing End of the Stick. The playing end of the stick is the lower one third of the total length of the Ringette stick, measured from the tip upwards toward the butt end.

Possession. The player / team that last contacted or controlled the ring has possession of the ring.

Prohibited Area. A prohibited area is a portion of the rink in which a player may not legally participate in play.

Restricted Area. The restricted area is the portion of the rink in each end zone extending from the end boards to, but not including, the free play line. Only a limited number of skaters are permitted to participate in play in this area.

Shot on Goal. A shot on goal is taken when the team in possession of the ring legally propels the ring toward the other team's goal and:

- a) the ring enters the net.
- b) the ring contacts a goal post or the cross bar.

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- c) the ring contacts the goalkeeper or AGK within the goal crease.
- d) the ring contacts the goalkeeper outside the goal crease and that contact prevents the ring from entering the net.

Skater. A skater is a player other than a goalkeeper.

Zone. The central portion of the rink between the blue lines is the “centre zone”; the portion furthest from a team's defended goal is their “attacking zone”; and the closest portion is their “defending zone”. Collectively, the attacking and defending zones are the “end zones”. Each zone includes the entire blue line(s) bounding it.

Section 1 – Playing Area

1.1 Ringette is played on an area of ice called a “rink”.

1.2 Lighting. The rink shall be lighted adequately so that the participants and spectators may conveniently follow play.

1.3 Rink Dimensions

1.3.a The rink shall be 60.96m (200 ft.) long and not less than 25.91m (85 ft.) nor more than 30.48m (100 ft.) wide. The corners shall be rounded in the arc of a circle with a radius of 8.53m (28 ft.).

1.3.b The rink shall be enclosed by boards, which may be constructed of wood, plastic, or any other similar material. Measured from the surface of the ice, the boards shall be no less than 1.02m (3 ft. 4 in.) and no more than 1.22m (4 ft.) in height. The surface of the boards facing the ice shall be white and shall be free from any obstruction or object that may cause injury to players. The base plate shall be light in colour and no more than 30.48cm (12 in.) in height.

NOTE: It is recommended that glass, plexi-glass, or other similar material be mounted to the top of the boards, flush to the ice surface, to assist in the prevention of rings going into the spectator areas. Any fixtures used to hold the glass or similar material in position shall be mounted on the boards on the side away from the ice surface.

1.4 Signal and Timing Devices

1.4.a The rink shall have a buzzer, siren, gong, or similar sound device to be used by the timekeeper.

1.4.b Game Clock. The rink shall have some form of clock in order that the participants and spectators may be accurately informed as to the game time (time remaining in the period). The clock shall also be capable of displaying the penalty time remaining to be served by up to two players per team. Where a clock with more than one face is used, the clock face directly opposite the timekeeper shall govern the time of the game.

1.4.c Shot Clock. The rink shall have a separate clock, in addition to the game clock, that counts down time in seconds. Two identical display units are required, one in each end zone. The display unit shall be mounted behind and above the end boards, no higher than the top of the glass, between the centre of the goal and the beginning of the arc of the corner to the goalkeeper's left. The position of the display units relative to the goal must be identical in each end zone.

1.5 Players' Benches

1.5.a Indoor rinks, and outdoor rinks if possible, shall have seats or a bench for the use of each team, to be known as the “players' benches”. Each players' bench shall accommodate at least fourteen players and shall be located immediately alongside the ice in the centre zone, as near as possible to the centre of the rink and convenient to the dressing rooms. Whenever possible, a walking space of 91.44cm (3 ft.) shall be left open behind the players' benches.

1.5.b The gates to the players' benches shall be constructed to open away from the ice surface.

1.6 Penalty Bench

- 1.6.a Indoor rinks, and outdoor rinks if possible, shall have seats or a bench to accommodate eight people, known as the “penalty bench”. The penalty bench shall be used for the seating of penalized players, the timekeeper, and the scorekeeper.

NOTE: The penalty bench should be located on the opposite side of the rink from the players’ benches, or if this is not possible, at least 6.10m (20 ft.) from both players’ benches.

- 1.6.b There shall be two gates to the penalty bench, constructed to open away from the ice surface. Adequate arrangements shall be made to physically separate members of the opposing teams. Where the penalty bench gates are located at unequal distances from the centre of the rink, the gate closest to the centre of the rink shall be designated for the visiting team.

1.7 Dressing Rooms

- 1.7.a Each team shall be provided with a separate dressing room, equipped with a toilet and shower.
- 1.7.b The on-ice officials shall be provided with a separate dressing room, equipped with a toilet and shower.

Section 2 – Rink Markings

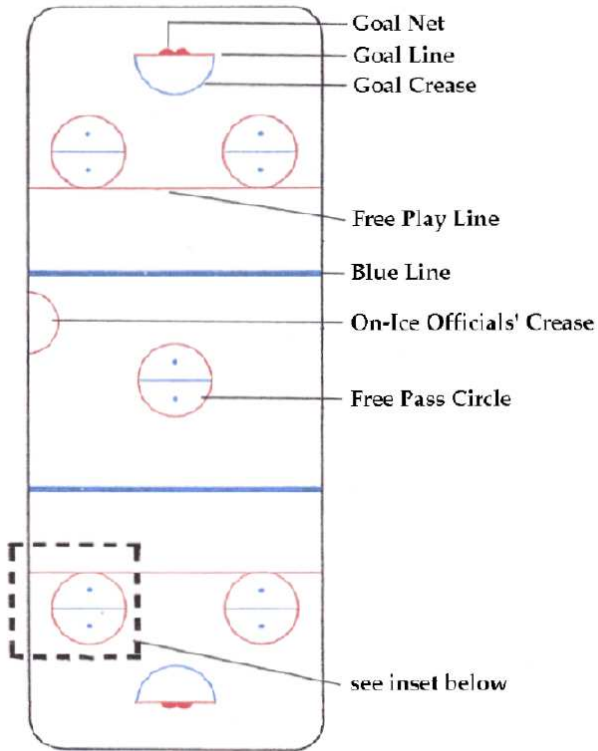
- 2.1 Goal Lines.** Red lines 5.08cm (2 in.) wide shall be marked on the ice parallel to the end boards, 3.20m (10 ft. 6 in.) from each end of the rink. Each line, known as the “goal line”, shall extend 2.43m (8 ft.) from the centre of the ice, in both directions.
- 2.2 Blue Lines.** Blue lines 30.48cm (12 in.) wide shall be marked on the ice parallel to the goal lines, positioned such that they divide the area between the goal lines into three equal parts. Each line, known as the “blue line”, shall extend across the ice surface and continue vertically on the boards.
- 2.3 Free Pass Circles**
- 2.3.a A circular red line 5.08cm (2 in.) wide, with a radius of 4.57m (15 ft.), shall be marked on the ice around the exact centre of the ice surface. This circle shall be known as the “centre zone free pass circle”.
- 2.3.b In each end zone, two circular red lines 5.08cm (2 in.) wide, with a radius of 4.57m (15 ft.), shall be marked on the ice. The centres of the circles shall be located 6.09m (20 ft.) from the goal line, 6.71m (22 ft.) on each side of the straight line bisecting the rink from end boards to end boards. These circles shall be known as the “end zone free pass circles”.
- 2.3.c Each free pass circle shall be bisected by a blue line 5.08cm (2 in.) wide, parallel to the goal lines. A blue dot with a diameter of 30.48cm (12 in.) shall be marked at the centre of each half circle.
- 2.4 Free Play Lines.** Red lines 5.08cm (2 in.) wide shall be marked on the ice parallel to the blue lines, completely overlapping the end zone free pass circles at the point on each circle closest to the blue line. Each line, known as the “free play line”, shall extend across the ice surface and continue vertically on the boards.
- 2.5 Goal Net**
- 2.5.a On the centre of the goal line, midway between the side boards, goal posts and nets shall be placed with the posts resting on the goal line. The goal nets may be either free moving or stabilized by the use of magnetic anchors or a similar system. Should the nets be stabilized, they must remain easily moveable from their regular position when minimal force is applied.
- 2.5.b The goal posts shall be 5.08cm (2 in.) in diameter and 1.83m (6 ft.) apart, measured from the inside of the posts. They shall extend 1.21m (4 ft.) vertically from the ice surface and a cross bar of the same material shall be securely fastened horizontally from the top of one post to the top of the other post.
- 2.5.c A net shall be attached to the back of the goal posts and cross bar.
- 2.5.d The goal posts, cross bar, and the exterior surface of other supporting framework shall be painted red. The surface of the base plate and supports inside the goal net shall be painted a light colour.
- 2.6 Goal Crease**
- 2.6.a A semi-circular blue line 5.08cm (2 in.) wide, with a radius of 2.43m (8 ft.), shall be marked on the ice in front of each goal net. The semi-circle shall be drawn from a spot located on the centre of the goal line, midway between the side boards.

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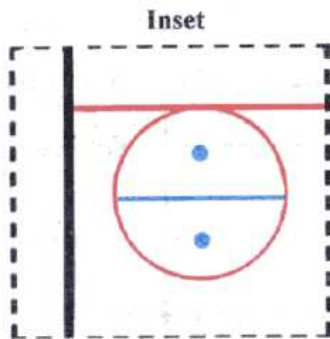
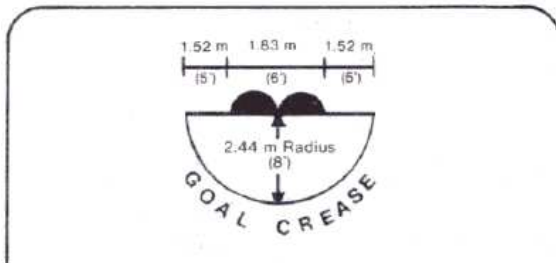
2.6.b The area enclosed by the semi-circle, including the semi-circular line and the goal line, shall be known as the “goal crease”.

2.7 On-Ice Officials' Crease. A semi-circular red line 5.08cm (2 in.) wide, with a radius of 3.05m (10 ft.), shall be marked on the ice immediately in front of the timekeeper's seat. The enclosed area, including the line, shall be known as the “on-ice officials' crease”.

Rink Layout



The Goal Crease



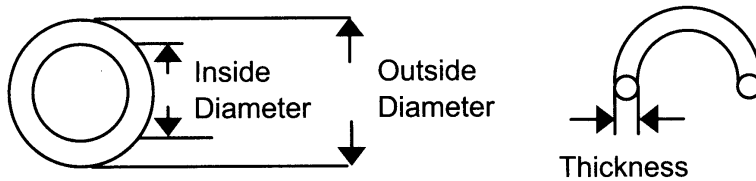
Section 3 – Dress of Players

- 3.1** Players of the same team, including goalkeepers, must wear identically coloured sweaters or tops. Snug fitting clothing must be worn.
- 3.2** Each player must wear a clearly visible individual number on the back of the sweater. The number shall be a maximum of two digits, must be at least 25.40cm (10 in.) in height and must contrast in colour with the sweater. A number different than that on the sweater may not appear elsewhere on the uniform.
- 3.3** The visiting team is responsible for changing its sweaters if the colours of the competing teams conflict. The decision to change sweaters is the responsibility of the on-ice officials.
- 3.4** Jewellery, such as wristwatches, rings, earrings, bracelets, and necklaces (other than Medic Alert), or other items judged to be dangerous by an on-ice official shall not be worn by on-ice participants during the game.

Section 4 – Equipment

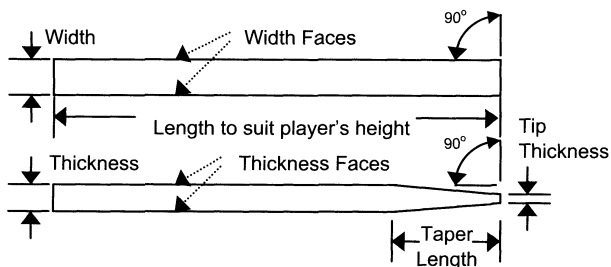
4.1 Ring. The pneumatic ring shall comply with the following dimensions:

Inside diameter:	Shall be at least	10.70cm (4.21 in.)
	Shall not exceed	11.30cm (4.45 in.)
Outside diameter:	Shall be at least	16.30cm (6.42 in.)
	Shall not exceed	16.80cm (6.61 in.)
Thickness:	Shall be at least	2.50cm (0.98 in.)
	Shall not exceed	2.90cm (1.14 in.)



4.2 Ringette Stick

- 4.2.a The Ringette stick may be made of wood, plastic, aluminium or any similar material. In the case of composite sticks that employ more than one material in their construction, only shafts and tips that are specifically manufactured for each other may be used.
- 4.2.b Both ends of the stick must be free of cracks and splinters. If the surface of the stick is textured, the difference between the lands and grooves must not exceed 1mm (0.04 in.). Tape may not be added to the playing end of the stick.
- 4.2.c Width. The width of the shaft must not be less than 27mm (1.06 in.) nor more than 35mm (1.38 in.). The width faces of the stick must form two straight parallel planes from end to end.
- 4.2.d Thickness. The thickness of the shaft must not be less than 17.5mm (0.69 in.) nor more than 25mm (0.98 in.). The thickness faces of the stick must form two straight parallel planes except at the playing end, which, if tapered, must be symmetrical and formed of straight faces. If the taper is multifaceted, the angle between faces must not be less than 150°. The taper length must not be more than 250mm (9.84 in.) from the tip.
- 4.2.e Tip. The thickness of the tip at the playing end must not be less than 12mm (0.47 in.). The tip of the playing end must be at 90° to the parallel portions of the thickness and width faces.
- 4.2.f Length. The maximum length of the Ringette stick depends upon the height of the player. Measured while the player is standing on skates with the arm extended at 90° to the body, the maximum length of the stick is from the ice to the height of the underarm.



Skates

- 4.3.a All on-ice participants must wear ice skates.
- 4.3.b Skates must be of the tube type or have the blade moulded in plastic. Toe picks are not permitted. Tube type skates must have heel guards.

4.4 Protective Equipment: General

- 4.4.a All protective equipment except gloves, helmet and facial protector, neck protector, and goalkeeper's pads must be worn entirely under the uniform.
- 4.4.b The game may not be delayed to adjust player equipment, with the exception that the goalkeeper's equipment may be adjusted at the discretion of an on-ice official.

4.5 Helmet and Facial Protector

- 4.5.a All on-ice participants must wear a certified hockey helmet, with proper chinstrap affixed.
- 4.5.b Skaters must wear a full facial protector that is certified to be worn with their helmet.

NOTE: *An internal mouth guard is recommended.*

4.6 Neck Protector. All players must wear an approved neck protector.

4.7 Gloves

- 4.7.a All players must wear gloves that fully cover the hands and that have two layers of material on the back with protective padding material in between.
- 4.7.b Palmless gloves and gloves that expose the dorsal aspect (underside) of the wrist to the risk of injury are prohibited.

4.8 Shin, Knee and Elbow Pads. All players must wear shin, knee and elbow pads. A plastic shell, or similar hard shell protection, is required in all knee protectors (goalkeepers excluded).

4.9 Pelvic Protection. All players must wear hip, tailbone, and genital protection.

4.10 Goalkeeper Equipment

- 4.10.a No player other than a goalkeeper may use or wear equipment specifically designed for goalkeeper use.
- 4.10.b With the exception of the skates and stick, all equipment worn by the goalkeeper must be constructed solely for the protection of the head or body, and must not include any equipment or contrivance that would give the goalkeeper undue assistance in keeping goal.
- 4.10.c Goalkeepers must wear either a certified hockey helmet with a full facial protector that is certified to be worn with their helmet, or a certified goalkeeper-specific head and full facial protector.
- 4.10.d In addition to the protective equipment listed above (rules 4.6 to 4.9), goalkeepers must wear goalkeeper's pads and a chest protector.
- 4.10.e Goalkeepers may wear a catching glove, blocker(s), goalkeeper's skates, and a free moving polyethylene throat protector (in addition to the approved neck protector).
- 4.10.f Goalkeeper's Stick
- 4.10.f (1) The blade of the goalkeeper's stick must not be less than 7.62cm (3 in.) nor more than 8.89cm (3.5 in.) in width at any point except the heel, where it must not exceed 11.43cm (4.5 in.) in width. It must not exceed 39.37cm (15.5 in.) in length from the heel to the end of the blade.
- 4.10.f (2) The widened portion of the goalkeeper's stick extending up the shaft from the blade must not exceed 66.04cm (26 in.) from the heel and must not exceed 8.89cm (3.5 in.) in width.
- 4.10.g Goalkeeper's Pads. Goalkeeper's pads must not exceed 30.48cm (12 in.) in width.
- 4.10.h Goalkeeper's Blocker. Protective padding attached to the back of, or forming part of, the goalkeeper's blocker must not exceed 20.32cm (8 in.) in width and must not exceed 40.64cm (16 in.) in length.
- 4.10.i Goalkeeper's Catching Glove
- 4.10.i (1) The base of the goalkeeper's catching glove must not exceed 22.86cm (9 in.) in width, including any attachments added to it. The length of the goalkeeper's catching glove must not exceed 40.64cm (16 in.).
- 4.10.i (2) The lacing, webbing, or other material joining the thumb and index finger must not exceed the minimum amount of material necessary to fill that gap when the thumb and index finger are fully extended and spread.

4.11 Equipment Measurements

- 4.11.a Equipment measurements are carried out only on request by a team through a captain, alternate captain, or team staff member at a stoppage in play. The specific dimension of the stick or goalkeeper's pads, blocker, or catching glove to be measured (e.g. tip, width, length) must be identified at the time of the request.
- 4.11.b The measurement shall be conducted immediately, at the on-ice officials' crease. The goalkeeper's pads, blocker, or catching glove shall be measured with the goalkeeper wearing the equipment.

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- 4.11.c Only one measurement shall be permitted per team per stoppage in play.
- 4.11.d If the equipment measured is within specifications, the requesting team shall be assessed a Delay of Game penalty.
- 4.11.e If the equipment measured is not within specifications, the offending player shall be assessed a Delay of Game penalty. An illegal stick, unless it is only too long for that skater, shall be removed from the game. The player serving the penalty must take a legal stick to the penalty bench. In the case of goalkeeper equipment, the illegal pads, blocker, or catching glove may not be used unless they are adjusted and made legal.

Section 5 – Game Time

5.1 A regulation game shall consist of three twenty-minute periods of actual playing time (stop time).

5.2 Should three periods of the above duration not be possible, then three equal length periods shall be played.

5.3 Overtime periods shall be the same length as regulation periods.

NOTE: Overtime periods are considered part of the same game; any penalty that has not expired at the end of regulation time remains in effect.

5.4 Shot Clock

5.4.a The shot clock shall be set to 30 seconds at the beginning of each period.

5.4.b The shot clock shall count down only when the game clock counts down. The shot clock shall be started when a team has possession of the ring outside of their defending zone. The shot clock shall be stopped when play is stopped.

5.4.c The shot clock shall be reset to 30 seconds when:

5.4.c (1) the team in possession of the ring takes a shot on goal.

5.4.c (2) control of the ring changes from one team to the other team.

5.4.c (3) a delayed penalty is signalled. If additional delayed penalties are signalled before play is stopped, the shot clock shall not be reset again.

5.4.c (4) a penalty causes the non-penalized team to commit a violation and play is stopped as a result.

5.4.c (5) a player on the team not in possession of the ring is injured, and play is stopped as a result.

5.4.d When the shot clock reaches zero seconds, an audible signal will sound:

5.4.d (1) play is stopped, as the team last in control of the ring has committed a violation.

5.4.d (2) the shot clock is reset to 30 seconds.

5.4.d (3) the ring is awarded to the non-offending team, in the zone in which the ring was last contacted or controlled.

5.4.e If the shot clock's audible signal sounds in error:

5.4.e (1) play is stopped.

5.4.e (2) the shot clock is reset to 30 seconds.

5.4.e (3) the ring is awarded to the team last in control of the ring, in the zone in which play was stopped.

5.4.f If the shot clock is reset in error, play continues.

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- 5.4.g The shot clock display units shall be turned off when there is less time remaining in the period than there is on the shot clock. If the display units cannot be turned off, then the shot clock shall be reset to 30 seconds and stopped.

5.5 Timeouts

- 5.5.a Each team is entitled to two 30-second timeouts per game. Each team is entitled to one additional 30-second timeout every overtime period.
- 5.5.b During regulation time, no more than one timeout per team shall be permitted during the same period. During overtime, no more than one timeout per team shall be permitted during the same stoppage in play.
- 5.5.c A timeout request must be made by a player on the ice or by a team staff member, to an on-ice official during a stoppage in play.
- 5.5.d Both teams may take a timeout during the same stoppage in play. The second team's timeout request must be made to an on-ice official before the first timeout expires. The two timeouts shall run sequentially for one minute. A second team's timeout request that is made after the other team's timeout has expired shall not be granted during the same stoppage in play.
- 5.5.e No rings are permitted on the ice for use by the teams during timeouts.

Section 6 – Team Rules

- 6.1** A team shall have no more than twenty and no fewer than seven players. One player must be a goalkeeper.
- 6.2** Once the game has started, a team must be able to ice a minimum of four players. If more than two minutes remain in regulation time, one of those players must be a goalkeeper. Failure to comply will result in forfeiture of the game.
- 6.3** Official Game Report. Before the start of the game, the team must record on the Official Game Report the names and the numbers of all players who are eligible to play in the game and indicate which are goalkeepers, alternate goalkeepers, captains, or alternate captains. The names of team staff members must also be recorded. Only those persons registered on the Official Game Report are permitted to occupy the players' bench.
- 6.3.a If players are late for the game and their names were recorded on the Official Game Report prior to the game, they shall be permitted to participate.
- 6.3.b If players have been inadvertently omitted from the team list, their names and numbers may be added to the Official Game Report and they shall be permitted to participate, provided that they were on the ice or in the players' bench, in uniform, at the start of the game. No other changes or additions to the list are permitted after the commencement of the game.
- 6.3.c A goalkeeper who has been replaced on the ice, or a player designated on the Official Game Report as an alternate goalkeeper, may play as a skater provided that the player wears the required protective equipment but no goalkeeper-specific equipment.
- 6.4** Team Captains
- 6.4.a A team may appoint a maximum of three skaters as captains or alternate captains. A goalkeeper or alternate goalkeeper may not be designated a captain or alternate captain.
- 6.4.b Captains shall wear the letter 'C' and alternate captains the letter 'A' on the upper front left of their sweater. The letter must be at least 7.62cm (3 in.) in height and contrast in colour with the sweater.
- 6.4.c Captains and alternate captains must be designated, both on the Official Game Report and on their sweater, prior to the start of the game. Failure to do so will result in the loss of captain or alternate captain privileges.
- 6.4.d Only captains and alternate captains may question an on-ice official regarding non-judgement rule clarifications, and only during a stoppage in play. A player who is assessed a penalty immediately loses this privilege for the duration of that penalty.
- 6.5** Refusal to Start Play. If a team withdraws from the ice or refuses to start play and:
- 6.5.a if that team starts play within one minute of being advised to do so by an on-ice official, a Delay of Game penalty shall be assessed to that team and the game continues.
- 6.5.b if that team fails to start play within one minute of being advised to do so by an on-ice official, that team forfeits the game.
- 6.5.c if that team withdraws from the ice or refuses to start play for the second time in the same game, that team immediately forfeits the game.

Section 7 – The Play

- 7.1** The team scoring the greater number of goals during regulation time is the winner of the game. If the score is tied at the end of regulation time, sudden-victory overtime periods shall be played. The first team to score in overtime is the winner of the game.
- 7.2** The home team shall have the choice of goal areas to defend for the first and third periods of the game. The teams shall exchange goal areas to defend for the second period.
- 7.3** While play is in progress, no more than six players (five skaters and a goalkeeper) per team are permitted on the ice at one time.
- 7.3.a** Players may substitute at any time; however, they may only enter or leave the ice through the players' bench gates.
- 7.3.b** A skater may be substituted for the goalkeeper during the last two minutes of regulation time, at any time during overtime, and during the delayed calling of a penalty to the opposing team.
- 7.4** Blue Line. The ring must be passed, shot with the stick, deflected, batted, or legally kicked to another player across each blue line.
- 7.4.a** The last player to contact or control the ring when it was entirely on one side of a blue line may not contact or control the ring when it is entirely on the other side of that blue line before the ring is contacted or controlled by another player.
- 7.4.b** A ring on or touching a blue line is simultaneously in both of the zones bounded by that line and is playable by all eligible players.
- 7.5** Two Blue Line Pass. The ring may not be passed to a teammate directly from one end zone to the other end zone.
- 7.5.a** Teammates of the player who last contacted the ring in one end zone before it traveled untouched to the other end zone may not contact or control the ring before the ring is contacted or controlled by an opponent.
- 7.5.b** When the ring has traveled untouched from one end zone to the other end zone, a skater (or the goalkeeper, if that player leaves the goal crease) of the team that is eligible to play the ring must proceed to the ring without delay and play it within a reasonable time. Otherwise, the ring is playable by either team.
- 7.5.c** If the ring travels from one end zone across the centre zone untouched and contacts the second blue line, play continues unless a teammate of the player who last contacted the ring carries the ring directly into the other end zone.
- 7.6** Free Play Line
- 7.6.a** Except during goalkeeper substitution, a maximum of three skaters from each team is permitted in the restricted area in each end zone.
- 7.6.b** During goalkeeper substitution, a maximum of four skaters from the team making the substitution is permitted in the restricted area in each end zone.
- 7.6.c** When a team is serving two penalties, at least one skater from that team must remain outside their defending zone restricted area.

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- 7.6.d Skaters may exchange at a free play line once both feet of the exiting player have contacted that line.
- 7.6.e A skater in excess of the maximum number permitted in the restricted area may not contact or control the ring while any part of that player, including the stick, is in that area.
- 7.6.f While the ring is in an end zone, if the team in possession of the ring has more than the maximum number of skaters permitted in that restricted area, play is stopped immediately.
- 7.6.g While the ring is in an end zone, if the team not in possession of the ring has more than the maximum number of skaters permitted in that restricted area:
- 7.6.g (1) if any skater of that team becomes involved in the play in the restricted area while there are too many skaters in that area, the excess skater is assessed a Delay of Game penalty.
- 7.6.g (2) if no penalty is committed, play is stopped if that team gains control of the ring before it exits the restricted area and within five seconds of all excess skaters exiting that area.
- 7.6.h A ring on or touching a free play line may be played by all skaters, provided that:
- 7.6.h (1) the ensuing play does not cause a free pass violation.
- 7.6.h (2) skaters in excess of the maximum number permitted in the restricted area do not become involved in the play in that area.
- 7.7 Goal Crease.** The goalkeeper, or the acting goalkeeper (AGK) during goalkeeper substitution, is the only player permitted in the goal crease in their team's defending zone. No other player may contact or control the ring unless it is entirely outside the goal crease.
- 7.7.a If a skater from the team in possession of the ring in that zone enters the goal crease, play is stopped immediately.
- 7.7.b If a skater from the team not in possession of the ring enters the goal crease, play is stopped if that team gains control of the ring in that zone, before it exits the same zone and within five seconds of:
- 7.7.b (1) that player exiting the goal crease.
- 7.7.b (2) the later of that player or the ring exiting the goal crease, if the ring was inside or contacting the goal crease when the skater entered the goal crease.
- 7.8** When two or more opposing players place their sticks in the ring and gain joint control, play is stopped if the ring is immovable or cannot be safely played. The ring is awarded to the team gaining second control.
- NOTE: The ring is awarded to the team that did not initially control it if the player first in control momentarily removes the stick from the ring, allowing an opponent to gain control, and then takes joint control.*
- 7.9** If another ring or foreign object appears on the ice while play is in progress, play continues unless, in the opinion of an on-ice official, the presence of the second ring or foreign object is affecting the play.

Section 8 – Goalkeeper Play

- 8.1** Snow may not be piled on, around, or in the goal crease with the intention of forming a barrier to help keep the ring out of the goal area. Roughing up the ice is permissible.
- 8.2** Goalkeepers may become involved in the play only in their team's defending zone and the centre zone.
- 8.3** The goalkeeper's stick may not be put on top of the ring or into its centre, except in the act of making a save.
- 8.4** When the ring is inside or contacting the goal crease, the goalkeeper:
- 8.4.a must put the ring into play entirely outside the goal crease within five seconds.
 - 8.4.b may, if the goalkeeper is inside the goal crease, throw the ring into play in the defending zone. The ring may not be thrown across the goalkeeper's defending blue line. If the ring is thrown and it contacts the blue line, play continues unless a teammate carries the ring directly into the centre zone.
 - 8.4.c may step outside of the goal crease in the act of throwing the ring into play, but must have at least one skate on or inside the goal crease when the ring is released.
- 8.5** When the ring is entirely outside the goal crease, the goalkeeper:
- 8.5.a may not move the ring into the goal crease or onto the goal crease line.
 - 8.5.b may pass the ring through the goal crease, provided that the goalkeeper does not contact or control the ring when the ring is inside or contacting the goal crease.
 - 8.5.c may catch the ring outside the goal crease in the act of making a save, but it must be immediately dropped and played legally. If the ring is thrown or not immediately dropped, a Delay of Game penalty shall be assessed to the goalkeeper for holding the ring out of play.
- 8.6** During goalkeeper substitution:
- 8.6.a if there is no AGK, the first defending team player to enter the goal crease is the AGK.
 - 8.6.b the AGK may be exchanged. Another defending player may enter the goal crease once the current AGK has entirely left the goal crease.
 - 8.6.c the ring may not be moved into the goal crease or onto the goal crease line by the AGK or by a player outside the goal crease who immediately becomes the AGK.
 - 8.6.d when the ring is inside or contacting the goal crease, the ring must be put into play entirely outside the goal crease within 5 seconds. The AGK may only put the ring into play in the defending zone, no matter what method is used to move the ring. After putting the ring into play outside the goal crease, that player may not contact or control the ring before the ring is contacted or controlled by another player.

Section 9 – The Free Pass and Goalkeeper Ring

9.1 Free Pass. For all free passes, the ring is placed in the centre of the half of the free pass circle closer to the goal area defended by the team awarded the free pass. Following the whistle to start play:

- 9.1.a the player taking the free pass is the only player permitted in the free pass circle. If there is no player from the team awarded the free pass in the free pass circle when the whistle is blown, then the first player from that team to enter the free pass circle must take the free pass.
- 9.1.b the player taking the free pass must, using the stick, put the ring into play entirely outside the free pass circle within five seconds.
- 9.1.c the player taking the free pass may move anywhere within that half of the free pass circle, up to and including the outer edge of that half circle, but may not leave that half of the free pass circle until the ring is entirely outside the free pass circle.
- 9.1.d the player taking the free pass may not contact or control the ring once it is entirely outside the free pass circle before the ring is contacted or controlled by another player.
- 9.1.e no other player may contact or control the ring before it is entirely outside the free pass circle.
- 9.1.f if a teammate of the player taking the free pass enters the free pass circle before the ring is entirely outside the free pass circle, play is stopped immediately.
- 9.1.g if a player from the team not taking the free pass enters the free pass circle before the ring is entirely outside the free pass circle and that team gains control of the ring in that zone, before it exits the zone and within five seconds of the ring exiting the free pass circle, play is stopped.

9.2 Goalkeeper Ring. A defending zone free pass is replaced by a “goalkeeper ring”, unless the stoppage in play is caused by the ring leaving the playing area, an injury, a penalty assessment, or a nullified goal, or if a timeout is taken during that stoppage in play.

9.2.a The ring is directed to the defending goalkeeper inside the goal crease.

NOTE: Should the attacking team be in control of the ring when play is stopped, the player in control of the ring must immediately transfer the ring to the defending goalkeeper in a reasonable manner, or leave the ring, to allow it to be transferred to the goalkeeper by the nearest defending player or on-ice official.

9.2.b The play may be started as soon as the goalkeeper has control of the ring inside the goal crease. Following the whistle to start play:

- 9.2.b (1) the goalkeeper must put the ring into play entirely outside the goal crease within five seconds, in the manner described in Rule 8.4.
- 9.2.b (2) the goalkeeper may not contact or control the ring once it is entirely outside the goal crease before the ring is contacted or controlled by another player.

9.3 Starting Play

9.3.a To begin the game, a free pass is awarded to the home team in the centre zone. To begin the second period, a free pass is awarded to the visiting team in the centre zone; to begin the third period, a free pass is awarded to the home team in the centre zone.

- 9.3.b If overtime is required, the free pass award to begin the first overtime period shall be decided by a coin toss. A free pass, in the centre zone, is awarded to the team winning the coin toss; the other team shall have the choice of goal areas to defend for that period. If additional overtime periods are required, each period the teams shall alternate the starting free pass award in the centre zone and exchange goal areas to defend.

9.4 Resuming Play

- 9.4.a Goal. After a goal is scored, a free pass is awarded to the team that was scored against, in the centre zone.
- 9.4.b Penalty. If play was stopped due to a penalty, a free pass is awarded to the team that did not cause the stoppage of play in the nearest circle within the zone where play was stopped, with the following exceptions.
- 9.4.b (1) If a team commits a penalty in their attacking zone and play is stopped in that zone as a result of that penalty, the free pass is awarded to the non-penalized team in the centre zone.
- 9.4.b (2) If a penalty causes the non-penalized team to commit a violation and play is stopped as a result, the free pass is awarded to that team in the zone in which they had possession of the ring prior to the violation.
- 9.4.c Penalty Shot. If play was stopped due to a Penalty Shot award and a goal is not scored on that Penalty Shot, a free pass is awarded to the team that was awarded the Penalty Shot, in the nearest circle within the zone where play was stopped.
- 9.4.d Violation. If play was stopped due to a violation, the ring is awarded to the team that did not cause the stoppage of play in the zone in which play was stopped, with the following exceptions.
- 9.4.d (1) The ring is awarded to the non-offending team in the zone giving that team a territorial advantage for:
- 9.4.d (1) (a) blue line violations.
- 9.4.d (1) (b) attacking team free play line violations.
- 9.4.d (1) (c) goalkeeper violations for becoming involved in the play while in the prohibited area.
- 9.4.d (1) (d) violations for causing the ring to leave the playing area.
- 9.4.d (2) If play was stopped due to a two blue line pass violation, the free pass is awarded to the non-offending team in their attacking zone.
- 9.4.d (3) If a penalty was committed by the team not in possession of the ring and the ring traveled untouched from one end zone to the other end zone:
- 9.4.d (3) (a) and play was stopped because the ring came to rest entirely across the second blue line or because the penalized team gained control of the ring, the free pass is awarded to the non-penalized team in the centre zone.
- 9.4.d (3) (b) and play was stopped because the ring was contacted or controlled by the non-penalized team, the free pass is awarded to the penalized team in their attacking zone.

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- 9.4.e Injury / Foreign Object / Spectator Interference. If play was stopped due to an injury, a foreign object affecting play, or spectator interference, the ring is awarded to the team that was in possession of the ring when play was stopped, in the zone in which they last contacted or controlled the ring.
- 9.4.f Refusal To Start Play. If a team, having withdrawn from the ice or refused to start play, starts play within one minute of being advised to do so by an on-ice official, a free pass is awarded to the non-offending team in the centre zone. If the non-offending team had already been awarded a free pass in their attacking zone at the time of the withdrawal, the free pass will take place in that zone.

Section 10 – Goal Scoring Regulations

10.1 A goal is scored when the entire ring legally crosses the goal line between the goal posts and below the cross bar, during play.

10.2 A goal is scored:

10.2.a if the ring is shot into the net from anywhere on the ice.

10.2.b if the ring is shot and deflects off any player or on-ice official into the net.

10.2.c if the ring is legally kicked or batted by an attacking player and is deflected into the net by or off any player other than the defending goalkeeper.

10.2.d if the ring is directed into the net by a defending player, in any manner.

10.2.e if the ring enters the net while an attacking player commits a violation that was caused by a defending player's penalty infraction.

10.3 A goal is nullified:

10.3.a if the ring is kicked or batted by an attacking player into the net directly, off the defending goalkeeper, or off an on-ice official.

10.3.b and a violation is assessed:

10.3.b (1) if the ring contacts or enters the goal crease while the shooter's stick is in the ring.

10.3.b (2) if an attacking player contacts or enters the goal crease before the ring enters the net.

NOTE: If the violation is caused by a defending player's penalty infraction (Rule 10.2.e) then the goal is not nullified.

10.3.c and a penalty is assessed if any attacking player or their stick contacts the goalkeeper before the ring enters the net, provided that the goalkeeper is entirely inside the goal crease.

10.4 A goal is awarded during goalkeeper substitution:

10.4.a if an attacking player is on a breakaway in the attacking zone, with the stick in the ring, and no opponents to get past; and a member of the defending team:

10.4.a (1) commits a penalty that prevents the scoring of a goal, or that prevents the attacking player from taking a clear shot on goal.

10.4.a (2) prevents the scoring of a goal by deliberately piling snow or making any obstacle on, around, or in the goal crease.

10.4.b during the last five minutes of regulation time or at any time during overtime, if a skater in excess of the maximum number permitted in the defending zone restricted area deliberately enters that area and prevents the scoring of a goal by playing as the AGK.

Section 11 – Violations

11.1 A violation is committed if a player contravenes the rules as detailed in Sections 7 – 10.

NOTE: For goal crease, free play line, and free pass circle infractions, incidental stick overhang (i.e. of a secondary, minor, or casual nature) from which no advantage is gained shall not be considered a violation.

11.2 A violation is committed if a player:

- 11.2.a accidentally shoots or holds the ring out of play, or dislodges the net.
- 11.2.b specifically the ring carrier, moves a hand onto the playing end of the stick or holds the ring against the boards to evade a checker.
- 11.2.c kicks the ring with the point at the toe or heel of the skate blade.
- 11.2.d wears jewellery or wears other items judged to be dangerous by an on-ice official.
- 11.2.e wears or plays with illegal equipment, wears mandatory equipment improperly, or fails to wear mandatory equipment.

Section 12 – Consequences of Violations

12.1 Stoppage of Play

12.1.a If the team in possession of the ring commits a violation, play is stopped immediately.

12.1.b If the team not in possession of the ring commits a violation, play continues and a delayed violation is signalled. Play is stopped when that team gains control of the ring, unless the violation has been nullified.

12.1.c Play is stopped immediately if the ring leaves the playing area, if the net is dislodged from its normal position, or if a goalkeeper fails to wear mandatory protective equipment while involved in the play.

12.2 Delayed violations, other than free play line violations or violations for wearing jewellery or for improper equipment, are nullified when the ring entirely leaves the zone in which the violation occurred.

12.2.a Delayed free play line violations are nullified when the ring exits the restricted area by contacting or crossing the free play line in that zone.

12.2.b Delayed violations for wearing jewellery or for improper equipment are nullified when the offending player corrects the equipment fault or leaves the ice surface.

Section 13 – Minor Penalties

- 13.1 Boarding.** A Minor penalty is committed if a player uses the body to force an opponent into contact with the boards.
- 13.2 Body Contact.** A Minor penalty is committed if a player uses any part of the body to contact an opponent in a forceful manner.
- 13.3 Charging.** A Minor penalty is committed if the ring carrier skates directly into an opponent who has taken a legal defending position.
- 13.4 Cross Checking.** A Minor penalty is committed if a player forcefully contacts an opponent with the stick while it is being held with both hands in front of the body.
- 13.5 Delay of Game.** A Minor penalty is committed if:
- 13.5.a a player commits a violation after being warned for the same infraction.
 - 13.5.b a player intentionally shoots or holds the ring out of play. This includes: holding the ring with the hand, sitting on or gathering in the ring, holding the ring against the boards or the net to create a stoppage in play, and carrying the ring with the stick while both the ring and the playing end of the stick are off the ice surface.
 - 13.5.c a player becomes involved in the play while completely in a prohibited area.
 - 13.5.d a player, other than the goalkeeper or AGK, deliberately enters the goal crease.
 - 13.5.e while the ring is in an end zone, a skater of the team not in possession of the ring, in excess of the maximum number permitted in that restricted area, enters the restricted area and any skater of that team becomes involved in the play in the restricted area while there are too many skaters in that area.
 - 13.5.f a player throws a stick.
 - 13.5.g a player intentionally dislodges the net from its normal position during play.
 - 13.5.h a skater, having lost a helmet or facial protector during play, fails to either immediately replace the lost equipment or to proceed directly to the players' bench.
 - 13.5.i a goalkeeper intentionally removes mandatory protective equipment.
 - 13.5.j a player plays with a broken or damaged stick. A broken or damaged stick must be dropped immediately and must not be removed from the ice by any player during play.
 - 13.5.k a player jumps or climbs over the boards when entering or leaving the ice.
 - 13.5.l a player or team staff member uses deliberate delaying tactics such as: excessive line changes, excessive requests for rule interpretations, repeated falling on the ring, faking injury, excessive adjustment of equipment, or delaying the transfer of the ring to the defending goalkeeper on a goalkeeper ring.
 - 13.5.m a player refuses to leave the ice after being advised to do so by an on-ice official, or returns to the ice before play has resumed, when play has been stopped due to a suspected injury to that player.

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- 13.5.n a penalized player, having been injured and replaced on the penalty bench, returns to the ice before the penalty time expires.
- 13.5.o a team fails to replace an injured goalkeeper within the specified time.
- 13.5.p a skater plays with a stick, or a goalkeeper plays with a stick, goalkeeper's pads, blocker, or catching glove, that is not within specifications.
- 13.5.q a team requests an equipment measurement and the equipment is within specifications.
- 13.5.r a team withdraws from the ice or refuses to start play for the first time and resumes play within one minute of being advised to do so by an on-ice official.
- 13.6 Elbowing.** A Minor penalty is committed if a player forcefully contacts an opponent with the elbow.
- 13.7 High Sticking.** A Minor penalty is committed if a player:
- 13.7.a intentionally or unintentionally, raises the playing end of the stick above standing shoulder height within a stick length of any other on-ice participant.
- 13.7.b during play, intentionally raises any portion of the stick above standing shoulder height in order to contact the ring, whether or not contact occurs.
- 13.8 Holding.** A Minor penalty is committed if a player impedes an opponent's progress by:
- 13.8.a holding with the hand.
- 13.8.b placing the stick on top of the ring carrier's stick to prevent passing or shooting.
- 13.9 Hooking.** A Minor penalty is committed if a player impedes an opponent's progress by hooking the stick around any part of the opponent's body or stick.
- 13.10 Illegal Substitution.** A Minor penalty is committed if a team has too many players on the ice during play, including players leaving the penalty bench without permission prior to the expiration of their penalty.
- 13.10.a Players may be substituted at any time from the players' bench provided that the player leaving the ice is within 3.05m (10 ft.) of the players' bench gate and out of the play before any substitution is made.
- 13.10.b If, in the course of making a substitution, either the player leaving or the player entering the ice surface intentionally becomes involved in the play while both players are actually on the ice, a penalty shall be assessed to the player who was involved in the play.
- 13.10.c If, in the course of making a substitution, either the player leaving or the player entering the ice surface is struck by the ring accidentally, play is not stopped and no penalty shall be assessed.
- 13.10.d During goalkeeper substitution, if the goalkeeper fails to remain on the ice until two minutes or less remain in regulation time or until an on-ice official signals the delayed calling of a penalty to the opposing team, a penalty shall be assessed to the goalkeeper.
- 13.11 Interference.** A Minor penalty is committed if a player impedes the progress of an opponent who may or may not be in possession of the ring by:

- 13.11.a using the stick or body to physically block the movement of an opponent.
- 13.11.b as the ring carrier, using an arm to ward off an opponent.
- 13.11.c checking an opponent before both players are in a position to gain possession of the ring.
- 13.11.d checking an opponent when not eligible to play a loose ring.
- 13.11.e as an ineligible player, reaching into a restricted or prohibited area to check an opponent.
- 13.11.f moving with the opposing goalkeeper, attempting to screen the goalkeeper's vision.
- 13.11.g preventing an opponent from retrieving a lost stick or mandatory equipment.

13.12Slashing. A Minor penalty is committed if a player:

- 13.12.a makes forceful stick contact with any part of the body of an opponent.
- 13.12.b swings the stick directly towards an opponent in a forceful manner.
- 13.12.c contacts an opponent, including the goalkeeper, on the follow through of a shot when the opposing player has an established position.

13.13Tripping. A Minor penalty is committed if a player:

- 13.13.a places the stick or any part of the body in such a manner that it causes an opponent to trip or fall, unless the player falls as a result of losing joint control of the ring.
- 13.13.b slides along the ice causing an opponent to trip or fall.

Section 14 – Unsportsmanlike Conduct Penalties

14.1 An Unsportsmanlike Conduct penalty is committed if a player or team staff member dissents with an on-ice official or displays conduct unbecoming a sportsman by:

14.1.a making remarks or gestures that denote or depict dissension with on-ice officials, opposing players, or spectators.

14.1.b continuing to harass an on-ice official after a warning.

14.1.c throwing the stick into the penalty bench, players' bench, or stands.

14.1.d as a player, refusing to leave the on-ice officials' crease after being instructed to do so by an on-ice official.

14.1.e committing any action construed by an on-ice official to be unsportsmanlike in nature.

Section 15 – Misconduct Penalties

15.1 A Misconduct penalty is committed if:

- 15.1.a a player or team staff member uses language or makes gestures that are obscene, profane, or abusive toward any person.
- 15.1.b a player or team staff member persists in disputing, or shows disrespect for, the ruling of an on-ice official.
- 15.1.c a team staff member steps onto the ice during the game, except in the case of player injury.

Section 16 – Major Penalties

- 16.1** A Major penalty is committed if a player or team staff member commits a Minor penalty in an intentional and aggressive manner, or if a player engages in rough play.

NOTE: A Major penalty does not apply to Delay of Game, Illegal Substitution, or Unsportsmanlike Conduct penalties.

Section 17 – Match Penalties

17.1 A Match penalty is committed if a player or team staff member:

17.1.a commits a penalty infraction with intent to injure.

17.1.b fights.

17.1.c spears, butt-ends, or kicks an opponent.

17.1.d excessively abuses an on-ice official before, during, or immediately after a game. Such actions against on-ice officials include, but are not limited to:

17.1.d (1) intentionally touching, holding, or pushing.

17.1.d (2) intentionally striking, tripping, or body checking.

17.1.d (3) threatening or attempting to strike.

17.1.d (4) persisting in actions for which a Misconduct penalty has been assessed.

Section 18 – Penalty Shot Award

18.1 A Penalty Shot is awarded if a member of the defending team prevents the scoring of a goal by:

- 18.1.a intentionally dislodging the net from its normal position.
- 18.1.b throwing a stick at the ring.
- 18.1.c committing a goal crease violation.
- 18.1.d deliberately piling snow or making any obstacle on, around, or in the goal crease.

18.2 A Penalty Shot is awarded if an attacking player is on a breakaway in the attacking zone, with the stick in the ring, and no opponents to get past other than the goalkeeper:

- 18.2.a and a member of the defending team commits a penalty that prevents that attacking player from taking a clear shot on goal.
- 18.2.b and the defending goalkeeper intentionally dislodges the net from its normal position, or intentionally removes mandatory protective equipment.

18.3 A Penalty Shot is awarded during goalkeeper substitution:

18.3.a if an attacking player is on a breakaway in the attacking zone, with the stick in the ring, and only a single opponent to get past; and a member of the defending team:

- 18.3.a (1) commits a penalty that prevents the attacking player from taking a clear shot on goal.
- 18.3.a (2) intentionally dislodges the net from its normal position.

18.3.b if a member of the defending team, in addition to the AGK, enters the goal crease and any of the defenders in the goal crease prevents the scoring of a goal.

18.4 A Penalty Shot is awarded, during the last five minutes of regulation time or at any time during overtime:

- 18.4.a if the ring is in an end zone and a skater, in excess of the maximum number permitted in that defending zone restricted area, deliberately enters that area and becomes involved in the play while there are too many skaters in that area.
- 18.4.b if an attacking player is taking a free pass and a member of the defending team deliberately enters that defending zone free pass circle and becomes involved in the play.

NOTE: *A goal scored during the delayed signalling of a Penalty Shot Award nullifies the Penalty Shot Award. Penalty assessment following the goal is in accordance with the current penalty situation.*

Section 19 – Consequences of Penalties

19.1 Penalties may be assessed at any time before, during, or after a game, whether or not play is in progress.

19.2 Stoppage of Play

19.2.a If the team in possession of the ring commits a penalty, play is stopped immediately.

19.2.b If the team not in possession of the ring commits a penalty, play continues and a delayed penalty is signalled. Play is stopped:

19.2.b (1) when the team being assessed the penalty gains control of the ring.

19.2.b (2) when the team in possession of the ring commits an infraction.

19.2.b (3) if the ring travels untouched from one end zone to the other end zone, when the ring comes to rest entirely across the second blue line.

NOTE: Play may be stopped immediately when a member of the team not in possession of the ring commits a blatant Misconduct, Major, or Match penalty.

19.3 Penalties, in increasing order of severity, are as follows:

19.3.a Minor penalty: two minutes.

19.3.b Unsportsmanlike Conduct penalty: two minutes, fully served.

19.3.c Misconduct penalty: game ejection and a teammate serves an Unsportsmanlike Conduct penalty.

19.3.d Major penalty: four minutes, fully served.

19.3.e Match penalty: game ejection, suspension from the next game, and a teammate serves a Major penalty.

19.3.f Penalty Shot: See Section 21.

19.4 Penalty time shall be served in the penalty bench and is actual playing time. A player serving a penalty may not be replaced on the ice.

19.5 Players must enter or leave the penalty bench by way of the ice surface. Penalized players may leave the penalty bench between periods, but must return to it prior to the start of the next period. Penalized players are not permitted to leave the penalty bench during a timeout.

19.6 Multiple Penalties

19.6.a All penalties assessed to a participant at the same stoppage in play shall be served consecutively, in decreasing order of severity, in the order in which the penalties occurred, and without interruption by penalties to teammates.

19.6.b If a penalized player is assessed additional penalties at a subsequent stoppage in play, the additional penalties shall be served immediately after the player's remaining penalties.

19.7 Selection of Substitute

- 19.7.a Where the rules state that a penalty shall be served by a teammate, the coach shall select any skater of that team to serve the penalty. If the coach refuses to select a player, an on-ice official shall designate any skater of that team to serve the penalty.
- 19.7.b Players with unexpired penalties are not eligible to serve penalties for teammates or team staff members.
- 19.7.c When substitution is required, one player serves all penalties assessed to the teammate or team staff member at a stoppage in play. Penalties assessed to the same teammate or team staff member at a subsequent stoppage of play shall be served by a different teammate and may be served concurrently with the previously assessed penalties.

19.8 Substitution: Minor, Unsportsmanlike Conduct, and Major Penalties

- 19.8.a Skater. A penalty assessed to a skater shall be served by that player.
- 19.8.b Goalkeeper. A penalty assessed to a goalkeeper shall be served by a teammate.
- 19.8.c AGK. A penalty assessed to an AGK shall be served by that player.
- 19.8.d Team. A penalty assessed to a team, to a team staff member, or to an unidentified player on the players' bench shall be served by a teammate.
- 19.8.e Injured Player. A penalty assessed to a player who is injured and unable to serve the penalty shall be served by a teammate.
- 19.8.e (1) The injured player for whom the substitution has been made may not participate in the play until the penalty has expired and the substitute has returned to the ice.
- 19.8.e (2) A penalized player who recovers from injury prior to the expiration of their penalty shall replace the substitute on the penalty bench at the next stoppage in play.
- 19.8.f Delay of Game Penalty. A Delay of Game penalty assessed for exceeding the maximum number of skaters permitted in the restricted area shall be served by the player creating the infraction. If the on-ice officials cannot identify that player, the coach of that team shall select a skater to serve the penalty, from those in the restricted area at the time of the infraction. If the on-ice officials cannot identify those players, the coach of that team shall select a skater to serve the penalty, from those on the ice at the time of the stoppage in play.

19.9 Substitution: Game Ejection

- 19.9.a Excess Penalty Minutes. A player assessed a total of ten minutes of penalty time during a game, including overtime, shall be ejected from the game. The ejected player's remaining penalty time shall be served by a teammate.
- 19.9.b Misconduct and Match Penalties
- 19.9.b (1) A player assessed a Misconduct penalty or Match penalty shall be ejected from the game. The accompanying fully served penalty shall be served by a teammate.
- 19.9.b (2) A team staff member assessed a Misconduct penalty or Match penalty shall be ejected from the game. No player shall serve any penalty because of the team staff ejection.

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- 19.9.c After being ejected from the game, the player or team staff member must leave the enclosed playing and seating area of the rink so as not to have any influence on the game. Refusal to do so will result in forfeiture of the game by that team.

Section 20 – Team Penalty Regulations

- 20.1** A maximum of two players per team can serve penalties simultaneously. Additional penalized players must proceed to the penalty bench and remain there until their penalties are served.
- 20.2** When a team has two players serving penalties and additional penalized players in the penalty bench:
- 20.2.a the additional penalized players will serve their penalties only after a teammate's penalties have expired.
 - 20.2.b the additional penalized players will serve their penalties in turn, in the order that their penalties were assessed.
 - 20.2.c players who have finished serving their penalties must remain in the penalty bench until play is stopped.
- 20.3** When a team has players serving penalties and no additional players in the penalty bench waiting to serve penalties:
- 20.3.a upon the expiration of a player's penalties, the player whose penalties expired first may return to the ice.
 - 20.3.b players who have finished serving their penalties but who cannot be released from the penalty bench because their team is already at its maximum permissible strength on the ice must remain in the penalty bench until play is stopped.
- 20.4** Cancellation of a Minor Penalty by a Goal. If the team scored against has more penalized players, including delayed penalties, than the team that scored, a Minor penalty may be cancelled or nullified. Fully served penalties are never cancelled or nullified by goals scored.
- 20.4.a If no penalties are being served, a delayed Minor penalty may be nullified.
 - 20.4.a (1) If there is one delayed Minor penalty, then it is nullified.
 - 20.4.a (2) If there is more than one delayed penalty, then the first delayed Minor penalty is nullified, with the following exceptions.
 - 20.4.a (2) (a) If the first delayed penalty is a fully served penalty, then all subsequent penalties to that participant are assessed.
 - 20.4.a (2) (b) If the first two delayed penalties are fully served penalties to different participants, then no penalty is nullified.
 - 20.4.b If one Minor penalty is being served, then it is cancelled. Any delayed penalties would be assessed.
 - 20.4.c If two Minor penalties are being served, then the Minor penalty with the most time expired is cancelled. Any delayed penalties would be assessed.
 - 20.4.d If a Minor penalty and a fully served penalty are being served, then the Minor penalty is cancelled. Any delayed penalties would be assessed.
 - 20.4.e If only one fully served penalty is being served, and:
 - 20.4.e (1) there is no delayed penalty, no penalty is cancelled.

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20.4.e (2) the first delayed penalty is a Minor penalty, it is nullified.

20.4.e (3) the first delayed penalty is also a fully served penalty, no penalty is cancelled or nullified.

20.4.f If two fully served penalties are being served, then no penalty is cancelled or nullified.

Section 21 – Penalty Shot Procedure

21.1 If playing time expires during the delayed calling of a Penalty Shot, the Penalty Shot shall take place at the conclusion of that period of play.

21.2 If the penalty infraction for which a Penalty Shot is awarded is one that would normally incur a:

21.2.a Minor penalty, then the Penalty Shot replaces that penalty.

21.2.b fully served penalty, then that penalty is assessed as well.

21.3 Selection of Shooter

21.3.a If a Penalty Shot is awarded to a player on a breakaway, that player shall take the Penalty Shot.

21.3.a (1) If the player awarded a Penalty Shot commits a penalty during the same play, that player shall take the Penalty Shot prior to serving the penalty, unless that player is ejected from the game.

21.3.a (2) If the player awarded a Penalty Shot is injured or is ejected from the game, the coach shall select any skater of that team who was on the ice at the time of the infraction to take the Penalty Shot.

21.3.b For all other Penalty Shot awards, the coach shall select any skater of that team who was on the ice at the time of the infraction to take the Penalty Shot.

21.4 Selection of Goalkeeper

21.4.a The goalkeeper on the ice at the time of the infraction must tend goal during the Penalty Shot. If that goalkeeper is injured or is ejected from the game, the alternate goalkeeper must tend goal during the Penalty Shot.

21.4.b If a Penalty Shot is awarded during goalkeeper substitution, the goalkeeper must return to the ice to tend goal during the Penalty Shot.

21.5 Conduct

21.5.a The game time remains stopped during the Penalty Shot.

21.5.b With the exception of the two players involved in the Penalty Shot, all other players must leave the ice surface or move to the side boards near their players' benches, behind where the ring is placed to begin the Penalty Shot. If, during the Penalty Shot, an opposing player or team staff member intentionally distracts:

21.5.b (1) the shooter and the shooter fails to score, the Penalty Shot shall be taken again.

21.5.b (2) the goalkeeper, the Penalty Shot shall be nullified.

21.5.c The ring is placed in the centre of the half of the centre zone free pass circle closer to the goal area defended by the goalkeeper.

21.5.d Shooter

21.5.d (1) When the whistle is blown to begin the Penalty Shot, the shooter must skate directly to the ring, or begin with the stick in the ring, and move the ring toward the opponent's goal.

21.5.d (2) The shooter's body and the ring must always move forward toward the goal line.

21.5.d (3) The blue line violation does not apply.

21.5.d (4) Goal crease violations and penalties for contacting the goalkeeper apply.

21.5.e Goalkeeper

21.5.e (1) The goalkeeper must start inside the goal crease and remain there until the whistle is blown to begin the Penalty Shot. If the goalkeeper leaves the goal crease before the whistle and the shooter fails to score, the Penalty Shot shall be taken again.

21.5.e (2) If the goalkeeper commits a penalty that prevents the shooter from taking a clear shot on goal, a goal shall be awarded and the penalty shall be assessed.

21.5.e (3) If the goalkeeper commits a penalty during or after the Penalty Shot that does not prevent the shooter from taking a clear shot on goal, the outcome of the Penalty Shot shall stand and the penalty shall be assessed.

21.5.f The Penalty Shot ends when:

21.5.f (1) a goal is scored.

21.5.f (2) the ring crosses the goal line.

21.5.f (3) the ring comes to rest after the shot.

21.5.f (4) the forward motion of the shooter or of the ring outside the goal crease ceases.

21.5.f (5) the shooter commits a goal crease violation or a penalty.

21.5.g No goal shall be scored on a rebound off the side or end boards, or off the shooter.

21.6 A goal scored on a Penalty Shot does not cancel or nullify any penalties.

Section 22 – Injured Players

- 22.1** Play is stopped immediately when an injury occurs.
- 22.2** If play is stopped due to a suspected injury to a skater, that player must leave the ice and may not return until play has resumed.
- 22.3** If play is stopped due to a suspected injury to a goalkeeper, that player is allowed up to five minutes to recuperate from the injury or to leave the ice.
- 22.3.a If the injured goalkeeper is replaced, that player may not return to the ice until play has resumed.
- 22.3.b If an alternate goalkeeper is dressed, that player must immediately replace the injured goalkeeper. No warm up is allowed.
- 22.3.c If no alternate goalkeeper is dressed, an additional five minutes is allowed to dress and warm up a replacement goalkeeper.
- 22.4** Blood must be cleaned off the ice before play resumes. Players' uniforms must be cleaned of blood or replaced before those players return to the ice.

Section 23 – Spectators

23.1 Spectators are the responsibility of the home team.

Section 24 – Dangerous Objects

- 24.1** It is the prerogative of an on-ice official to remove, or to have removed, any object connected with the facilities or the personal apparel of the players or their equipment that is dangerous.