



Alberta Elite Roller Hockey Association

Official Rulebook

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Section 1 - Terminology

These definitions provide a framework for frequently used words throughout this rule book.

1. Terminology

- 1.1. **Aggressor** - A player in a confrontation who throws punches at an opponent who is either unwilling or unable to defend himself.
- 1.2. **Breakaway** - Any situation during game action which meets all of these criteria:
 - (1) An attacking player is in control of the puck or in obvious position to gain control of a loose puck and skate in alone on the opposing goaltender; (2) The attacking player has no opponent between him and the opposing goal net.; (3) The puck is completely over the center line; (4) The attacking skater has a reasonable scoring opportunity.
- 1.3. **Confrontation** - Any incident in which opponents initiate physical contact in an unsportsmanlike manner.
- 1.4. **Control / Possession of the Puck** - Control means extended possession of the puck.
 - 1.4.1. Control of the puck means a player who is stickhandling with the puck or using his hands or feet to maintain possession of the puck. If the puck is touched by another player or his equipment or hits the goal or goes free in any manner, the player is no longer considered to be in control of the puck.
 - 1.4.2. Possession of the puck refers to the player who is stickhandling with the puck, intentionally directs the puck to a teammate, or freezes the puck. Any accidental or purposeful contact or deflection off a player, goal frame, or boards does not constitute possession. The last skater to touch the puck is considered in possession of it for purposes of goals scored off an opposing team member into their own net.

Section 2 - Competition Standards

Rule 1.0 Player Eligibility / Age

- 1.1. The minimum age for participation in the Alberta Pro Roller Hockey League (ABPRHL) is 16 as of January 1st, of the year of the season.

Rule 2.0 Officials

2.1. Appointment of Officials

- 2.1.1. All Referees will be appointed by the ABPRHL Director of Officiating. There should be two Referees on the floor at all times.

2.2. Referee

- 2.2.1. The Referees are the official representatives of the ABPRL. The Referees shall see that the teams are called to the floor at the appointed time for the commencement of each game, and at the start of each regulation and overtime period.
- 2.2.2. The Referees shall check the equipment used by any player when requested to do so by the Manager, Coach or Captain of either team.
- 2.2.3. The Referees shall assess all penalties as prescribed by the rules for the infractions thereof.
- 2.2.4. The Referees shall have the final decision on all goals
- 2.2.5. Before starting the game, the Referees shall see that the appointed timekeeper and official scorer are in their respective places.
- 2.2.6. The Referees shall announce to the Official Scorer whom the goals and assists are to be credited.
- 2.2.7. After each game, the Referees shall check and sign the official game report and return it to the Official Scorer.
- 2.2.8. All Referees shall be dressed in black pants with the appropriate ABPRHL Jersey.
- 2.2.9. Referees are required to report on the official game report all game misconduct, gross misconduct and match penalties immediately following the tournament, to ABPRHL Executive.
- 2.2.10. All decisions made by referees are based on their discretion in understanding, adjudicating, and interpreting this rule book in an unbiased manner.
- 2.2.11. The two-referee system is used in all ABPRHL regular season games. Goal Judges will be utilized in semi-final and final matches.
- 2.2.12. If injury or illness prevents a referee from participating in or continuing, in a game, both teams must agree on his replacement, if necessary. If the teams are unable to agree, the referee will appoint a player to act as his replacement.
- 2.2.13. If an ABPRHL referee can join a game in progress, the temporary referee will be immediately replaced.

2.3. Goal Judges

- 2.3.1. There shall be one Goal Judge behind each goal, when available. The Goal Judges shall not be members of either competing team, nor shall they be replaced during the progress of the game, unless it becomes apparent that either Goal Judge, on the account of partisanship or any other cause, is guilty of giving unjust decisions. In such cases, the Referees in charge may appoint another Goal Judge to act in his place.
- 2.3.2. Each Goal Judge shall be stationed in the designated area behind each goal for the duration of the game, and she shall not change ends at any time after the game begins. Her jurisdiction is limited to that game only.

2.3.3. In the event of a goal being claimed, the Goal Judge shall decide whether or not the puck has passed between the goalposts and entirely over the goal line. His decision will simply be "goal" or "no goal". Referees will have the final decision.

2.4. Penalty Timekeeper

- 2.4.1. The Penalty Timekeeper shall keep the time served by each penalized player during the game and, upon request, inform the penalized player as to the unfinished time of his penalty.
- 2.4.2. If a player leaves the penalty bench before his time has expired, the Penalty Timekeeper shall note the time and signal that to the Referee, who will stop the play as soon as possible.
- 2.4.3. Where public address systems are used, the Penalty Timekeeper shall announce or have announced the name of each penalized player, the nature of the offense and the time the penalty was assessed.

2.5. Official Scorer

- 2.5.1. The Official Scorer shall enter on the "Official Game Sheet" a correct record of the goals scored, by whom they were scored and to whom assists, if any, are to be credited. He shall also keep a correct record of all penalties assessed, stating the names and numbers of the penalized players, the duration of the penalty, the infraction, and the time when the penalties were assessed.
- 2.5.2. The Official Scorer shall request that all affiliated players dressed for the game, be designated on the Official Game Report by the use of the symbols "AP" after their name (in a similar manner to that used to designate the Captain and Alternate Captains). They shall be players not signed to a regular card of the club with which they are playing.
- 2.5.3. At the completion of each game, the Official Scorer shall sign the Official Game Report, and then have the Referees sign it. He shall then forward the Game Report to the league involved.
- 2.5.4. Prior to the start of the game, the Official Scorer shall obtain from the Manager or Coach of each team their complete line-ups, verified and signed by the TEAM OFFICIAL IN CHARGE. The Captain and Alternate Captains of each team shall be duly noted on the Official Game Report.
- 2.5.5. The Official Scorer shall submit the complete line-up of the competing teams to the Referees, prior to the start of the game and shall draw to their attention any case which he feels does not comply to the rules
- 2.5.6. The Official Scorer shall advise the Referees when the same player has received his second Misconduct Penalty, or his third penalty during the same game.
- 2.5.7. Where a public address system is in use, the Official Scorer shall announce, or have announced, immediately following the scoring of each

goal, the name of the player who scored the goal and the name of the player who received an assist(s).

2.6. Game Timekeeper

- 2.6.1. The Game Timekeeper shall record the start and finish time of each game and all actual playing time during the game.'
- 2.6.2. The Game Timekeeper shall announce or have announced when ONE MINUTE of actual playing time remains in each regulation half or overtime period.
- 2.6.3. In the event of any dispute regarding time, the matter shall be referred to the Referees and their decision shall be final.

Rule 3.0 Proper Authorities and Discipline

- 3.1. "Proper Authorities" refers specifically to the immediate governing body of the game(s) being played. Actions which show a flagrant disregard for the rules of play may be dealt with after the game by the proper authorities.
- 3.2. The function and duty of the proper authorities is outlined in the ABPRHL Disciplinary Code.
- 3.3. Discipline will follow the minimum guidelines listed above in this document. These are minimum guidelines, and there is potential for further discipline dependent upon further review by the ABPRHL Executive.

Section 3 - The Surface / Playing Area

Rule 4.0 Floor / Surface / Fit to Play

- 4.1. Inline hockey must be played on a floor made of wood, cement, asphalt, plastic, or another material approved by the ABPRHL. It must be of a quality deemed fit to play by the referee in charge of the game.
- 4.2. If, prior to or during the playing of a game, any section of the floor becomes damaged or unplayable, the referees will immediately stop the game and ensure the safety of the playing area before game action resumes.
- 4.3. If the repairs delay the game unduly, the referees have the option to send the teams to their respective dressing rooms until the floor is deemed fit to play. If the problem cannot be solved in a short period of time or if any section of the floor is of a quality that makes playing the game dangerous, the referees have the right to postpone the game until such a time as the floor can be properly made fit to play.
- 4.4. If any lengthy delay occurs near the end of a period, the referees have the option to send the teams to their respective dressing rooms to begin the intermission immediately. The rest of the period will be played after the playing area has been made safe. When play resumes, teams will defend the same goal as before play

was postponed, and at the end of the period they will change ends and begin playing the ensuing period without delay.

4.5. If the playing area is affected by the environment in any way, the referees will not permit game action to take place until the air/facility is suitably clear for players and fans to experience the game safely.

Rule 5.0 Players' Benches

- 5.1. Although the player' benches are not a part of the floor, they are considered a part of the game and are subject to all rules pertaining to the game.
- 5.2. The only people allowed on or at the players' benches are the dressed players and not more than five team officials.
- 5.3. Both players' benches must be of the same dimensions and quality, offering advantage to neither team in any manner.
- 5.4. Each player' bench must be located near the centre red line and provide accommodation for at least ten players.
- 5.5. Each players' bench must have two doors, one at either end.
- 5.6. The players' benches must be located on the same side of the floor, opposite their respective penalty boxes and the score keeper's bench.
- 5.7. Teams must use the same bench for the duration of a game.
- 5.8. Players' benches must be enclosed from spectators and provide direct access to the floor only for the players.
- 5.9. Without arena designation, the designated home team is entitled to its choice of players' bench.

Rule 6.0 Penalty Boxes

- 6.1. A penalty box, one for each team, must be situated on either side of the score keeper's bench and across from their respective players' benches. Each box must be of the same size and quality, offering advantage to neither team in any manner.
- 6.2. Teams must use the penalty box opposite their players' bench and must use the same penalty box for the duration of a game.
- 6.3. Each penalty box must have only one door both for entry and exit and must be operated by the penalty-box attendant.
- 6.4. Only the penalty-box attendant, penalized skaters, and game officials are allowed access to the penalty boxes.
- 6.5. Both penalty boxes must be situated close to the centre red line.

Rule 7.0 Floor Markings / Zones

- 7.1. The floor must be divided lengthwise by a centre red line marked on the floor extending completely across and continuing vertically up the boards to the dasher: end red line, centre red line, end red line.

- 7.2. This line marks the two zones of the floor and are referred to as the defending zone and the attacking zone.

Rule 8.0 Floor Markings - Faceoffs Circles and Spots

- 8.1. There must be five faceoff spots on the floor. These are only places at which a referee can drop the puck to begin game action.
- 8.2. All faceoff spots must be of a different colour than the floor.

Rule 9.0 Floor Markings - Hash Marks

- 9.1. All faceoff circles on the floor must have hash marks protruding from the circle towards the side boards.
- 9.2. For the four end-zone faceoff circles, there must be two lines 4' apart, equidistant from an imaginary line made drawn through the middle of the two end-zone faceoff spots and extending to the side boards.

Rule 10.0 Floor Markings - Creases

- 10.1. There are three creases on the floor: one for each goaltender in front of either goal net and one at the boards by the score keeper's bench for referees.
- 10.2. The red referees' crease must be marked on the floor in a semi-circle immediately in front of the score keeper's bench. Players are not allowed in this area during stoppages of play when referees are in consultation with each other or reporting to officials off the floor.

Section 4 - Playing Rules - General

Rule 11.0 Length of Play

- 11.1. Regulation time consists of two periods of 18 minutes of game action, stop time.
- 11.2. There is a 3 minute rest between periods.
- 11.3. Overtime follows the second period and will consist of a sudden-death 2-on-2, plus a goaltender, five-minute period. In the event of playoffs, The OT format shall be:
 - 11.3.1. For Round Robin games: a 5 minutes 4 on 4 period will be played, followed by a 3 -person shootout
 - 11.3.2. For Medal Games: an 18 minute OT period played 4 on 4. If tied at the conclusion of the OT period, a 2 minute break will be provided before advancing to the next OT period - played indefinitely on a sudden death basis.
- 11.4. When a referee blows his whistle to stop play, players must cease contact with their opponents and abandon the puck.

- 11.5. If game action is in progress, play continues until a referee blows his whistle to stop play.

Rule 12.0 Puck

- 12.1. The official ABPRHL puck will be a black "IDS Puck"
 - 12.1.1. If both teams agree to a change, a red "IDS" puck may be utilized on a per game basis

Rule 13.0 Warmup

- 13.1. Physical contact between players on opposing teams is not allowed during the warmup and players are not allowed to skate over the center red line for purposes of intimidation or inciting an incident. Violations of these rules will be result in a game misconduct.
- 13.2. All warmup violations will be reviewed by league personnel. If warranted, further discipline, including suspensions will be handed down

Rule 14.0 Puck Must Be Whole

- 14.1. At the first stoppage of play, when it comes to the officials attention that a puck is not whole, the official will swap out the damaged puck for a complete/whole puck.

Rule 15.0 Multiple Pucks on the Floor

- 15.1. If a puck other than the one legally in play appears on the floor during game action, game action will not be stopped until a change of possession occurs, if the illegal puck is erroneously played in place of the game puck, or if the puck impacts the ongoing play.

Rule 16.0 Puck Kept in Motion

- 16.1. The puck must be kept in motion at all times.
 - 16.1.1. Except to carry the puck behind the goal, once a team has possession of the puck in its own defense area shall always advance the puck towards the opposing goal, unless players of the opposing side prevent them from doing so, or if the offensive team is shorthanded.
 - 16.1.2. For the first infraction of this rule, play shall be stopped, and a face-off will be taken at the spot adjacent to the goal of the team causing the stoppage. The Referees shall warn the Captain or Alternate Captain the offending team of the reason for the face-off, for a second violation by any player of the same team in the same period, a minor penalty shall be imposed on the player violating the rule.
 - 16.1.3. If a player has the puck behind their own net without the offending team pressuring them, and at even strength, the team shall be given ten seconds behind their own net to move the puck forward. If the team fails

to move the puck forward, the first offence shall result in a stoppage of play with the face-off in the defending team's zone. The second offense shall result in a delay of game penalty.

Rule Clarification / Explanation

The purpose of this rule is to ensure that a team in possession of the puck and unchallenged by the opposition does not pass or carry the puck backward into its defending zone solely for the purpose of delaying the game, except when the team in possession is short-handed. Although players are allowed to regroup behind their own goal, they must seek to advance the puck. If an official deems their actions to be intentional and deliberate, they shall attempt to verbally caution the offending team during play. After a verbal warning, a 1:30 delay of game penalty may be assessed to the offending team at the discretion of the official.

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

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

Rule 17.0 Change of Ends

- 17.1. Teams must start a game defending the net furthest from their players' bench.
- 17.2. Teams must change ends to start the second half but do not change ends to start an overtime period or penalty-shot shootout.

Rule 18.0 Starting the Game Action

- 18.1. Game action must always begin with a faceoff conducted by a referee.
- 18.2. Every period starts with a faceoff at the center faceoff spot. Every other instance of starting play will begin with a faceoff only at one of the five faceoff spots marked on the floor.

Rule 19.0 Determining Faceoff Location - General

- 19.1. When game action is stopped for any reason not specifically outlined below, the ensuing faceoff will take place at a faceoff spot nearest to where the puck was last played.
- 19.2. If two rule violations by one team are the reason for a stoppage of play, the ensuing faceoff will take place at a faceoff spot which provides the offending team no territorial advantage.
- 19.3. If rule violations are committed by both teams, resulting in a stoppage of play, the ensuing faceoff will take place at the nearest faceoff spot to where the puck was situated when play was stopped.

- 19.4. If a player lifts the puck high enough to hit the score clock or any obstacle above the floor, game action will be stopped, and the ensuing faceoff will take place at the nearest faceoff spot to where the puck was lifted.

Rule 20.0 Determining Faceoff Location - Penalties Assessed

- 20.1. When one team is assessed a penalty, the faceoff shall revert to the offending teams defensize zone, on the side the penalty was assessed.
- 20.2. No team will have the choice of faceoff location. They will be determined by the officiating team
- 20.3. The only exceptions to 35-I and 35-II are:
 - 20.3.1. When a penalty is assessed after the scoring of a goal, the ensuing faceoff will take place at the center faceoff spot;
 - 20.3.2. When a penalty is assessed before the start or at the end of a period, the ensuing faceoff will take place at the center faceoff spot;
 - 20.3.3. When the defending team is about to be penalized and an attacking skater enters the attacking zone, during a player confrontation, the ensuing faceoff will take place at one of the zone faceoff spots in the attacking zone. The play will not come outside for encroachment by Defense.
 - 20.3.4. When the team not being penalized is called for illegally clearing the puck, the ensuing faceoff will take place at a faceoff spot in that team's defending zone.
- 20.4. When both teams incur penalties, which are displayed on the score clock, the ensuing faceoff will take place at the nearest faceoff spot in the zone where game action was stopped.
- 20.5. If an attacking player incurs a misconduct or game misconduct penalty in his attacking zone, the ensuing faceoff will take place at the penalized team's end-zone faceoff spot, on the side where the infraction occurs.

Rule 21.0 Determining Faceoff Location - Injury

- 21.1. When game action is stopped for an injured player, the ensuing faceoff will take place at a faceoff spot determined by the location of the puck.
- 21.2. If an injured player's team has possession of the puck in the attacking zone, regardless of where the injured player is situated, the ensuing faceoff will take place at one of the faceoff spots in the attacking zone.
- 21.3. If the injured player's team has possession of the puck in the defending zone, regardless of where the injured player is situated, the ensuing faceoff will take place at one of the faceoff spots in the defending zone.
- 21.4. In cases where a referee suffers an injury during game action, play will be stopped immediately (unless one team has a scoring opportunity) to assess the severity of the injury and attend to the injured referee. The ensuing faceoff will take place at the nearest faceoff spot to where the puck was being played at a time of the whistle.

Rule 22.0 Determining Faceoff Location - Defending Zone

- 22.1. When a player on the defending team freezes the puck along the boards in his defending zone, the ensuing faceoff will take place at the end zone faceoff spot on the side where the stoppage occurred.
- 22.2. If an attacking skater shoots or passes the puck up the floor and a defending skater deflects the puck in any way out of the play in his defending zone, the ensuing faceoff will take place in the defending players zone, on the side of the puck leaving the surface.

Rule 23.0 Determining Faceoff Location - Centre Faceoff Spot

- 23.1. Faceoffs will take place at the center faceoff spot under the following circumstances:
 - 23.1.1. At the start of a period;
 - 23.1.2. After a goal has been scored;

Rule 24.0 Procedure for Conducting Faceoffs

- 24.1. The referee must drop the puck on one of the five designated faceoff spots.
- 24.2. Only one skater from each team is allowed to participate in a faceoff.
- 24.3. The two skaters participating in the faceoff must be positioned squarely facing their opponent's goal, approximately one stick length apart, with the tip of the stick blade stationary.
- 24.4. The referee may drop the puck if only one player is ready for the faceoff provided all other skaters not involved in the faceoff are onside and in ready position.
- 24.5. The defending player must always place his stick on the faceoff spot first.
- 24.6. All skaters not taking the faceoff must keep their skates outside the circle (contact with the line is permitted). A skater's stick may be inside the area between the two hash marks provided there is no contact with either an opponent or an opponent's stick.
- 24.7. A skater must also keep his skates on his side of the hash marks (contact with the line is permitted). A skater's stick may be inside the area between the two hash marks provided there is no contact with either an opponent or an opponent's stick.
- 24.8. All skaters must remain stationary and cannot skate freely during the faceoff procedure or influence or interfere with the faceoff procedure.
- 24.9. Once the skaters are in the set position for a faceoff, they cannot change positions.
- 24.10. The Referee is under no obligation to wait for the players to get to the face-off. It is the player's responsibility to get there as quickly as possible. If one team is lined up and the other team is procrastinating, the Referee can start the play by dropping the puck.
- 24.11. For any violation of the above the referee is encouraged is to remove the centerperson. The draw will then be conducted by a non-offending player

Rule 25.0 False Faceoffs

- 25.1. If one or both of the skaters taking the faceoff fail to take the proper position immediately when directed to do so, the referee may order them replaced for the faceoff by a teammate on the floor.
- 25.2. If one of the other skaters not taking the faceoff enters the faceoff circle prematurely, the referee will stop the faceoff. The skater of the offending team taking the faceoff must be replaced.
- 25.3. If one of the other skaters not taking the faceoff enters the circle prematurely, and the puck has already been dropped, game action will be stopped and the faceoff will be re-taken, unless the opposing team gains possession of the puck. If play is stopped, the skater of the offending team taking the faceoff must be replaced.
- 25.4. No substitution of players is allowed after a false faceoff until the faceoff has been properly executed and game action begun, except when a penalty is assessed that affects the manpower of either team.
- 25.5. If a faceoff is won by a hand pass, play will be stopped and the faceoff re-taken, and the skater of the team which committed the hand pass must be replaced. If a skater gloves the puck on a faceoff and the opposing team gains possession, play will continue.
- 25.6. Any team that incurs a second violation of faceoff procedures at the same faceoff will be assessed a bench-minor penalty.
- 25.7. No faceoff may be won by the virtue of a player knocking or batting the puck with his hand in the air immediately after it has been dropped by a referee.
- 25.8. If a skater's skate crosses the hash mark prior to the drop of the puck at a faceoff, it will be considered a faceoff violation.
- 25.9. Any contact with an opponent or his stick prior to the drop of the puck at a faceoff will be considered a faceoff violation and will result in faceoff ejection.

Rule 26.0 Team Timeout

- 26.1. Each team is allowed one, 30-second timeout during a game (36 minutes of regulation time plus overtime).
- 26.2. A skater designated by the coach or the coach himself may ask the referees for the team timeout during a stoppage in play.
- 26.3. All players on the floor are allowed to go to their respective benches during a team timeout.
- 26.4. Both teams can take their timeout at the same stoppage of play, but the team taking the second timeout must notify the referees of its intentions before the end of the first timeout.
- 26.5. A team cannot call a timeout during a penalty-shot shootout, before a period has started, or after a period has ended.
- 26.6. A team timeout cannot be called after player changes have been completed.
- 26.7. A team timeout cannot be called after a false faceoff.
- 26.8. A team timeout cannot be called during game action.
- 26.9. A goaltender is not allowed a warm-up during a team timeout.

26.10. A team cannot utilize a timeout during OT

Rule 27.0 Penalty-Shot Shootout

- 27.1. If teams are tied after regulation time of a regular season game, and conclusion of the 2-on-2 OT period, the game will be determined by a 3-man sudden-death shootout.
- 27.2. The home team will have the choice of shooting first or second.
- 27.3. Goaltenders will defend the same goal net as in the overtime period.
- 27.4. Goaltenders can be changed prior to the penalty-shot shootout but cannot be changed during the shootout except in the case of injury.
- 27.5. Three different skaters from each team will take shots alternately. The skaters are required to be named beforehand and cannot be changed once submitted to the official. An exception to this is in the event of an injury preventing that player from shooting.
- 27.6. Eligible to participate in the penalty-shot shootout are all players from both teams listed on the official game sheet except those serving penalties which had not expired prior to the completion of the overtime period as well as players who had been assessed game misconduct or match penalties. These players must remain in the penalty box or in the dressing room during the penalty-shot shootout.
- 27.7. The team with the most goals after the first six shots is declared the winner of the game. If the game's outcome is known before all six shots have been taken, the remaining shots will be abandoned.
- 27.8. If the score of the penalty-shot shootout is still tied after six shots, it will continue under a sudden-death format.
- 27.9. After the initial three shooters, the player shooting order resets, and any player may go with no limit on the number of times a player may shoot outside the initial three.
- 27.10. The sudden-death penalty-shot shootout will allow one skater from each team to take a shot until a winner is determined.
- 27.11. If, at the referees' urging, a coach does not send a skater out to take a shot, or if a skater declines to take a shot, the shot will be declared "no goal" and the opposing team will take its next shot.
- 27.12. If a team declines to participate in the penalty-shot shootout, its opponent will be awarded the win.

Section 5 - Teams and Players

Rule 28.0 Team Composition

- 28.1. A game day roster will consist of no more than 18 players and two goalies.
- 28.2. ABPRHL Requires a minimum of 6 skaters and a recognized goaltender to begin the game. Failure to provide the required number of players will result in immediate forfeiture of the game by the offending team.

28.3. Teams must start a game with four skaters and a goaltender on the floor if at full strength.

Rule 29.0 Captain and Alternate Captains

- 29.1. Each team must appoint a captain and not more than two alternate captains from among the skaters listed on the game lineup. A team cannot forego the naming of a captain and instead designate three alternate captains for a game.
- 29.2. A team cannot change its captains or alternate captains during a game. If a captain is ejected from a game or cannot play the entire game because of injury, one of the alternate captains can assume his duties.
- 29.3. The captain must wear the letter "C" and alternate captains must wear the letter "A" in a conspicuous position on the front of their sweater. The letter must be 8cm (3 1/8") high and in one contrasting colour to the sweater's primary colour.
- 29.4. Only these designated skaters, if they are not penalized, are permitted to discuss with the referees any matter relating to the interpretation of rules during a game.
- 29.5. If both the captain and alternate captain are on the floor, only the captain is permitted to talk to the referees about a point of interpretation.
- 29.6. If neither the captain nor an alternate captain is on the floor, he cannot come off the player's bench to discuss any situation unless requested to do so by the referee. If he does come off the players' bench uninvited, he will be sent back by the referee, who will then warn the head coach that a second violation will result in a misconduct penalty.
- 29.7. A complaint concerning the merits of a penalty is not a matter relating to the interpretation of the rules and is not allowed. A player who argues a penalty call is subject to a misconduct penalty.

Rule 30.0 Players Dressed

- 30.1. At least thirty minutes before the start of the game, a representative from each team must provide the scorekeeper with a lineup, including the names of the captains and alternate captains.
- 30.2. No changes or additions to the lineup are allowed once the game has started.
- 30.3. No staff member (coach, assistant coach, or other team official) is allowed onto the floor without the consent of the referee except in the case of attending to an injured player.
- 30.4. Each team may dress a maximum of 12 skaters and two goaltenders for a game.
- 30.5. All protective gear must be worn entirely under the uniform except gloves, helmet, and goaltender's pads.
- 30.6. No player is permitted to warm up on the floor at the end of a period.
- 30.7. A player may be permitted to test out an injured concern at the end of a period, provided it does not require pucks, and will not exceed the 3 minute intermission.
- 30.8. Only eligible players are to be listed on the lineup sheet and play in a game.
- 30.9. Players who are registered for a tournament or event but who are not listed on the game sheet are allowed to participate in the pre-game warmup.

Rule 31.0 Ineligible Player in a Game

- 31.1. A player must meet all of the criteria of both the ABPRHL and his member association before he can play in a game. Specifically, he must meet the age requirements and be listed in the pre-game roster of players as well as on the game sheet.
- 31.2. The determining factor for his eligibility is his name (not sweater number) being correctly listed in the lineup.
- 31.3. No goal will be allowed by a team during a game if one of its players on the floor at the time his team scores is ineligible and the referee has been notified of the error prior to the ensuing faceoff at the center faceoff spot immediately after the goal. All previous goals by the ineligible players' team will be allowed.
- 31.4. If a player is assessed a penalty, and during the penalty he is found to be an ineligible player, he will be removed from the game and a skater designated by the coach through the captain must serve the remainder of the penalty.
- 31.5. If a player is found to be ineligible during a game, he will be removed immediately without penalty.
- 31.6. All cases regarding an ineligible player will be reported to the league authorities.

Section 6 - Equipment

Rule 32.0 Sticks

- 32.1. Sticks shall be made of wood or other approved material and must not have any projections extending from the stick. Tape may be wrapped around the blade of the stick. However, if house rules prohibit the use of any type of tape on the stick blade, use of such tape may be subject to an equipment minor penalty.
- 32.2. No stick shall exceed 63 inches in length from the heel to the end of the shaft and no more than 12 1/2 inches from the heel to the end of the blade. The curvature of the blade of the stick shall not be restricted. The blade of the floor players' stick must be a minimum of 2 inches and may not exceed 3 inches in width at any point.
- 32.3. The blade of the goaltender's stick may not exceed 3 1/2 inches in width at any point except at the heel where it must not exceed 4 1/2 inches in width, nor shall the goaltender's stick exceed 15 1/2 inches in length from the heel to the end of the blade. The widened portion of the goaltender's stick extending up the shaft of the blade shall not extend more than 26 inches from the heel and shall not exceed 5 inches in width.
- 32.4. A minor penalty shall be assessed to any player, including the goaltender, for using a stick which does not conform to the provisions of this rule.
- 32.5. Should a player refuse to surrender his/her stick for measurement, that player shall be assessed a minor plus a misconduct penalty.

Rule 33.0 Broken Stick

- 33.1.1. A player whose stick is broken during play must drop their stick immediately. A minor penalty shall be imposed for an infraction of this rule.
- 33.1.2. A goaltender may continue to play with a broken stick until stoppage of play or until he/she has been legally provided with a stick.
- 33.1.3. A player whose stick is broken may not receive a stick thrown on the floor from any part of the rink, but must obtain one from the player bench. A goaltender whose stick is broken may not receive a stick thrown on the floor from any part of the rink but may receive a stick from a teammate without proceeding to his/her player bench. A minor penalty shall be imposed on the player or goaltender receiving a stick illegally under this rule.
- 33.2. A player may pickup a goaltenders' stick that has been dropped, proceed directly to the goaltender, and hand them their stick. Failure to proceed directly to the goaltender will result in a minor penalty for ineligible player.

Rule 34.0 Skates and Wheels

- 34.1. Inline skates must consist of only these parts: boot, wheels, chassis, axles, bearings, and laces.
- 34.2. The boot must conform to the foot of the skater and not be unduly wide or long or have any attachments to it.
- 34.3. Inline skates must be of a design approved by the ABPRHL Executive. Players may wear skates with as many as four wheels all in a single row. All positions on the chassis designed for a wheel must have a wheel in place or it will be considered dangerous equipment.
- 34.4. Goaltenders may have more than 4 wheels in a sequential manner
- 34.5. A player must start warm-up with the required number of wheels for their skates.
- 34.6. No mechanical attachment or any other device that might help a skater's speed or ability to skate is allowed.
- 34.7. The use of speed skates, quad skates, or any skate not designed for Inline hockey is prohibited.
- 34.8. Laces may be of any non-fluorescent colour and ties in any manner, but they must not be so long that they touch the floor.

Rule 35.0 Goaltender Equipment

- 35.1. With the exception of skates and sticks, all equipment worn by the goaltender must be constructed solely for the protection of the head or body, and must not include any garment or contrivance, which would give the goaltender any undue assistance in tending goal.
- 35.2. The goaltender's blocker glove shall not exceed 8 inches in width or 16 inches in length at any point.

- 35.3. The maximum length of a goaltender's catching glove shall not exceed 17 inches. The cuff shall not exceed 9 inches in width. Any bar or attachment between the cuff and the thumb shall only extend in a straight line. Any other pocket or pouch added to the glove by a manufacturer or otherwise is not acceptable and makes the glove illegal.
- 35.4. Abdominal aprons extending down the thighs or the outside of the pants are prohibited.
- 35.5. The goaltender's leg pads may not exceed 12 inches in width, and may not be altered in any way.
- 35.6. It is mandatory for all goaltenders to wear a HECC or CSA approved helmet designed for hockey goaltenders with helmet strap properly fastened and a HECC or CSA approved full-face mask designed for hockey goaltenders. All goaltenders must wear chest protection. Throat protection is highly recommended.
- 35.7. Violation of the goaltender equipment rule will result in a minor penalty and removal of the goaltender from the game until the equipment in question is adjusted to meet the correct specifications.

Rule 36.0 Mandatory Equipment

- 36.1. For players over 18 years of age, mandatory equipment includes helmet, elbow pads, gloves, and knee and shin protection.
- 36.2. For players 18 years of age or younger, mandatory equipment includes helmet, full face mask, elbow pads, gloves, internal mouth-guard, and knee and shin protection.
- 36.3. For players that play in the league, after 2020, they must also have a visor
 - 36.3.1. Players that were in the league prior to 2020 do not require a visor

Rule 37.0 Adjustment of Equipment

- 37.1. No player is allowed to delay the progress of a game by adjusting his equipment on the floor. If his equipment does not conform in any way and adjustments need to be made, the player (skater or goaltender) must leave the floor and be replaced.

Rule 38.0 Dangerous Equipment

- 38.1. A referee may request the measurement of any piece of equipment at any time. If the rules that it does not conform to ABPRHL standards in the rules set out below, it will be considered dangerous equipment and be confiscated.
- 38.2. A player who uses dangerous equipment will be ruled off the floor, and the team will be issued a warning by the referees. The player will not be allowed to participate in the game until the illegal equipment has been corrected or removed.

- 38.3. Dangerous equipment includes wearing a visor in a way that may cause injury to an opponent, wearing non-approved equipment, using dangerous or illegal skates or stick, failing to wear equipment under the uniform (exempting gloves, helmet, and goaltender's pads), and cutting the palm out of one or both gloves.
- 38.4. The use of pads or protective equipment made of metal or any material that may cause injury is prohibited.
- 38.5. The wearing of casts or splints, even if padded, are prohibited.

Rule 39.0 Elbow Pads

- 39.1. Elbow pads must have a soft protective outer covering of sponge rubber or similar material of a least 1.27 cm (½") thickness.

Rule 40.0 Facial Protector

- 40.1. There are two permissible types of protection that can be attached to the front of a skaters helmet: cage and visor.
- 40.2. A visor is attached to the helmet and must extend down to cover the eyes and lower edge of the nose in frontal and lateral projections.
- 40.3. All players who are 18 and younger, regardless what event or tournament they are participating in, must wear a cage constructed in such a way that neither the puck nor a stick blade can penetrate it.
- 40.4. Skaters are not allowed to wear a coloured or tinted visor.
- 40.5. A skater whose visor or cage becomes cracked or broken is allowed to finish his shift, but upon leaving the floor he must repair or replace the damaged facial protection before being allowed to participate in game action.

Rule 41.0 Fluorescent Material

- 41.1. No fluorescent material is allowed on any part of the equipment, clothing, or uniforms of anyone on the floor.

41.2. Adjustment to Clothing and Equipment

- 41.2.1. Play shall not be stopped, nor the game delayed by reason of adjustment of clothing, equipment, skates or sticks. For an infringement of this rule, a minor penalty shall be given.
- 41.2.2. The responsibility of maintaining clothing and equipment in proper condition shall be upon the player. If adjustments are required, the player shall retire from the floor and play shall continue without interruption using a substitute.
- 41.2.3. In the event a player loses his/her helmet in the "process of a play", that player must process immediately to the players bench. If the player makes a play without a helmet on, the play shall be whistled dead and that player will be given a minor penalty for "improper equipment". The

faceoff will ensue at the offending team's faceoff zone on the side of the floor the infraction occurs.

- 41.2.4. A goaltender, after a stoppage of play, with the permission of the Referees, may be allowed to adjust or repair clothing, equipment, or skates. A goaltender may also be permitted by the Referees to replace their mask.
- 41.2.5. For an infraction of a rule by a goaltender, a minor penalty shall be imposed.

Section 7 - Penalties

Rule 42.0 Penalties

- 42.1. Penalties shall be divided into the following classes:
 - 42.1.1. Minor Penalties
 - 42.1.2. Bench Minor Penalties
 - 42.1.3. Major Penalties
 - 42.1.4. Misconduct Penalties
 - 42.1.5. Match Penalties
 - 42.1.6. Penalty Shot
- 42.2. When play is not actually in progress and any player commits an offense, the same penalty shall apply as though play were actually in progress.
- 42.3. The minimum number of players a team may have on the floor due to penalties is 3, (2 skaters and 1 goaltender, or 3 skaters).

Rule 43.0 Minor Penalties

- 43.1. For a Minor Penalty assessed to any player other than a goaltender, the player shall be ruled off the floor for 1:30 minutes, during which time no substitute shall be permitted. The player may leave the penalty bench upon expiration of his/her penalty or upon the scoring of a goal by the opposing team. If a Minor Penalty is assessed to a goaltender, a player on that team that was on the floor at the time of the infraction must serve the penalty.
- 43.2. A "Bench Minor" penalty involves the removal from the floor of one player of that team for 1:30 minutes. Any player on the team may be designated to serve the penalty by the Coach or playing Captain and such player shall take his/her place on the penalty bench promptly and serve the penalty as if it was a minor penalty imposed upon him/her. If a player/coach refuses to select a player, the official may select a player of their choosing to serve the minor penalty.
- 43.3. If a team is short-handed by one or more minor or bench minor penalties, the opposing team scores a goal, the first of such penalties shall automatically terminate.
- 43.4. If the referee signals an additional minor penalty(s) against a team that is already shorthanded because of one or more minor or bench minor penalties, and a goal

is scored by the non-offending team before the whistle is blown, the goal shall be allowed, the delayed penalty(s) shall be assessed and the first non-coincident minor penalty already being served shall terminate.

- 43.5. When a player receives a major penalty and a minor penalty at the same time, the major penalty shall be served first by the penalized player except if the major penalties are coincident, in which case the minor penalty shall be served first.
- 43.6. When either team is short handed by two players and coincidental penalties are imposed upon players of each team, the penalized players shall take their places in the penalty bench and such players shall not leave the penalty bench until the first stoppage of play following the expiration of their respective penalties. Immediate substitution shall be made for players coincidentally penalized.
- 43.7. A team may not be deprived of a man advantage situation in a game due to any minor penalties already being served. If such a scenario arises, the players serving any minors with the most time remaining will be substituted for, and such players shall not leave the penalty box until the first whistle after their penalties expire.

Rule 44.0 Major Penalties

- 44.1. For a major penalty, the offender, except the goaltender, shall be ruled off the floor for 4 minutes, during which time a team may rotate players to serve upon the referee blowing a play dead. Teams may also choose to not put a player in the penalty box, however if time expires on the penalty before a player can be replaced in the box, the offending team will play short-handed until the next stoppage of play.
- 44.2. When coincidental penalties of equal duration including a major penalty are imposed upon a player of each team, the penalized players shall take their places on the penalty bench and such players shall not leave the penalty bench until the first stoppage of play following the expiration of their respective penalties. Immediate substitution shall be made for the players penalized and their penalties shall not be considered for the purpose of the delayed penalty.
- 44.3. When coincidental penalties of unequal duration, including a major penalty, are imposed upon a player of each team, the penalized players shall take their places on the penalty bench and such players shall not leave the penalty bench until the first stoppage of play following the expiration of their respective penalties. --- When coincidental penalties of unequal duration, including a major penalty are imposed upon a player of each team, the teams shall play short handed, with no substitution permitted.
- 44.4. When a major penalty and a minor penalty are imposed upon players of different teams during the same stoppage of play and the major penalty cannot be served in its entirety (during the last five (4 or 5) minutes of the second period or at any time during overtime), the difference in penalty time will begin immediately, being served as a major penalty by a player of the offending team, and the penalized players will return to play at the first whistle after the expiration of their respective penalties.

44.5. If at any time a penalty is assessed, and there is not enough time to completely serve their penalty and return to the game, that player shall be removed from the game at the time of their penalty being assessed

44.5.1. Clarification: If a player received a minor penalty plus a misconduct penalty with 8:00 to go in the 2nd period, that player shall be removed from the game and a substitute shall be placed in the penalty box to serve the minor penalty.

Rule 45.0 Misconduct Penalties

45.1. "Misconduct Penalties" to all players except the goaltender, involve removal from the game for a period of ten minutes each. A substitute player is permitted to immediately replace a player serving a misconduct penalty. A player whose misconduct penalty has expired shall remain in the penalty box until the next stoppage of play. A misconduct penalty assessed to a goaltender must be served by a player on the goaltender's team that was on the floor at the time of the infraction

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

45.3. A "Game Ejection Penalty" involves the removal of a player for the balance of the game. Such player will also be subject to further sanctions by the ABPRHL Executive if they deem it necessary.

45.4. A "Game Misconduct Penalty" involves the suspension of a player for a minimum of the balance of the game and the next game. The suspended player shall be reported to the ABPRHL Executive who shall have full power to impose such further suspensions as per the ABPRHL guidelines noted above.

45.5. When a player receives a major penalty and a misconduct, major penalty and a game ejection, or major penalty and a game misconduct penalty at the same time, the penalized team shall place a substitute player on the penalty bench to serve the major penalty, and no replacement for the penalized player shall be permitted to enter the game except from the penalty bench. Any violation of this provision shall be treated as an illegal substitution under Rule 47-II, calling for a bench minor penalty.

45.6. A player or Team Official who is assessed a game misconduct penalty, may not be near the team bench, or in any way attempt to direct the play of the team.

45.7. A Gross Misconduct penalty involves the suspension of a player or Team Official for the balance of the game, but another player is permitted to replace a player removed from the floor. In such cases a Gross Misconduct penalty is assessed, this infraction shall be report to the ABPRHL Executive and follow the suspension guidelines noted in the above document.

45.8. Any player who has received a Gross Misconduct is suspended until ABPRHL Executive have communicated with the players team executives.

Rule 46.0 Match Penalties

- 46.1. A Match penalty involves the suspension of a player for the balance of the game and the offending player shall be ordered to the dressing room immediately. The penalized team shall immediately place a non-penalized player, other than a goaltender, on the penalty bench to serve the four minute time portion of the penalty and such player may not be changed.
- 46.2. The Referees are required to report all match penalties and the surrounding circumstances to the ABPRHL Executive immediately following the game. The executive shall have full power to impose sanctions in excess of the guidelines listed above. A player who has been assessed a match penalty shall be suspended from participating in any additional games until the case has been dealt with by the ABPRHL executive.
- 46.3. A player who is assessed a match penalty, may not be near the team bench, nor in any way attempt to direct the play of the team.

Rule 47.0 Penalty Shot

- 47.1. Any infraction of the rules which calls for a "Penalty Shot" shall be taken as follows: The Referees will name the player designated by him/her or selected by the team entitled to take the shot (as appropriate) and shall then place the puck on the center faceoff spot. The player taking the shot will, on the whistle of the Referee, play the puck from there and shall attempt to score on the goaltender. The goaltender must stay in the crease until the player touches the puck. The player taking the shot must keep the puck in motion towards the opponent's goal line and once it is shot the play shall be considered complete. No goal can be scored on a rebound of any kind and any time the puck crosses the goal line the shot shall be considered complete.
- 47.2. The goaltender may attempt to stop the shot in any manner except by throwing his/her stick or any other object or by committing a foul, in which case a goal shall be awarded.
- 47.3. Should the player to whom a penalty shot has been awarded themselves commit a foul in connection with the same play or circumstances, either before or after the penalty shot has been awarded, be designated to take the shot, he/she shall first be permitted to do so before being sent to the penalty bench to serve the penalty, unless the penalty is a game ejection, game misconduct, gross misconduct, or a match penalty, in which case the shot shall be taken by a player who was on the floor at the time of the infraction, to be selected by the Captain or Coach of the non-offending team.
- 47.4. If at the time a penalty shot is awarded and the goaltender of the penalized team has been removed from the floor to substitute another player, the goaltender shall be permitted to return to the floor before the penalty shot is taken.
- 47.5. If a goal is scored from a penalty shot, the face-off shall commence at center-floor. If a goal is not scored the puck shall be faced at either of the end face-off spots in the zone in which the penalty shot has been tried.

- 47.6. Should a goal be scored from a penalty shot, a further penalty to the offending player shall not be applied.
- 47.7. All players, except the player taking penalty shot, must go to the player bench.
- 47.8. If an opposing player other than the goaltender interferes with a player taking a penalty shot, a goal will be automatically awarded whether or not a goal was made.

Rule 48.0 Goaltender Penalties

- 48.1. A goaltender shall not be sent to the penalty bench for an offense which incurs a minor, major, or misconduct penalty, but instead the penalty shall be served by a player to be designated by the Coach or Captain of the offending team through the playing Captain that was on the floor at the time of the infraction, and such substitute shall not be changed.
- 48.2. Should a goaltender incur a game misconduct penalty, his/her place then will be taken by a member of his/her own team, or by a regular substitute goaltender who is available and such player will be allowed the goaltender's full equipment.
- 48.3. Should a goaltender incur a match penalty his/her place will then be taken by a member of his/her own team, or by a substitute goaltender who is available, and such player will be allowed the goaltender's equipment. No time period shall be allowed for this change. However, any additional penalties as specifically called for by the individual rules covering match penalties, will apply, and the offending team shall be penalized accordingly.

Rule 49.0 Delayed Penalties

- 49.1. If a third player of any team shall be penalized while two players of the same team are serving penalties, the penalty time of the third player shall not commence until the penalty time of one of the two players already penalized shall have elapsed. Nevertheless, the third player penalized must, at once, proceed to the penalty bench but may be replaced by a substitute until such time as the penalty time of the penalized player shall commence.
- 49.2. When any team has three players serving penalties at the same time and due to the delayed penalty rule, a substitute for the third offender is on the floor, the first of the three penalized players on the penalty bench may not return to the floor until play has been stopped. When play has been stopped, the player whose full penalty has expired may return to the play.
- 49.3. When a major and a minor penalty are imposed at the same time on players of the same team, the Penalty Timekeeper will record the major as being the first of such penalties.
- 49.4. The cancelling of Penalties will follow the M.O.T.O guidelines. If requested please ask the director of officiating for clarification.

Rule 50.0 Attempt to Injure & Deliberate Injury of Opponents

- 50.1.1. A match penalty shall be imposed on any player who deliberately attempts to injure any opponent, in any manner, and the circumstances shall be reported to ABPRHL Executive for further action.
- 50.1.2. A match penalty shall be imposed on a player who deliberately injures an opponent in any manner. The incident shall be reported to the ABPRHL Executive for further action.

Rule 51.0 Calling of Penalties

- 51.1. Should an infraction of the rules which calls for a minor, major, or match penalty be committed by a player of the team not in possession and control of the puck, the Referees shall signify the calling of a delayed penalty by raising his/her arm. The Referee will blow their whistle once the offending team gains possession and the penalty will be assessed to the offending player. Should the infraction call for a misconduct, game misconduct, or gross misconduct penalty, the Referee shall not raise his/her arm, but shall wait until the offending team gains possession before stopping play.
- 51.2. If the penalty to be imposed is a minor penalty, and a goal is scored on the play by the non-offending team, the minor penalty shall not be imposed, but major and match penalties shall be imposed in the normal manner regardless of whether a goal is scored or not.
- 51.3. Should the same offending player commit other fouls on the same play either before or after the Referees has blown his/her whistle, the offending player shall serve such penalties consecutively.

Section 8 - Playing Rules

Rule 52.0 Abuse of Officials and Other Misconduct

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

- 52.1. Any player who challenges or disputes the ruling of an Official, uses abusive language towards an Official, attempts to incite an opponent or create a disturbance during the game shall be assessed a minor penalty for unsportsmanlike conduct. If the player persists in such conduct, a misconduct penalty shall be assessed and any further persistence by the same player shall result in the assessment of a game misconduct penalty. Referees are advised to use each penalty leading up to a Game Misconduct but have the authority to issue Misconduct before issuing a Minor and/or a Game Misconduct before

issuing Misconduct. In the case of a Coach or other Team Official, a bench minor penalty shall be assessed first and if such conduct continues, a game misconduct penalty shall be assessed.

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

52.3. If any player or Team Official does any of the following, the team shall be assessed a Minor or Bench Minor penalty:

52.3.1. After being penalized, does not proceed directly to the penalty bench or dressing room when ordered to do so by the Referees. Equipment shall be delivered to the penalty bench or dressing room by a teammate.

52.3.2. Throws anything onto the playing surface from the players' bench or penalty bench.

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

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

52.4. If any player or Team Official does any of the following, the player shall be assessed a Misconduct penalty or Game Misconduct Penalty for:

52.4.1. Uses obscene, profane or abusive language to any person before, during or after a game or persists in disputing or shows disrespect for the ruling of an official.

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

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

52.4.4. Touches or holds any Game Official with the hand or stick.

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

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

52.5. If any player or Team Official does any of the following, a Gross Misconduct penalty shall be assessed:

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

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

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

52.5.4. Conducts themselves in such a way as to make a travesty of the game

Rule 53.0 Body Checking

- 53.1. A minor penalty, a double minor penalty, or major penalty, at the discretion of the Referees shall be imposed on any player who intentionally body checks an opponent, with or without the puck.
- 53.2. A minor penalty, double minor penalty or major penalty, at the discretion of the Referees, shall be assessed to any player who makes physical contact with an opponent after the whistle has been blown, if in the opinion of the Referees, the player had sufficient time to avoid such contact.
- 53.3. When a player injures an opponent as the result of body checking, the Referees shall have no choice but to assess a major penalty to the offending player.
- 53.4. Any major penalty assessed for body checking will also include a game misconduct penalty.
- 53.5. A major penalty and automatic game misconduct shall be imposed on any player who checks an opponent from behind.
- 53.6. Body Checking may also be treated as a match penalty.

Rule 54.0 Boarding

- 54.1. A minor penalty or major penalty, at the discretion of the Referees based upon the degree of violence of the impact with the boards, shall be assessed to any player who fouls an opponent in such a manner that caused the player to be violently thrown into the boards.
- 54.2. "Angling" an opponent (if he is the puck carrier) along the boards where he/she is endeavoring to go through too small an opening is not boarding but may be penalized as roughing or body-checking.
- 54.3. When a player injures an opponent as the result of boarding or body checking, the Referees shall have no choice but to assess a major penalty to the offending player.
- 54.4. Any major penalty assessed for body checking or boarding will also include an automatic game misconduct penalty.
- 54.5. Boarding may also be treated as a match penalty.

Rule 55.0 Butt-Ending

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

- 55.1. A major penalty shall be imposed on a player who "butt-ends" or attempts to "butt-end" an opponent.
- 55.2. A major penalty and automatic game misconduct shall be imposed on any player who makes contact with an opponent by butt ending.
- 55.3. Butt-ending may also be treated as a match

Rule 56.0 Charging

- 56.1. A Major Penalty and a Game Misconduct shall be assessed any player Who runs or jumps into or charges an opponent
- 56.2. A Major Penalty and an automatic Game Misconduct Penalty shall be assessed any player who charges a goaltender while the goaltender is within his crease or who injures an opponent as a result of a charge.
- 56.3. Charging may also be treated as a match penalty.

Rule 57.0 Cross Checking

- 57.1. A minor or major penalty at the discretion of the Referees, shall be imposed on a player who "cross checks" an opponent.
- 57.2. A major penalty shall be imposed on any player who injures an opponent by cross checking.
- 57.3. Any major penalty assessed for cross checking will also include an automatic game misconduct penalty.
- 57.4. Cross checking may also be treated as a match penalty.

Rule 58.0 Delaying the Game

- 58.1. A minor penalty shall be imposed on any player or goaltender that delays the game by deliberately shooting or batting the puck with his/her stick outside the playing area.
- 58.2. A minor penalty shall be imposed on any player or goaltender that delays the game by deliberately shooting or batting the puck with his/her stick outside the playing area after a stoppage of play.
- 58.3. A minor penalty shall be imposed on a goaltender that shoots the puck directly (non-deflected) outside of the playing area, except when a location is not protected by glass or screen.
- 58.4. A bench minor penalty shall be assessed to any team, which after a warning by the Referees, fails to place the correct number of players on the playing surface, thereby causing a delay in any manner.
- 58.5. A minor penalty shall be assessed to a player who, after a warning by the Referees, fails to maintain a proper position during the face off.
- 58.6. A minor penalty shall be imposed on any player (including the goaltender) who delays the game by deliberately displacing the goal post from its normal position. If such an infraction occurs with less than 2 minutes remaining in the 2nd half or at any time during overtime, a penalty shot shall be awarded against the offending team.

Rule 59.0 Elbowing

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

- 59.2. A major penalty shall be imposed on any player who injures an opponent as the result of a foul committed by using his/her elbows.
- 59.3. Any major penalty assessed for elbowing will also include an automatic game misconduct penalty.
- 59.4. Elbowing can also be treated as a match penalty.

Rule 60.0 Falling on the Puck

- 60.1. A minor penalty shall be imposed on a player other than the goaltender who deliberately falls on or gathers a puck into the body.
- 60.2. Defensemen who drop to their knees to block shots should not be penalized if the puck is shot under them or becomes lodged in their clothing or equipment, but any use of the hands to make the puck unplayable should be penalized promptly.
- 60.3. A minor penalty shall be imposed on a goaltender who (when his/her body is entirely outside the boundaries of his/her own crease area and when the puck is behind the goal line) deliberately falls on or gathers the puck into his/her body, or who holds or places the puck against the boards.
- 60.4. No defending player except the goaltender will be permitted to fall on the puck, hold the puck, or gather the puck into the body or hands when the puck is within the goal crease. For infringement of this rule play shall immediately be stopped and a penalty shot shall be ordered against the offending team, but no other penalty shall be given. If the goaltender has been removed from the playing surface when the infraction occurs, a goal shall be awarded to the non-offending team in lieu of the penalty shot.

Rule 61.0 Fighting and Roughing

- 61.1. A Major Penalty plus an automatic Game Misconduct Penalty shall be assessed any player who fights.
 - 61.1.1. A player who is identified by the Referee as being the instigator, or the aggressor in a fight shall be assessed a Minor Penalty, in addition to any other penalties he may incur.
 - 61.1.2. A Minor Penalty shall be assessed any player who, having been struck, shall retaliate with a blow or attempted blow. Should such a player continue to retaliate, he shall be assessed a Major Penalty plus a Game Misconduct Penalty.
 - 61.1.3. Any player who does not retaliate after being struck will not be assessed a penalty under this section but may be assessed a penalty for a violation of other rules.
 - 61.1.4. Any player wearing a ring or rings, tape or any other material on his hands, who becomes involved in a fight and who uses such to gain an advantage or to inflict punishment and/or injury, shall be assessed a Match Penalty in addition to any other penalties she may incur.
 - 61.1.5. When a fight occurs, all other players except the goaltender shall immediately retire to the front of their respective benches or to a neutral

zone designated by the Referee and remain there until the Referee calls them back to resume play. The goaltenders must stay in their goal creases or proceed to the designated area by the Referee. Any player(s) refusing to do so after being instructed by the Referee shall be assessed a Game Misconduct Penalty, plus any other penalty he (they)may incur.

- 61.2. A Minor Penalty or Major Penalty plus a Game Misconduct Penalty shall be assessed any player who, in the Referee's judgement, is guilty of unnecessary rough play. If injury results from an infraction of this rule, a Major Penalty plus a Game Misconduct Penalty shall be assessed.
- 61.3. A Major Penalty plus a Game Misconduct Penalty shall be assessed any player who is involved in fighting with another player off the playing surface.
- 61.4. Any player or team official who becomes involved in a fight with a team official shall be assessed a Gross Misconduct Penalty. This does not eliminate the possibility of further penalties being assessed for such an infraction.
- 61.5. A Minor Penalty or Major Penalty, plus a Game Misconduct, shall be assessed any player who makes deliberate physical contact with an opponent after the whistle.
- 61.6. Any player joining in a fight acting as a peacemaker or taking part in another fight during same stoppage of play shall be assessed a game misconduct and any other penalties the offender occurs.

Rule 62.0 Goals and Assists

- 62.1. It is the responsibility of the Referees to award goals and assists, and such decision is final. In cases of an obvious error in awarding a goal or an assist, it should be corrected promptly. Changes shall not be made on the scoring summary after the Referees have signed the official score sheet.
- 62.2. A goal shall be scored when the puck has been put between the goal posts by the stick of a player of the attacking side from in front, and below the cross bar and entirely across the goal line.
- 62.3. A goal shall be scored if the puck is put into the goal in any way by a player of the defending side. The player of the attacking side who last played the puck shall be credited with the goal but no assist shall be awarded.
- 62.4. If an attacking player kicks the puck and it is deflected into the net by any player, the goal shall not be allowed.
- 62.5. If the puck has been deflected into the goal by a shot of an attacking player by striking any part of the person or a player of the same side, a goal shall be allowed. The player who deflected the puck shall be credited with the goal. The goal shall not be allowed if the puck has been kicked, thrown or otherwise deliberately directed into the goal by any means other than a stick.
- 62.6. If a goal is scored as a result of a puck being deflected directly into the goal off an official, the goal shall be disallowed.
- 62.7. Should a player legally propel a puck into the goal crease of the opponent's team and the puck should become loose and available to another player of the attacking side, a goal scored on the play shall be allowed.

- 62.8. A goal scored by a player who strikes or deflects the puck above the normal height of the cross bars shall not be allowed, except by a player of the defending team. The determining factor shall be where the puck made contact with the player's stick in relation to his shoulder.
- 62.9. Any goal scored other than as covered by the official rules shall not be allowed.
- 62.10. If at any time a player of the attacking team positions himself in the goal crease, holds his stick in the goal crease or skates through the goal crease, and the puck should enter the goal while such a condition prevails and the player's position in no way interferes with or impedes the goaltender's ability to defend his goal, the goal shall be allowed.
- 62.11. A goal shall be credited in the scoring records to a player who shall have propelled the puck into the opponent's goal. Each goal shall count as one point in the player's record. An assist shall be credited to the player taking part in the play immediately preceding the goal, but no more than one assist shall be credited on any goal.

Rule 63.0 Handling the Puck with Hands

- 63.1. If any player, including the goaltender, closes his/her hand intentionally on the puck the play shall be stopped and a face-off will take place. However, if the puck is dropped immediately, play shall be allowed to continue.
- 63.2. Upon the goaltender making a save, the play shall be stopped and a face-off shall follow. However, after an initial warning by the Referees, a goaltender that holds the puck unnecessarily shall be given a minor penalty for delay of game.
- 63.3. A goaltender shall not deliberately drop the puck into his/her pads or onto the goal net, nor deliberately pile up obstacles at or near his/her net, that in the opinion of the Referees would tend to prevent the scoring of a goal. The penalty for infringement of this rule by the goaltender shall be a minor penalty.
- 63.4. A minor penalty shall be imposed on a player except the goaltender who, while play is in progress, picks up the puck off the floor with his/her hands.
- 63.5. If a defending player, except the goaltender, picks up the puck from the floor in the crease area or holds the puck in the crease area while play is in progress, the play shall be stopped immediately and a penalty shot shall be awarded to the non-offending team.
- 63.6. A player shall be permitted to stop or "bat" a puck in the air with his/her open hand, or push it along the floor with his/her hand, and the play shall not be stopped unless in the opinion of the Referees he has deliberately directed the puck to a teammate, in which case, the play shall be stopped and the puck faced off at the center face-off spot. This rule is disregarded if these actions are executed in the defensive zone.

Rule 64.0 Head-Butting

- 64.1. A major penalty and automatic game misconduct shall be imposed on any player who head-butts or attempts to headbutt an opponent.

64.2. Head-butting may also be treated as a match penalty under Rules 63 and 71.

Rule 65.0 High Sticks

- 65.1. The carrying of sticks above the normal height of the waist is prohibited, and a minor or major penalty may be imposed on any player violating this rule, at the discretion of the Referees.
- 65.2. When a player carries or holds any part of his/her stick above the normal height of his/her waist so that injury to the face or head of an opposing player results, the Referees shall have no alternative but to impose a minor penalty for accidental contact, or a major penalty for careless contact on the offending player.
- 65.3. Any major penalty assessed for high sticking must also include an automatic game misconduct penalty.
- 65.4. High sticking may also be treated as a match penalty under Rules 63 and 71.

Note: Exception to this rule: At the beginning and ending of a slap shot the stick may be above shoulder height. But if the stick is above that point longer than necessary to take the shot, a penalty may then be imposed.

- 65.5. Batting the puck above the normal height of the shoulders with the stick is prohibited and when it occurs there shall be a whistle when the offending team gains possession of the puck, and the ensuing face-off shall take place at one of offending team's end zone face-off spots unless:
 - 65.5.1. The defending player batted the puck to an opponent in which case the play shall continue.
 - 65.5.2. A player of the defending side batted the puck into his/her own goal in which case the goal shall be allowed.
- 65.6. A goal scored from a stick so carried shall not be allowed, except by a player of the defending team.

Rule 66.0 Holding an Opponent

- 66.1. A minor penalty shall be imposed on a player who holds an opponent with his/her hands, legs, feet or stick or in any other way.
- 66.2. A major penalty shall be assessed to a player who holds the facemask of an opponent with the hand.
- 66.3. When a player injures an opponent as the result of holding the facemask, the Referees shall assess a major penalty and automatic game misconduct to the offending player.

Rule 67.0 Holding an Opponent's Stick

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

- 67.1.1. A player is allowed to protect him/herself by holding an opponent's stick to remove it from said player's body.
- 67.1.2. When a player's stick is caught in the equipment or sweater of his/her opponent, no penalty shall be assessed, unless that opponent intentionally placed the stick there.

Rule 68.0 Hooking

- 68.1. A minor penalty shall be imposed on a player who impedes or seeks to impede the progress of an opponent by hooking with his/her stick.
- 68.2. A major penalty shall be imposed on any player who injures an opponent by hooking.
- 68.3. Any major penalty assessed for hooking will also include an automatic game misconduct penalty.

Rule 69.0 Illegal Puck Handling

- 69.1. Stick handling the puck with the tip, toe or the heel of the stick into the center of the puck shall be considered illegal and a minor penalty shall be imposed on the player doing so. This is often referred to as "spearing" the puck.

Rule 70.0 Interference

Note: The last player to touch the puck, other than a goaltender, shall be considered the player in possession. In interpreting this rule the Referees should make sure which of the players is the one creating the interference. Often it is the action and movement of the attacking player, which causes the interference since the defending players are entitled to "stand their ground" or "shadow" the attacking players. Players of the side in possession shall not be allowed to "run" deliberate interference for the puck carrier.

- 70.1. A minor penalty shall be imposed on a player who interferes with or impedes the progress of an opponent who is not in possession of the puck or who deliberately knocks a stick out of an opponent's hand, who prevents a player who has dropped his/her stick from regaining possession of it or who knocks or shoots any abandoned or broken stick or illegal puck or other debris towards an opposing puck carrier in the attacking zone in a manner that could cause him/her to be distracted.
- 70.2. A minor penalty shall be imposed if any player on the player bench or on the penalty bench who by means of his/her stick or body interferes with the movement of the puck of any opponent on the floor during the progress of play. A penalty shot shall be awarded if this action occurs during a breakaway.
- 70.3. A minor penalty shall be imposed on a player who, by means of his/her stick or body, interferes with or impedes the movements of the goaltender by actual physical contact while he/she is in the goal crease area.

- 70.4. The purpose of this rule is to ensure that a team in possession of the puck and unchallenged by the opposition does not pass or carry the puck backward into its defending zone solely for the purpose of delaying the game, except when the team in possession is short-handed. Although players are allowed to regroup behind their own goal, they must seek to advance the puck. If an official deems their actions to be intentional and deliberate, he shall attempt to verbally caution the offending team during play.
- 70.5. If a player of the attacking side has been physically interfered with by the action of any defending player so as to cause him/her to be in the goal crease, and the puck should enter the goal while the player so interfered with is still within the goal crease, the goal shall be allowed.
- 70.6. If when the goaltender has been removed from the floor, any member of his/her team not legally on the floor including any Team Official interferes by means of his/her body or stick or any other object with the movement of the puck or an opposing player, the Referees shall immediately award a goal to the non-offending team.
- 70.7. The attention of Referees is directed particularly to three types of offensive interference, which should be penalized:
 - 70.7.1. When the defending team secures possession of the puck in its own end and the other players of that team run interference for the puck carrier by forming a protective screen against fore checkers.
 - 70.7.2. When a player facing-off obstructs an opponent when the opponent is not in possession of the puck.
 - 70.7.3. When the puck carrier makes a drop pass and intentionally makes body contact with an opposing player.

Rule 71.0 Interference by Spectators

- 71.1. In the event of a player being held or interfered with by a spectator, the Referees shall blow the whistle and play shall be stopped, unless the team of the player interfered with is in possession of the puck at the time, then the play shall be allowed to be completed before blowing the whistle, and the puck shall be faced-off at the spot where last played at the stoppage.
- 71.2. Any player who physically interferes with a spectator shall be assessed a gross misconduct penalty and the circumstances shall be reported to ABPro directors for possible further action.
- 71.3. In the event that objects are thrown on the floor, which interferes with the progress of the game, the Referees shall blow the whistle and stop the play, and the puck shall be faced-off at the spot where play is stopped.

Rule 72.0 Kicking a Player

- 72.1. A match penalty shall be imposed on any player who kicks or attempts to kick another player.

Rule 73.0 Kicking the Puck

- 73.1. Kicking the puck shall be permitted in all zones, but a goal may not be scored by the kick of an attacking player.
- 73.2. A goal cannot be scored by any attacking player who kicks any article of equipment (i.e. stick, helmet, glove, etc.) at the puck, causing the puck to enter the net.

Rule 74.0 Kneeing

- 74.1. A minor penalty, double minor penalty, or major penalty shall be assessed to any player who uses the knee in such a manner as to foul an opponent, in any way.
- 74.2. A major penalty shall be imposed on any player who injures an opponent as the result of a foul committed by using his/her knees.
- 74.3. Any major penalty assessed for kneeing will also include an automatic game misconduct penalty.
- 74.4. Kneeing may also be treated as a match penalty.

Rule 75.0 Leaving Player or Penalty Bench

- 75.1. No player may leave the player bench at any time to enter an altercation. A game misconduct penalty is to be imposed on any player violating this rule. The Referees will report all such infractions to the ABPRHL Executive for possible further sanctioning.
- 75.2. A penalized player who leaves the penalty bench under their own discretion before his/her penalty has expired, whether play is in progress or not, will receive an additional minor penalty to be served after serving the un-expired penalty.
- 75.3. Any penalized player leaving the penalty bench during the stoppage of play and entering an altercation shall incur a minor penalty plus a game misconduct penalty, after serving the un-expired time, in addition to any other penalties incurred.
- 75.4. If a player leaves the penalty bench before his/her penalty is fully served, the Penalty Timekeeper shall note the time and signal the Referee who will immediately stop the play unless, the non-offending team is in the process of a scoring opportunity, at which the referee would allow the play to continue until the scoring chance was completed.
- 75.5. In the case of a player returning to the floor before his/her time has expired through an error by the Penalty Timekeeper, he/she is not to serve an additional penalty but must serve his/her un-expired time.
- 75.6. If a player of an attacking side in possession of the puck shall be in such a position as to have no opposition between him and the opposing goaltender, and while in such position he/she is interfered with by a player of the opposing side who shall have illegally entered the game, the Referees shall award a penalty shot to be taken by the player so interfered with.

- 75.7. If the opposing goaltender has been removed and an attacking player in possession of the puck shall have no player of the defending team to pass, and a stick or a part thereof is thrown by an opposing player, or the player is fouled from behind, thereby being prevented from having a clear shot on an open goal, a goal shall be awarded against the offending team.
- 75.8. When the opposing goaltender has been removed from the floor, and a player of the side attacking the unattended goal is interfered with by a player who shall have entered the game illegally, the Referees shall immediately award a goal to the non-offending team.
- 75.9. Any Team Official who gets on the floor after the start of the game without permission of the Referees shall automatically receive a bench minor penalty, and possibly a game ejection or game misconduct. A team official who attends to an injured player and uses this opportunity to argue a call or discuss a matter will also be penalized for “abuse of an official”.
- 75.10. If a penalized player returns to the floor from the penalty bench before their penalty has expired by their own error or the error of the Penalty Timekeeper, any goal scored by their own team while they are illegally on the floor shall be disallowed, but all penalties imposed on either team shall be served as regular penalties.

Rule 76.0 Puck Out of Bounds or Unplayable

- 76.1. When the puck goes outside the playing area to either end, or either side of the rink, or strikes any obstacles above the playing surface other than the boards or glass, it shall be faced-off from where it was shot or deflected, unless otherwise expressly provided in these rules.
- 76.2. When the puck becomes lodged in the netting on the outside of either goal so as to make it unplayable, or if it is frozen between opposing players intentionally or otherwise, the Referees shall stop the play and face-off the puck at either of the adjacent face-off spots unless in the opinion of the Referees, the stoppage was caused by a player of the attacking team, in which case the resulting face-off shall be conducted at center floor.

Rule 77.0 Puck Out of Sight and Illegal Puck

- 77.1. Should a scramble take place and a player accidentally falls on the puck or the puck is out of sight of the Referees, the Referees shall immediately blow his/her whistle and stop play. There will be a face-off at the point in which play was stopped, unless otherwise provided for in these rules.
- 77.2. If at any time while play is in progress a puck other than the one legally in play shall appear on the playing surface the play shall not be stopped but shall continue with the legal puck until the play in progress is completed by change of possession.

Rule 78.0 Refusing to Start Play and Forfeiture

- 78.1. If both teams are on the floor and one team for any reason shall refuse to play when ordered to do so by the Referees, he/she shall warn the Captain or Alternate Captain and allow the team so refusing fifteen seconds within which to begin the game or resume play. If, at the end of that time, the team shall still refuse to play, the Referees shall impose a bench minor penalty for delay of game to the offending team. Should there be a repetition of the same incident, the Referees shall have no alternative but to declare that the game be suspended and the case shall be ruled on by ABPRHL Executive for action, which may include forfeiting the game to the non-offending team. Any such incident shall be reported to the ABPRHL Executive, who reserves the right to sanction such a team as they see fit.
- 78.2. If a team, when ordered to do so by the Referees through its Manager or Coach, fails to go on the floor and start play, the game shall be suspended and the case shall be ruled on by the ABPRHL Executive for action, which may include forfeiting the game to the non-offending team. Any such incident shall be reported to the Proper Authorities, who reserves the right to sanction such a team as they see fit.
- 78.3. A forfeiture of a game may be declared for the following reasons:
 - 78.3.1. At the start of a game, (Referee's whistle to call teams to opening faceoff) a team does not have four skaters and a goaltender on the floor in full and required uniform.
 - 78.3.2. By the Team Official submitting in writing and accepted by the ABPRHL Executive that his/her team will not be able to play a particular game. In this event the opposing team does not need to suit up or make an appearance at the game but shall still be awarded the victory.
 - 78.3.3. Due to injury or illness during the game a team cannot field (when at full strength) four skaters and a goaltender to continue the game.
- 78.4. In the event of a forfeit, the following scoring statistics shall be awarded:
 - 78.4.1. The forfeiting team shall be awarded zero points (a loss) for the game. The opposing team shall be awarded two points (a victory for the game). The score of the game shall be recorded as 1 to 0.
 - 78.4.2. The Captain of the victorious team shall be awarded one goal. This may not be substituted to any other player. There shall be no assist awarded.
 - 78.4.3. The goalies of either team shall not be assessed a shot, save, or goal against.
- 78.5. A team may forfeit one game per tournament without recourse to that team's status for the tournament, unless such a game is the last or next to last game for that team in that tournament. Should the last or next to last scheduled game for any particular team be forfeited, ABPRHL Executive reserves the right to sanction such team as they see fit, including, but not limited to:
 - 78.5.1. Dropping the seed in which the team qualifies for the playoffs to the last position.

- 78.5.2. Eliminating players on the team from contention for individual awards.
- 78.5.3. Disqualifying the team from the league.
- 78.5.4. If a team forfeits more than one game in a season they will be disqualified for the remainder of any season games.
- 78.5.5. In the event of the removal of a team from the league (by forfeiture of two games or by the team's disqualification due to forfeit of the last or next to last game of the season), the following statistical change shall take place:
 - 78.5.5.1. All statistics of the removed team and team players shall be removed from the official stats. This is to include all team points, all goals scored, assists, saves, goals against, penalty minutes and all other pertinent statistics.
 - 78.5.5.2. Any and all teams that have already played the forfeiting team must also have the stats erased as though the game had not been played.

Rule 79.0 Slashing

- 79.1. A minor or major penalty shall be imposed on any player who impedes or seeks to impede the progress of an opponent by "slashing" with his/her stick.
- 79.2. A major penalty shall be imposed on any player who injures an opponent by slashing.
- 79.3. Any player who swings his/her stick at another player in the course of any altercation shall be subject to a match penalty under Rules 63 and 71.
- 79.4. Any player not in possession of the puck cannot have any stick contact upon the goaltender, in the goal crease, who has covered or caught the puck, regardless of whether or not the Referees has stopped the play. A minor penalty shall be assessed.
- 79.5. Any major penalty assessed for slashing will also include an automatic game misconduct penalty.
- 79.6. Slashing may also be treated as a match penalty under Rules 63 and 71.

Rule 80.0 Spearing

- 80.1. A minor penalty, double minor penalty, or major penalty shall be imposed on a player who spears or attempts to spear an opponent.
- 80.2. Attempt to spear shall include all cases where a spearing gesture is made regardless of whether bodily contact is made or not.
- 80.3. A major penalty and automatic game misconduct shall be imposed on any player who makes contact with an opponent by spearing.
- 80.4. Spearing may also be treated as a match penalty under Rules 63 and 71.

Rule 81.0 Throwing Stick

- 81.1. When any player or Team Official of the defending team deliberately throws or shoots a stick or any other object at the puck in the defending zone, the Referees

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

- 81.2. A minor penalty shall be assessed to any player on the playing surface who throws or shoots a stick or any other object in the direction of the puck in any zone except when such act has been penalized by a penalty shot or awarded a goal.
- 81.3. A 10-minute misconduct, game ejection or game misconduct penalty shall be assessed to any player who throws a stick or any part thereof outside the playing area at or in the direction of any spectators.

Rule 82.0 Tripping

- 82.1. A minor penalty shall be imposed on any player who, with his/her stick, knee, foot, arm, hand or elbow, causes his/her opponent to trip or fall.
- 82.2. Any player who deliberately dives onto the playing surface, except to block a shot, and contacts an opponent causing the player to trip or fall, shall be assessed a minor penalty.
- 82.3. A major penalty shall be imposed on any player who injures an opponent by tripping. This includes but is not limited to the act of "slew footing".
- 82.4. Any major penalty assessed for tripping will include an automatic game misconduct penalty.
- 82.5. When a player in control of the puck in the attacking zone and having no other opponent to pass other than the goaltender, is tripped or otherwise fouled from behind preventing a reasonable scoring opportunity a penalty shot shall be awarded to the non-offending side. Nevertheless, the Referees shall not stop the play until the attacking side has lost possession of the puck to the defending side.

Section 9 - Minimum Suspension Guidelines

Gross Misconduct Suspension Guidelines

Offense	Minimum	Notes
GRM 50 Travesty of Game	2 games	
GRM 51 Obscene / Racial Gesture	4 games	
GRM 52 Removing Helmet During	1 game	**In addition to other applicable suspensions

Fight		
GRM 53 Discriminatory Slur	5 games	
GRM 54 Trash Talking	2 games	

Match Penalty Suspension Guidelines

Note: The penalties listed below only have a match applicable. For instance, you cannot have a major penalty for Kicking. It is automatically a match.

Offense	Minimum	Notes
Match on Official	1 year	Minimum 1 year suspension pending review
Spitting	5 games	
Fighting (ring/tape on hand)	2 games	Escalator is applicable, first fight is two game suspension, second fight is pending review
Hair Pulling	5 games	
Kicking	5 games	
Head Butting	5 games	
Check from Behand	5 games	
Spearing	4 games	
Match Penalty	3 games	Major Suspension guidelines apply + Match penalty suspension as listed here

Major Penalty Suspension Guidelines

Offense	Minimum	Notes
Second Misconduct of Game (GM25)	2 games	
GM 26 Second Major (Same Stoppage of play)	2 games	
GM 24 Profane Language and Behaviour	1 game	

GM 27 Interference from Bench	1 game	
GM 28 Fighting (major + game)	2 games	
GM 31 2nd Fight at Same Stoppage	3 games	**to be added to GM28
GM 29 Instigator	2 games	**to be added to GM28
GM 30 Aggressor	2 games	**to be added to GM28
GM 32 Leaving the Players or Penalty Bench	3 games	**does not include any other fines earned
GM 33 Team Official Leaving Bench	n/a	
GM 35 Checking from Behind (Major + game)	1 game	
GM 36 High Sticking (Major + game)	1 game	
GM 37 Cross-Checking	1 game	
GM 38 Hooking / Slashing (Major + game)	2 games	
GM 39 Boarding / Body Checking (Major + game)	2 games	
GM 40 Elbow / Kneeing	1 game	
GM 41 Charging (Major + game)	2 games	

Section 10 - Penalty Codes

Code	Description
ATI	Attempt to Injure
BC	Body Checking
FI	Instigator
FA	Aggressor
BM	Bench Minor

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

TR	Tripping
TST	Throwing Stick
UsLC	Unsportsmanlike Conduct