



Official Rulebook

2020-2022



Fraser Roller Hockey League Policies and Rules – Addendum

Rules are subject to change at any time without notification.
Please note that this is an abridged version of specific rules and may not contain all rules in place.

Please visit www.FRHL.info for more league related rules and policies.

Fighting & Roughing (Rule 604 & 605)

FRHL does not condone any actions that result in an altercation or the exchanging of blows for any reason. Players that participate in an altercation will typically be given a game ejection, game misconduct and in most cases suspended. Altercations are considered any disturbance in the game that is outside the normal confines of the rules. Both physical contact or verbal abuse can be considered an altercation. In addition, players that receive a 5-minute major for fighting will be suspended for an extended length of time. The determination of games is decided by FRHL Management. Players that engage with gloves on can still be given a penalty for fighting. **If you do not want to be suspended, do not participate in altercations, to include being a peacemaker.**

Penalty Duration Adjustments

In any scenario that leagues use stop time, minor penalties will be assessed 90 seconds instead of 2 minutes, Double Minor penalties will be assessed 3 Minutes instead of 4 Minutes, and Major Penalties will be assessed as a 4 Minute Major instead of a 5 Minute Major.

Faceoff Locations & Puck Out of Play

FRHL uses the 5-dot system at all times. All Hand Pass infractions along with High Sticking infractions that do not result in a penalty being assessed will be played in the offending team's defensive zone, not center rink.

Abuse of Officials & Unsportsmanlike Conduct (Rule 601)

Players will always be expected to conduct themselves in a sportsmanlike manner. Yelling at officials, staff members, damaging facility property or otherwise doing anything that is not in the spirit of the game will not be tolerated. Officials are given great discretion in this aspect. Players that use profanity or act in a way that would be considered unsportsmanlike will be penalized and may constitute a game ejection or a game misconduct penalty assessed to the player. Our officials are trained to immediately penalize and if necessary, eject players from games that infringe on this rule. Suspensions will follow if determined necessary. Officials are NOT required to speak with players about calls. Players are encouraged to review Rule 601 in its entirety to better understand the standards set by FRHL. If you are at all confused about this rule, refrain from speaking to the official or feel free to discuss in a professional manner with FRHL Management. Remember, they are trained to penalize unsportsmanlike conduct penalties, and no amount of arguing or discussions with an official is going to overturn a call.

Third Man in Rule (Rule 606)

Any player or goaltender deemed to intervene in an altercation already in progress, including any player entering as a peacemaker, shall receive a game ejection penalty. Any player who enters or participates in an altercation already in progress will be assessed a Game Misconduct and suspended a minimum of one game. Lastly, any player who leaves the bench during an altercation will be assessed a game ejection. If that player intervenes during the altercation, then he will receive a game misconduct and suspended. The final determination on suspension lengths will be made by FRHL management, which is done to allow for the obvious degrees of severity and circumstances with Rule 606.

Gross/Racial & Obscene slurs and gestures (Rule 601, (g))

FRHL is enforcing a presidential directive from USA Hockey in regards to Racial/Derogatory Slurs, along with other various unsportsmanlike conduct calls. In particular, the new enforcement calls for a game misconduct when a participant, team official, or player uses languages that is offensive, hateful, or discriminatory in nature anywhere in the rink before, during, or after the game. Should a game misconduct be assessed to a player for this rule, they shall be suspended.

The following changes have been made and implemented in this rulebook:

- Rule 201 (c) – Added that the player that registers a team is automatically considered the captain of the team unless specified in writing by that player.
- Rule 205 (c) – Removed rule regarding mandatory wheel in an open spot in a goaltenders skates that would be used for a goalie strap.
- Rule 206 (d) – Additional language added for teams that attempt to use their starting goalie as a skater during playoffs.
- Rule 207 (c) – Removed Time Limitations on Roster adjustments for accuracy of sign in sheets.
- Rule 210 - Created to set protocols on the use of Roster/Attendance sheets for all Adult Open Teams and Games.
- Rule 628 - Created to add additional penalties and suspensions for players who engage in altercations after the completion of the game, including during the handshake line.
- Rule 703 (f) – Added language regarding roster challenges regarding Attendance Sheets.
- Rule 703 (e) – Created to further define challenges due to goal limitations in select divisions.
- Rule 703 (g) – Created to prohibit teams from challenging based on age or financial standing.
- Rule 801 (d) – Created to further clarify goal limits and challenges based on goal limits.
- Rule 605 (d) – Removed rule regarding intentional body checking rules. This will now fall under the entirety of Rule 605.
- Rule 625 (c) – Added language to better clarify continuation of games after unexpected early endings of games.

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SECTION 1 – THE RINK

RULE 101 - RINK

- (a) Inline hockey shall be played on a plastic tiled, wooden, or cement floor, which shall be in good condition.
- (b) Dimensions of the rink surface may vary between 60 to 110 feet in width and 160 to 210 feet in length. It is recommended that the corners be uniformly rounded in the arc of a circle with a radius in proportion to the length and width of the playing surface.

RULE 102 - GOAL POSTS AND NETS

- (a) The goals will consist of North American professional style nets. They may be metal or PVC pipe frames, with the pipes a minimum diameter of 2". They must be covered with netting strong enough to withstand any shot. Goals should be 6' wide and 4' tall, but they may be 5'1" wide by 3'5" tall as well. The goal posts should be painted red or blue.

RULE 103 - GOAL CREASE

- (a) In front of each goal, a Goal Crease area shall be marked by a red or blue line 2 inches wide.
- (b) The goal crease shall be laid out as follows for goals, which are 6' by 4'. A semicircle 6 feet in radius and 2 inches in width and red or blue in color shall be drawn using the center of the goal line as the center spot. In addition, a box can be used for the goal crease instead of an arc.
- (c) At each end of the rink, a 2-inch red or blue line, referred to as the goal line, shall be marked completely across the width of the rink. This line should be a minimum of 12 feet to a maximum of 15 feet from each end of the rink. The goal line should be painted in such a manner that it extends vertically up the sideboards.
- (d) Should the crease have both a colored in area that resembles and box as well as full crease lines, the full crease lines shall be used as the designation of the crease, not just the colored area of the crease.
- (e) At the FRHL, the goal crease is determined by the goal crease lines on the floor, not the blue tile that marks a square crease. This is purely for appearance and is not a mandatory part of the playing surface. The full arc of the lines in the goal crease are the officially recognized crease.

RULE 104 - FACE-OFFS

- (a) One 12" face-off spot shall be at the exact center of the floor. A 15-foot radius circle shall be marked in red or blue around this face off spot. On both sides of the circle, there shall be two lines, red or blue in color, 2 feet long, 2 inches wide and 4 feet apart. The game will be started with a face-off from this spot, as well as the beginning of the second half, after each goal is scored, and before sudden death overtime (if applicable).
- (b) In both end zones along an imaginary line, 20 feet out from each goal line and parallel to it at a point that is measured from the side boards at a length of 25% of the total width of the floor, face-off circles with a radius of 12 inches will be drawn on the floor in red or blue. A 15-foot radius, 2-inch wide circle, should be drawn around the face off spots in red or blue paint or tape. On both sides of the circle, there shall be two lines, red or blue in color, 2 feet long, 2 inches wide and 4 feet apart.
- (c) The puck does not need to strike the playing surface before a player can play the puck on a faceoff.

RULE 105 - PLAYER BENCHES

- (a) Each rink should have seats or a bench for the use of each team, to be known as the player benches. Each player bench shall accommodate at least 6 persons and shall be placed immediately alongside the playing surface in the neutral area near as possible to the center of the rink and convenient to the dressing rooms.
- (b) Only players in uniform, the Manager, Coach and or/ Trainer shall be permitted to occupy the player benches. A total of no more than three (2) non-players may be on the player bench at any time. All managers, Coaches, Trainers, or other administrative personnel must be above the age of 18 by the start of the game.

RULE 106 - PENALTY BENCH

- (a) Each rink will have seats or benches to be used for the seating of penalized players, Game Timekeeper and Official Scorer.

RULE 107 - REFEREE'S CREASE

- (a) A square with a 10-foot radius, 2 inches wide, shall be marked on the floor in red or blue paint or tape directly in front of the Timekeeper's seat. This area shall be known as the "Referee's Crease". Players are prohibited from entering this area while officials are discussing a call or the situation at hand.
- (b) While officials are in the crease, all players must return to their benches. Only the captain may speak to the officials if the officials deem this a necessary interaction. Officials do not have to explain their discussion in the crease, nor is there any expectation for players to be involved with any interaction in the referee's crease.

SECTION 2 – TEAM COMPOSITION AND ROSTER RULES

RULE 201 – COMPOSITION OF TEAM

- (a) All Adult Open teams are permitted to use no more than twelve skaters and an unlimited number of goaltenders during the season. This includes players who do not play full time.
 - Adult & Youth House teams are not restricted to this limitation.
- (b) Any skater (Defined as a forward or defense position) who plays one game on any team is considered locked onto that team and may not play for any other teams in that same division.
 - Adult & Youth House teams are also prohibited from this, unless FRHL Management approves the substitution.
 - Goaltenders may not be on two teams full time in the same division. Goaltenders may participate with teams in the same division on a substitute basis only. They cannot be the starting goaltender on two teams in the same division.
- (c) All open teams must define one person as the captain or coach.
- (d) All skaters and goaltenders must be registered on HockeyShift, including substitute players and non-paying members.**

RULE 202 – TEAM CAPTAIN

- (a) One Captain shall be appointed by each team, and that player alone shall have the privilege of discussing with the Referees any question relating to interpretation of rules which may arise during the progress of a game.
- (b) The team captain is also responsible for the communication of his team with the league, as well as the league director.

RULE 203 - UNIFORMS

- (a) All players on a team must conform to having the same primary colored jersey, with a permanently affixed jersey number on their jersey. Jersey numbers may be any number from 1 – 99. No two players can wear the same number on the floor on the same team, at the same time.
- (b) All teams are required to provide their own Home and Away jerseys. Home jerseys will be light in color, and Away jerseys will be dark in color. It is the responsibility of the team to coordinate and provide jerseys at their own expense.
- (c) Any violation of the above rules will result in the player being sent off the floor to remedy the situation before being allowed back on to play.

RULE 204 – EQUIPMENT REQUIREMENTS & RULES

- (a) All skaters must have the following equipment to participate:
 - HECC certified helmet
 - i. Players ages 18 or younger must wear a full cage, or face shield.
 - Hockey Grade Elbow Pads
 - Hockey Grade Gloves
 - Hockey Stick
 - Hockey Grade Shin Guards
 - Inline Hockey Skates, with no Velcro straps or skate brakes
 - Inline Hockey Pants
 - Protective Cup

Rule 204 – Equipment Rules Continued

- (b) All skaters are required to have skates that do NOT have any opening on the skates on the chassis. All axle opening must contain an axle and a wheel. (EX: A four-wheel frame must contain four axles and four wheels) * (*See Rule 205 (c) for goaltenders*)
- (c) Shin guards, as well as elbow pads will not be permitted to be exposed for any reason. Any player who tucks their uniform or tapes their uniform to achieve this will be told to leave the floor until the situation has been remedied.
- (d) Players that wear Ice Hockey Pants as a skater position shall be removed from the playing surface and not allowed to return until he has replaced his ice hockey pants with inline hockey pants.
- (e) Players may not add any type of apparatus, to include rods, weights, fiberglass socks, or anything to their sticks. Sticks must be used in the manner in which they were designed without modification. Officials and Management will have the sole discretion on what is and is not deemed safe or fit for play.
- (f) Any player that is determined to not be wearing the minimum required equipment as listed in subsection (a) of this rule will be told to leave the floor until the situation has been remedied.

RULE 205 – GOALTENDER EQUIPMENT

- (a) With the exception of skates and sticks, all equipment worn by the goaltender must be constructed solely for the protection of the head or body, and must not include any garment or contrivance, which would give the goaltender any undue assistance in tending goal.
- (b) Goaltenders are mandated to wear a HECC approved helmet designed for hockey goaltenders with the helmet strap properly fastened and a HECC approved Full-Face mask designed for hockey goaltenders. Throat Protection is highly recommended. HECC approval can only be confirmed when the HECC Sticker is properly affixed to the helmet of the goaltender.
- (c) The use of an external apparatus shall not be allowed unless it constructed for the protection of the head or body. In addition, no substance can be applied to any goaltender equipment at anytime.
- (d) The use of a Cateye cage is permitted. FRHL highly recommends that goaltenders use a straight bar cage as it provides more protection to the goaltender.

NOTE: The use of Rollerfly is allowed at FRHL, provided they are installed properly and in good condition.

RULE 206 – ROSTER LOCK & PLAYOFF ELIGIBILITY

- (a) All Adult Open Divisions will have a roster lock that occurs at the end of their 5th game. Once this game is complete, that roster may not be modified, to include adding or dropping players.
- (b) All Adult Open players are required to have a minimum of 4 regular season games played in order to qualify for the playoffs. Goaltenders, while exempt from this rule, must have approval from FRHL Management should the situation arise where the primary goaltender does not qualify for playoffs.
- (c) The official roster is considered what is listed on Hockey Shift, or the official scoring system used at the time. No other rosters, written or emailed will be considered official unless it is listed on any of the systems in use by FRHL.
- (d) No team will be permitted to use their starting goaltender as a skater in a playoff game unless given approval from FRHL Management. Teams may not attempt to gain an advantage or gain more players by bringing in a substitute goalie so that their starting goaltender can skate out.
- (e) HockeyShift shall list on each teams roster who is and who is not eligible for playoffs. This is done by viewing a team's roster and looking for a checkmark which indicates they are eligible to participate in playoffs.

RULE 207 – ATTENDANCE & CORRECTIONS

NOTE: Review Rule 210 carefully as this rule specifically pertains to correct attendance along with protocol for all Adult Open Leagues.

- (a) A player is considered present for a game if he is fully dressed, not injured, and on the bench at any point in time during a game. If a player is injured, he may not sit on the bench in order to qualify for the game.
 - *Note that if the player in question is injured during the game, he would be considered present for the game.*
- (b) It is the responsibility of the captain to discuss with the scorekeeper his roster and any changes on jersey numbers on his roster in order to ensure accuracy of attendance and statistics. Players that wear the incorrect number that they registered with may not be marked as playing in the game. The sign in sheet is mandatory and will solve these discrepancies.
- (c) Any team that feels that their attendance, or games played is incorrect, will have 24 hours from the games completion to contact the Director of Hockey for a correction in the scoresheet. After 24 hours, no changes or corrections will be permitted, to include if this prevents a player from being eligible to participate in playoffs.
- (d) Forfeit wins or losses will result in the goaltender along with each captain of the team to be registered for a game played. No other players will be marked as in attendance.
 - If a team intentionally forfeits against another team in order to ensure one of their players remains ineligible for playoffs, the Director of Hockey may step in and mark that player as in attendance.
- (e) In the event that a captain contacts FRHL Management about the attendance from their own team, FRHL Management has the sole right to discuss with captains and determine what course of action will best enforce the rules listed above, along with the fairness of both the current game and the division in question.

RULE 208 – AGE REQUIREMENTS & AGE DIVISONS

- (a) In all divisions that have an age restriction, the age determination shall be determined as follows:
 - For all Adult Leagues, the age at the time of the registration deadline will be the age used.
 - For all Youth Leagues, the age at the time of January 1st of the year of registration shall be used.

- (b) For all Adult Open leagues, all players under that are 17 years of age or younger must first obtain approval from the Director of Hockey. All minors that are permitted to play in any Adult Open Division must first have a valid waiver on file signed by a parent or legal guardian.
- (c) Any player that is 18 or younger will not be permitted to participate in the Adult Open Division with the exception of the Platinum Division. Any team who is found to violate this rule will result in rule 704 being applied.
- (d) For all Adult Open leagues that have an age requirement, such as 30 & Over, 40 & Over, etc, the following rules will be set in place: (This rule does not apply to 18 & Over Open)
 - The average age of the team will not be below the defined age of the division.
 - Teams are permitted the use of ONE player that is within 2 years younger of the defined age of the division. That player must obtain approval from the Director of Hockey in order to participate. This must occur every team a team registered, regardless if a player was approved before from a previous season.
- (e) For all Adult House Divisions or Individual Divisions, all players must be above the age in the defined division. FRHL Management will handle players that are younger than the required age on a case-by-case basis.

RULE 209 – COACH REQUIREMENTS & STANDARDS

Coach's Code of Conduct

- Winning is a consideration, but not the only one, nor the most important one. Remember, players are involved in hockey for fun and enjoyment.
 - Be a positive role model to your players and your opponents.
 - Adjust to personal needs and problems of players, be a good listener, never verbally or physically abuse a player or official, give all players the opportunity to improve their skills, gain confidence and develop self-esteem.
 - Maintain an open line of communication with your players. Explain the goals and objectives of your team or association.
 - To play the game is great, to love the game is better.
- (a) All Adult Open Divisions will be permitted to have one coach on the bench during the during of their game. Adult Open teams are NOT required to have a team official on the bench.

NOTE: See Rule 105 for additional information in regard to the total amount of team personnel on the bench.

- (b) Coaches are responsible for instructing their players to play the sport in a safe and sportsmanlike manner. To that end, coaches are directed to teach only those skills necessary to allow for proper and legal body contact and behavior during games. Any coach who does not demonstrate or reinforce these values may be removed from a team official position, as directed by FRHL.
- (c) A Minor Penalty for unsportsmanlike conduct shall be assessed whenever a coach:
 - a. Openly disputes or argues any decision by an official.
 - b. Uses obscene or vulgar language in a boisterous manner to anyone at any time.
 - c. Visually displays any sign of dissatisfaction with any staff members decision including standing on the boards or standing in the bench doorway with the intent of inciting the officials, players, or spectators.
- (d) At the official's discretion, a minor or game ejection penalty at minimum will be assessed to any team official or coach who in their opinion is not acting the best interest of the players or the spirit of the game. Coaches should NOT be discussing or directing comments towards an opposing team, arguing or disputing rulings or decisions by FRHL Staff. Coaches and team officials are reminded that it is a privilege, not a right for staff members or officials to explain any reasoning at anytime.

RULE 210 – TEAM ATTENDANCE & SIGN IN SHEET (ADULT OPEN DIVISIONS)

- (a) All Adult Open Divisions will require each team to accurately fill out a roster sheet which must be turned into the scorekeepers prior to the end of the warmup. This is not an optional action and is required to start any Adult Open game.
- (b) While this is primarily the captain or coaches responsibility, any member of the team can submit the Team Attendance sheet to the scorekeeper. Should the captain or coach not be present at the game, it is expected that a member of the team take the responsibility to correctly follow Rule 210.
- (c) This sheet must be accurately filled out by the team which includes jersey numbers.
- (d) Any team who does not submit the team attendance sheet to the scorekeeper by the end of the warmup will immediately incur a minor penalty for delay of game and a player must serve this penalty to start the game. In addition, the game clock will immediately start and time for the game will not be reset to the start of the game. The offending team must then complete the team attendance sheet accurately and only then can the team start the game.
- (e) As per rule 306 (c), no timeouts can be used before the start of the game in order to freeze the clock. In the event of a team not turning in the scoresheet prior to the end of the warmup, the clock will run and time shall not be placed back on the clock.
- (f) No player may write a players name into the roster. If a player is not listed on the roster, they are not registered online and must do so before the game begins and may not take the floor or sit on the bench until registration is completed.

Note: The objective and protocol regarding Rule 210 is to have teams' attendance and statistical accuracy as easily verifiable for all FRHL Staff and Management. While matching jerseys and accurate online registration greatly helps this, the team attendance and sign in sheet will better foster the rules regarding playoff eligibility as well as the correct attendance for each game. Team that avoid this mandatory requirement, attempt to interfere with this policy, or display unsportsmanlike conduct towards this policy will be penalized accordingly.

SECTION 3 – GAME FORMAT & REQUIREMENTS

NOTE: What is listed below is what is standard across our leagues at FRHL. Some divisions and structures may change depending on several circumstances, to include skill level, rink availability, number of teams, etc. If you are unsure of the game format, please contact FRHL Management. These policies are subject to change without notice.

RULE 301 – GAME FORMAT

- (a) All Adult Open games shall consist of 3 periods. Each period will last 10 minutes. Stop time will be in effect for the entire duration of the game.
- (b) All Adult House games will consist of 2 halves. Each half will last 15 minutes. Stop time will be in effect for the entire duration of the game.
- (c) Overtime during the regular season will result in a 2-round shootout. The Home team will be given the opportunity to select if they would like to shoot first or second. If at the end of the 2 rounds the score remains tied, an additional round will be added. No ties will stand, and the shootout will continue until the end of the round, when a team is deemed the winner.
 - No player may shoot twice in the shootout until all available skaters have taken a shootout attempt. In addition, any player that is serving a penalty at the end of regulation will be barred from participating in the shootout.
- (d) Overtime during the playoffs will result in a 4 on 4, sudden death overtime. The Time Clock shall be set to the full length of the period. No time outs will be allowed by either team. No intermission will occur after regulation ends. The overtime will begin immediately, without delay.

RULE 302 – CURFEW CLOCK

- (a) In some cases, FRHL leagues will have a curfew clock in effect for the entirety of the season. A curfew clock is designed to ensure that games start as quickly as possible and prevents the schedule from falling behind. Teams are expected to be ready to play 10 minutes prior to their scheduled time. Penalties may be assessed to players or teams that are not present at the start of the game. When the curfew clock ends, the game is considered complete and the score at the time will stand as the final score of the game.

RULE 303 – MERCY RULE

- (a) In all leagues, any game that results in a goal difference of 8 will result in the mercy rule being applied, and the game ended with the final being the score at the time of the mercy. Players will have the right to maintain the floor until the next scheduled game on the schedule.

RULE 304 – DIVISION STRUCTURE & POINTS

- (a) The following will be used as a point system for all FRHL Leagues:
 - 3 Points for a Win
 - 0 Point for a Loss
 - 2 Points for a Win in Overtime or a shootout
 - 1 Points for a Loss in Overtime or a shootout
- (b) No ties will occur in any leagues.

Rule 304 – Division Structure & Points Continued

- (c) For teams that end the regular season tied in points, the tiebreak will be determined in the following order:
- Points
 - Head to Head (Can only occur if only two teams are tied in points)
 - Goals Against (GA)
 - Goals For (GF)
 - Goal Differential (GF – GA)
 - PIM
- (d) In any scenario where three or more teams are tied in points, head to head shall not be used.
- (e) Playoff brackets are done in a dynamic seeded, highest vs. lowest rank unless otherwise specified.
- (f) Should a division be a combined division, or the division playoff structure is tiered at playoffs, FRHL Management will determine where the break between the two divisions will occur. This can occur midseason as well.

RULE 305 – MINIMUM REQUIRED PLAYERS & STARTING ON TIME

- (a) All teams are required to have a minimum of 2 skaters and a goaltender on the floor to start any game. In addition, a team must always be able to field a minimum of 2 skaters and a goaltender during the course of the game. Teams may not rest a player which would reduce strength below the total number of players they have, unless the resting player waits to join the play at the whistle. If a goaltender is being dressed, the FRHL Manager on Duty can authorize the game to start without a goaltender, provided the game clock is not held, and the goalie is in the facility getting dressed.
- (b) If a team does not have 2 skaters and a goaltender ready to play by the time of the scheduled game, the following will take place:
- The offending team will immediately lose their timeout, which will last 30 – 45 seconds long.
 - The clock will begin to run immediately without delay.
 - If the game time has been delayed more than 2 minutes into the start of the game, and the team is still not ready, that team will incur a delay of game penalty to be served by any skater on the floor selected by the captain of the offending team.
- (c) FRHL Management will make the final decision to deem any game a forfeit or assess any additional penalties or other disciplinary actions on teams that violate Rule 305.

RULE 306 – TIMEOUTS AND STOPPAGES IN PLAY

- (a) Each team will be awarded 1 timeout per game.
- (b) A timeout will consist of a duration of 30 seconds to 45 seconds.
- (c) No timeouts may be used before the start of regulation or during overtime (*See Rule 305, (b), where a timeout may be charged against a team for not being ready to play at the start of the scheduled game*)
- (d) If a player appears to be injured, play will continue until his team has possession of the puck. Officials shall have full discretion when they feel the play should be blown dead.
- If a player is bleeding, or is obviously seriously injured, the officials shall have the full discretion on issuing a stoppage of play immediately.
- (e) If at any point a player's helmet is removed for whatever reason from his or her head, the play will be immediately stopped.

RULE 307 – INJURED PLAYERS

- (a) Any player who is bleeding or has blood on any part of their equipment will be required to leave the floor until the situation is remedied. Any player who is actively bleeding may not participate in the game, to include the bench area.
- (b) If for any reason any FRHL staff or Officials believe that a player is unfit to play or continue play, that player shall be removed from the playing surface, and FRHL Management shall be informed. This rule includes players who have consumed alcohol.
- (c) In the event a goaltender is injured, the team will be given every opportunity to dress one of their skaters as a goaltender as a replacement. FRHL Management may also allow a goaltender from off the floor to replace that goaltender provided that FRHL Management approves such a substitution. No time will be allotted for a change of goaltenders, nor will a warmup be permitted.

RULE 308 – FORFEITS AND INTENT TO NOT PLAY SCHEDULED GAME

- (a) If a team does not intend to play a scheduled game, the captain will be responsible for letting FRHL Management know as early as possible that his or her team will not be present.
- (b) If a team is not present at the rink at the scheduled game time, that team may be given a forfeit by FRHL Management. Rule 207 (d) will be used to record the final score and attendance.
- (c) If the captain of the team in question does not notify FRHL Management that his or her team will not be in attendance, FRHL Management may suspend the captain. It is the responsibility of the captain of the team to maintain communication with FRHL Management.

RULE 309 – HOCKEYSHIFT ROSTER

- (a) Any player that is NOT on the Hockeyshift Roster for their team is not eligible to play and must see FRHL Management before permitted to play. All players, to include players, goalies, and “substitute” players are required to register online prior to any game played on a team. In the event a team is looking to ADD a player to their roster, that player must first be approved by FRHL Management, and must adhere to the rules stated in the rulebook, specifically rule 201, and 206.

RULE 310 – PENALTY SHOT & SHOOTOUT POLICIES AND RULES

- (a) A “Penalty Shot” shall be taken as follows: The puck shall be placed on the center rink face-off spot and on the instruction of the Referee, the player taking the shot will play the puck from there and attempt to score on the goalkeeper. Once the player taking the shot has touched the puck, the player must maintain forward momentum towards the opponent’s goal line and once it is shot the play shall be considered complete. No goal can be scored on a rebound of any kind and any time the puck crosses the goal line the shot shall be considered complete.
- (b) Dekes or moves like the Michigan, or a standard “spin move” are considered LEGAL provided the player maintains forward momentum towards the players net at all times, and does NOT prevent the goaltender from making a save in his legally established area in the crease.

SECTION 4 – PENALTIES

NOTE: FRHL is currently using tournament standard penalty times, which constitute minor penalties as 90 seconds, double minor penalties as 3 minutes and Major Penalties as 4 minutes. Any indication to Ice Hockey times below is solely for reference. The listed times in this note section are the times that shall be used in FRHL Leagues. For clarification, please reach out to FRHL Management.

RULE 401 - CLASSES

(a) Penalties will be divided into the following classes of penalties:

- Minor Penalties
- Bench Minor Penalties
- Major Penalties
- Misconduct Penalties
- Match Penalties

RULE 402 – MINOR PENALTIES

- (a) A Minor Penalty is 2 minutes in length. At FRHL, a minor penalty shall be assessed a 90 second minor penalty.
- (b) For a Minor Penalty assessed to any player other than a goaltender, such player shall be ruled off the floor for 2 minutes, during which time no substitute shall be permitted. The player may leave the penalty bench upon expiration of his or 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 will serve the penalty.
- (c) A “Bench Minor” penalty involves the removal from the floor of one player of that team for 2 minutes. Any player on the team may be designated to serve the penalty by the coach or Captain. This player shall take his or her place in the penalty box promptly and serve the penalty as if it was a minor penalty imposed upon them.
- (d) If while a team is short-handed by one or more minor or bench minor penalties, the opposing team scores a goal, the first of such penalties shall automatically terminate.
- “Short-handed” means that the team must be below the numerical strength of its opponents on the floor at the time the goal is scored. The minor or bench minor penalty which terminates automatically is the first non-coincidental minor penalty assessed. Thus, coincident minor penalties to both teams do NOT cause either side to be shorthanded. Although each team is playing short, they are at equal strength.
- (e) If the referee signals an additional minor penalty 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, and the delayed penalty shall be assessed and the first non-coincidental minor penalty already being served shall terminate.
- **EXAMPLE:** Team A has four skaters and is on the powerplay against Team B, who has three skaters. During the powerplay, a delayed penalty is assessed to Team B, and while the play continues, Team A scores a goal. Team B’s first penalty that was already underway would be considered fulfilled, and the player who had the delayed penalty would then be charged the penalty, resulting in a power play for the duration of the minor penalty.

Rule 402 – Minor Penalties Continued

- (f) 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.
- *EXAMPLE:* With 3:30 remaining, player A1 is assessed a minor penalty and player B1 is assessed a double minor penalty. The penalty to A1 and one of the penalties to B1 are coincident, thus team A will play at full strength and Team B will play shorthanded by one player. Team B must properly place a player on the penalty bench to serve the non-coincident penalty assessed to his teammate. The result of the penalties would result in Team A placing the offending player in the penalty box for 2 minutes, and Team B placing the player with the double minor in the penalty box for 4 minutes, in addition to a second player on Team B in the box for two minutes.

RULE 403 – MAJOR PENALTIES

- (a) A Major Penalty is 5 minutes in length. At FRHL, a Major Penalty will be assessed as a 4 minute Major Penalty.
- (b) All Major Penalties will be served the entirety of the duration of the penalty, regardless of if a goal is scored. The number of players on the floor does not affect the duration of any major penalty.
- (c) When coincidental penalties of equal or 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.

RULE 404 – MISCONDUCT PENALTIES

- (a) Misconduct Penalties to all players except the goaltender, involve removal from the game for a period of ten minutes each. A substitute player is permitted to immediately replace a player serving a misconduct penalty. A player whose misconduct penalty has expired shall remain off the playing surface 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.
- (b) All misconduct penalties will result in the player being removed from the playing surface for the duration of the misconduct penalty. They shall not be permitted to stay on the playing surface during a misconduct penalty.
- (c) 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 box, and they shall serve the minor penalty.
- (d) A Game Ejection Penalty involves the removal of the player for the remainder of the game.
- (e) 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 FRHL Management, who shall have the full power to impose such further penalty as they may deem fitting.
- (f) When a player receives a major penalty and a misconduct, major penalty and a game ejection, or a 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 until the expiration of the penalty.

Rule 404 – Misconduct Penalties Continued

- (g) Officials and Staff are required to report all Misconduct penalties and the surrounding circumstances to FRHL Management immediately following the game. FRHL Management shall have full power to impose further sanctions. A player who has been assessed a Game Misconduct, Gross Misconduct, or Match Penalty shall be suspended. Section 5 contains more information in regard to suspensions.

RULE 405 – MATCH PENALTIES

- (a) 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 penalty time portion of the penalty and such player may not be changed.
- (b) Officials and Staff are required to report all Match Penalties and the surrounding circumstances to FRHL Management immediately following the game. FRHL Management shall have full power to impose further penalties. A player who has been assessed a match penalty shall be suspended from all teams, leagues, and events at Fraser Hockeyland until a finalization of suspension has been determined by FRHL Management.
- (c) Any player who is assessed a match penalty may not be near the team bench, nor in any way attempt to direct the play of the team. Any player who is assessed a Match Penalty may be barred from entering the property at Fraser Hockeyland.

RULE 406 – REMOVAL FROM PLAYING SURFACE OR GAME

- (a) Any player who is assessed a Game Misconduct, Match Penalty, or is otherwise ordered off the floor from a game by an official, timekeeper, or FRHL Manager will not be permitted to re-enter the playing surface. That player must immediately go to his or her dressing room. The retrieval of items, to include personal property, or locker room key, shall not be permitted. The removed player's team will be responsible for delivering these items to this player.
- (b) At the discretion of the officials, any player who violated Rule 406 (a) shall be assessed an additional Game Misconduct penalty for Unsportsmanlike Conduct.
- (c) Any player who has been removed from the playing surface must return to the locker room and remain in the locker room with the door shut, as to not interfere or participate in any manner with the game. Players may not in any way interact with the game after removal of the surface, to include yelling from off the floor, watching from inside the locker room doorway, returning to the bench, or sitting on the side of a bench. Players that have been removed from the playing surface must either stay in the locker room with the door shut or must leave the players bench area promptly. Any player who violates this rule will be assessed an additional Game Misconduct Penalty for Unsportsmanlike Conduct.

SECTION 5 – SUSPENSIONS

RULE 501 – DEFINITION & NOTIFICATION

- (a) Any player who is assessed a Game Misconduct, Gross Misconduct, or Match Penalty will be subject to suspension from one or more teams depending on the circumstances of the infraction committed.
- (b) All suspensions will require the official and scorekeeper to fill out a suspension form and signed by each member of the staff in order to begin the suspension process. While officials can request or recommend a suspension, only the Director of Hockey or FRHL management can impose a suspension on a player.
- (c) All suspensions issued by FRHL Management will result in the player being unable to be on the playing surface at any time, including acting as a team official, equipment manager, or player.
- (d) Once a final determination has been made by FRHL Management, FRHL Management will send an email to the team captain along with the offending player notifying them of their suspension. If available, the current statistical system will also be updated to reflect this suspension.
- (e) In the event that a player plays a second game in the same day and a suspension is recommended by the officials on the first game, that player will automatically be suspended for a minimum of that second game, provided it is the same team.
- (f) All players who are suspended due to a Match Penalty will be immediately suspended for an indefinite amount of time from all teams, leagues, and events at Fraser Hockeyland. FRHL Management will review and assess an official suspension at a later date, when a full assessment can be completed.

RULE 502 – SUSPENSION GUIDELINES AND DETERMINATION

- (a) FRHL Management will determine the following issues regarding the length and severity of the suspension:
 - Severity of the Infraction
 - If contact with a staff member occurred
 - If an injury on the play occurred
 - Penalties assessed during the infraction
 - Players disciplinary history
 - Intent of the infraction
 - Location of the infraction
 - Players actions and the result of his or her actions
- (b) In the event the player in question has been suspended previously, that players suspension may be more severe in its application. See Rule 506 for more information.

RULE 503 – SUPPLEMENTARY DISCIPLINE

- (a) FRHL will have the full power to modify, change, or add penalties after the completion of the game to reflect the correct infraction(s) that shall be assessed. Documentation of each penalty will take place as soon as possible after the completion of the game. There shall be no time limit to any supplementary discipline adjustments to a game. The sole discretion will be made by the Director of Hockey Operations and FRHL Management.
- (b) In the event that an altercation or infraction occurs off of the playing surface, supplementary discipline will be used to assess additional penalties that will be added to the scoresheet post game.

RULE 504 – MANDATED APPEARANCE

- (a) Any player who receives a Game Misconduct, Gross Misconduct, or Match Penalty may be required to appear in person to have a meeting with FRHL or Fraser Hockeyland in order to continue play.
- (b) In the case of Rule 504 (a), FRHL Management may offer a time for the suspended player to appear in person to discuss the continuation of their participation at FRHL. Participants who wish to continue playing at FRHL must appear at this time to discuss their actions as well as continued participation at FRHL.

RULE 505 – APPEALS

- (a) Any player who wishes to appeal their suspension may do so by emailing FRHL Management or replying to the notification email that is sent at the time a suspension is issued. No other form of communication is accepted, to include phone calls, voicemails, text messages, social media messages, etc.
- (b) This correspondence shall include why the player believes the suspension to be unwarranted or incorrect in the assessment of FRHL Management. No suspension shall be lifted simply on the sole basis of the player not being suspended in the past, a pattern of good behavior, or mitigating circumstances (Example: player or team feels an official missed a call, therefore they validate the suspended players actions.) They must demonstrate a clear incorrect application of this rulebook in their suspension.
- (c) FRHL management will reply to the players email regarding its findings after the appeal has been made. Once FRHL has issued their findings, no additional appeals or modifications will be allowed, and the suspension will be finalized.
- (d) FRHL will not at any time provide video recordings, officials statements, or any other materials other than FRHL managements findings to any players at any time.

RULE 506 – PROGRESSIVE SUSPENSIONS

- (a) Any player who is either ejected or suspended in multiple, separate instances in any given period of time shall be assessed a longer than regular suspension.
- (b) Any player who receives two suspensions in a single year will be considered a repeat offender and will be subject to more severe suspensions. In most applications, any player who has received 3 or more suspensions in a given period of time as listed in Rule 506 shall be indefinitely suspended.

EXAMPLE: In one altercation, a player is assessed a 10 Minute Game Misconduct for Unsportsmanlike Conduct for abusive language towards an official. If this is the players only suspension in the last year, the standard suspension shall be issued. However, if this same player is suspended for any other action within a one year period of the previously mentioned suspension, the second assessment of a suspension shall be more severe in manner, which can include but is not limited to a longer duration of the suspension, suspension across multiple teams or divisions, or complete removal from all leagues and events at FRHL.

NOTE: Rule 506 is used to curb player behavior that is considered to not be in the spirit of the game, officials, or the safety of the players. Players and Team Officials shall be held accountable for their actions and Rule 506 shall be used not only to prevent players from being able to continue the behavior or actions, but to enforce the standards set by FRHL. A second suspension is NOT required to issue a more severe suspension. Each suspension is handled on a case by case basis by the Director of Hockey.

SECTION 6 – PLAYING RULES

RULE 601 – ABUSE OF OFFICIALS AND OTHER MISCONDUCT

- (a) Any player who challenges or disputes the ruling of an Official, uses abusive language towards an Official, attempts to incite an opponent or create a disturbance during the game shall be assessed a minor penalty for unsportsmanlike conduct.

NOTE: Referees are advised to use each penalty leading up to a Game Misconduct, but regardless have the full authority to issue misconduct or ejection penalties before issuing a minor and/or game misconduct penalty.

NOTE: 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 ejection penalty shall be assessed. All ejections or misconducts of a coach or team official will mandate the officials and timekeeper to notify FRHL management of said infraction.

- (b) Any player who shoots the puck after the whistle shall be assessed a minor penalty, if in the opinion of the Official the player had sufficient time after the whistle to refrain from taking the shot.
- (c) If any player or Team Official does any of the following, the team shall be assessed a Minor or Bench Minor Penalty:
1. After being penalized, does not proceed directly to the penalty bench or dressing room when ordered to do so by the Officials. Equipment or locker room keys shall be delivered to the player by a teammate.
 2. Interferes with any Game Official, (Non-physically) in the performance of their duties.
 3. If a goaltender crosses the center red line during any live play or altercation, they shall be assessed a 2 minute minor for unsportsmanlike conduct.
- (d) Any player or Team Official that deliberately throws anything onto the playing surface, or from the playing surface shall be penalized no less than a 10 minute game ejection.
- (e) If a player or Team Official does any of the following, the player shall be assessed a misconduct penalty or Game Misconduct Penalty:
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.
 2. During a stoppage of play, intentionally shoots or throws the puck out of the reach of an Official who is retrieving it.
 3. Enters and remains in the Referee's Crease, when asked to leave, except for the purpose of skating to the penalty bench.
 4. Touches or holds any game official with the hand or stick.
 5. Intentionally bangs the boards, protective glass or goal with a stick at any time.
 6. Shows disrespect to an official by means of language or gestures.
- (f) If any player or Team Official does the following, a Match Penalty shall be assessed:
1. Deliberately inflicts or attempts to inflict physical harm to a Game Official or Team Official in any manner.
 2. Behaves in any manner, which is critically detrimental to the conduct of the game including, but not limited to, spitting at an opponent, Game Official, or Team Official.
- (g) If any player uses an obscene gesture, racial slur, hateful or discriminatory speech anywhere in the rink before, during, or after the game, that player shall be assessed a 2 minute minor for unsportsmanlike conduct, and a 10 minute game misconduct for Racial/Gross Slur, and shall be suspended.

RULE 602 – ATTEMPT TO INJURE

- (a) A Match Penalty shall be imposed on any player who deliberately attempts to injure any opponent, in any manner, and the circumstances shall be reported to the Director of Hockey Operations at FRHL. Officials will have the sole discretion of determining if an infraction was considered an attempt to injure. While intent is not required, a clear disregard for safety or intent shall be considered.

RULE 603 – BODY CHECKING

- (a) Body checking shall not be used as a penalty assessment at FRHL. Officials and Players should reference Rule 605 – Roughing for more information.

RULE 604 – FIGHTING

- (a) A Major Penalty and an automatic Game Misconduct shall be imposed on any player who engages or participates in a fight.
- (b) Fighting is defined when a player punches or strikes another player with their fist or hand. A player does not have to remove their gloves in order to be assessed a fighting major.
- (c) While fighting is defined as when a player punches or strikes another player with their fist or hand, other actions can be constituted as fighting such as unnecessary roughness, brawling, or any other adverse action that is not within the spirit of the game.
- (d) Any player who retaliates in any manner during fistcuffs will be considered an active participant in the altercation and will be held to the same standards as set forth in this rule book.

Note: The Referees are provided very wide latitude in the regard, which they may impose under this rule as well as Rule 605 – Roughing. This is done intentionally to enable them to differentiate between the obvious degrees of responsibility of the participants either for starting the fighting or persisting in continuing the fighting.

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

- (e) Any player that is involved in a physical altercation off the playing surface will automatically be assessed a Match Penalty and suspended from all teams, leagues, and events at FRHL and Fraser Hockeyland and will be subject to Section 5 of this Rulebook.

RULE 605 – ROUGHING

NOTE: Roughing shall be considered any act where a player uses unnecessary force to push or shove an opponent or makes avoidable physical contact with an opponent after the whistle.

- (a) A minor or double minor shall be assessed to any player who is deemed guilty of roughing.
- (b) A major penalty and a minimum of a game ejection shall be assessed to any player who injures an opponent as a result of a roughing penalty.
- (c) A goalie is not “fair game” when they are outside the goal crease area. A penalty for interference or roughing shall be assessed to any player who makes unnecessary contact with a goaltender, provided the infractions constitute a penalty in this rulebook.

Rule 605 - Roughing Continued

NOTE: Intent is not required for a roughing penalty to be assessed to a player. Players are not permitted to body check or otherwise “play the body” on a player that is not in possession of the puck. A player that extends their arms that disrupts a player with or without the puck may be called for roughing, regardless of the intent of the play, to include accidental collision.

NOTE 2: At the discretion of the officials, incidental contact is when marginal contact occurs between two or more players, but a foul has not been committed, nor has a competitive advantage been gained by a team or specific individual.

RULE 606 – THIRD MAN IN & LEAVING THE BENCH

- (a) If a player enters an altercation already in progress and is deemed as a peacemaker, that player will be assessed a 10-minute game ejection and be removed from the remainder of the game.

NOTE: A peacemaker is defined as a player who enters an altercation already in progress in an effort to stop his own teammate or his team from continuing the altercation. If at any time the involvement would otherwise escalate the altercation, regardless of intent, that player will be considered a participant in the altercation and Rule 606 subsection (b) will take effect.

- (b) If a player enters an altercation already in progress and in any form disturbs or otherwise furthers the altercation to continue or escalate in nature, that player will be assessed a 10 minute game misconduct for Third Man in, and will be removed from the remainder of the game and may be suspended subject to section 5 of this rulebook.
- (c) While an altercation is in progress, no player shall be permitted to leave the player bench. Any player who leaves the bench and does NOT intervene during the altercation will be assessed a game ejection for Third Man In.
- (d) While an altercation is in progress, if a player leaves the bench and enters the altercation in any from, that player shall be assessed a 10-minute Game Misconduct for Leaving the Bench During Altercation, as well as any other infractions caused by the participation in the altercation.

NOTE: All players are expected to recognize that an altercation is in progress. If a player leaves the bench for any reason, to include a line change, player substitution, or any other reason, they may still be held accountable to Rule 606. Officials will have full discretion in order to determine which infractions are appropriate involving Rule 606.

RULE 607 - HEADBUTTING

- (a) A Major Penalty and a Match Penalty will be assessed to any player who attempts to head-butt an opposing player, or head-butts an opposing player.

RULE 608 – KICKING

- (a) A Major Penalty and a Match Penalty will be assessed to any player who intentionally kicks an opposing player.

Note: Officials are given a wide latitude in the determination of if an infraction is a Kicking Major, or a Tripping Major. A “Slew Foot” will fall under Rule 613 – Tripping. This is done intentionally to enable Officials to differentiate between a tripping infraction, and a kicking infraction.

RULE 609 – SPEARING

- (a) A Major Penalty shall be imposed on a player who spears or attempts to spear an opponent.

NOTE: A player who attempts to spear shall include all cases where a spearing gesture is made regardless of whether bodily contact is made or not. A player who uses a spearing motion in order to intimidate a player can be assessed a spearing penalty.

- (b) A Major Penalty and an automatic game misconduct shall be imposed on any player who makes contact with an opponent by spearing.
- (c) Spearing may also be treated as a match penalty.

RULE 610 – KNEEING

- (a) A minor penalty, double minor, or major penalty shall be assessed to any player who uses the knee in such a manner as to foul an opponent, in any way.
- (b) A major penalty along with a Game Misconduct or Match penalty shall be imposed on any player who injures an opponent as the result of a foul committed by using his/her knees.

RULE 611 – BUTT-ENDING

- (a) A Major Penalty and a Match Penalty will be assessed to any player who “butt-ends” an opponent.

RULE 612 – EQUIPMENT VIOLATION

- (a) Any player who intentionally disrupts an opposing players equipment that has been dislodged from the player will be given a minor for unsportsmanlike conduct or delay of game, depending on the circumstance.

EXAMPLE: Player A has lost his/her stick, and while it lays on the floor, Player B intentionally slides the stick away from Player A.

- (b) Any player who does not fulfill the equipment requirements in Rule 204 and Rule 205 shall be ordered off of the playing surface to remedy the problem. At the discretion of the officials, a minor penalty for delay of game may be assessed.

EXAMPLE: If a player’s chin strap on a helmet is not properly fastened, officials shall warn the player to correctly fasten the chinstrap and order the player off the playing surface. If that player returns to the floor again with the chin strap not correctly fastened, the player shall be assessed a 2 minute minor for delay of game and will once again be ordered off the playing surface until the equipment violation has been remedied.

RULE 613 - TRIPPING

- (a) A minor penalty shall be imposed on any player, who with his/her stick, knee, foot, arm, hand, elbow, causes their opponent to trip or fall.
- (b) A Major Penalty plus a minimum of a Game Ejection shall be assessed to a player who injures an opponent as a result of tripping.

Rule 613 – Tripping Continued

NOTE: Intent is not required for a tripping penalty to be assessed to a player. Players are responsible for their own sticks at all times during the course of the game. If a player's stick makes contact with the puck before interacting with the opposing player, that does not negate a tripping infraction to be assessed.

EXAMPLE: A defenseman lunges and dives on to the playing surface and with his stick, successfully knocks the puck off of the attacking player's stick, however the follow through of the stick makes contact with the attacking player's skates and causes the attacking player to fall. In this example, the defenseman shall be penalized in a 2-minute minor for tripping.

NOTE 2: A player does NOT have to trip or fall for a tripping penalty to be assessed. Any use of the body or stick to cause someone to lose control may be called as a tripping infraction.

RULE 614 - SLASHING

- (a) A minor penalty, double minor penalty, or major penalty shall be imposed on any player who impedes or seeks to impede the progress of an opponent by "Slashing" with his or her stick.
- (b) A Major Penalty and a Game Misconduct shall be imposed on any player who injures an opponent by slashing.
- (c) Any player who swings his or her stick at another player in the course of any altercation shall be assessed a minimum of a Game Misconduct penalty. Officials shall have the full discretion of assessing a slashing major as a Match Penalty in this scenario.

NOTE: Intent is not required for a slashing penalty to be assessed to a player. Players are responsible for their sticks at all times during the course of the game. If a player's stick makes contact with an opposing player's gloves, waist, or higher on the body, this may be called as a slashing infraction.

NOTE 2: The stick shall always be limited to playing the puck. Officials are given full discretion to determine if a player used his or her stick to in a manner that is not consistent with playing the puck.

EXAMPLE: Player A is on a breakaway, while Player B is skating after Player A. Player B attempts to use one hand on his stick to strike the lower end of Player A's stick, however, makes contact with Player A's gloves. This example calls for a slashing penalty.

RULE 615 – HIGH STICKING

NOTE: High Sticking is the action where a player carries the stick above the normal height of the opponent's shoulders and makes contact with an opponent. All players shall be accountable of their stick at all times.

- (a) A minor penalty, double minor penalty, or major penalty shall be imposed on any player who with their stick, makes contact with an opposing player's shoulders, neck, helmet, or face.
- (b) A Major plus a Game Misconduct shall be assessed to any player who injures an opponent as a result of high sticking.

NOTE: While discretion is given to the official to determine the severity of the high sticking penalty, players who draw blood on an opposing player as a result of a high sticking infraction shall be assessed no less than a double minor for High Sticking. Any player who is clearly injured and cannot reasonably return to the game due to the infraction shall be assessed a 5-minute major for high sticking, and a game misconduct at minimum.

NOTE 2: The action of shooting does not remove the requirements of Rule 615. Players will be accountable for their sticks at all times, to include the follow through of a shot or other action.

Rule 615 –High Sticking Continued

EXAMPLE: A player draws his stick back on a slapshot, and in the process, makes contact with an opposing players shoulder. That player shall be assessed a penalty for High Sticking.

- (c) Batting the puck above the normal height of the shoulder with the stick is prohibited and no goal can be scored as a result of an attacking player playing the puck above the shoulder with the stick and directly entering the goal. When determining if a player scored a goal with a high stick, the officials shall consider both the height of the players shoulder as well as the crossbar. Should the puck be struck with a players stick above the crossbar, **or** above the players shoulders, the goal shall not stand.
- (d) When the puck is played above the height of the shoulders with the stick, a delayed high sticking infraction will occur. Should the opposing team gain possession of the puck, the play will continue. Should the team with the delayed high sticking infraction gain possession of the puck, the play will be stopped and the faceoff will occur in the defensive zone of the offending team.

EXAMPLE: Team A's forward plays the puck above his shoulders. Team B recognizes the delayed High Sticking Infraction, however Team A's Defenseman collects the puck and gains possession. The official shall signal a stoppage in play and position the faceoff in the defensive zone of Team A.

RULE 616 – BROKEN STICK

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

- (a) Any player whose stick is broken must drop his stick prior to participating in the play. A minor penalty for delay of game shall be assessed for participating in play with a broken stick.
- (b) A replacement stick for any player who is no longer in possession of a stick may only be obtained from the player's bench or from a teammate on the playing surface or bench.

RULE 617 – HANDLING PUCK WITH HANDS

- (a) If any player, including the goaltender, closes his/her hand intentionally on the puck the play shall be stopped, and a faceoff will take place. However, if the puck is dropped immediately, play shall be allowed to continue.
- (b) 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.
- (c) 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.
- (d) 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, they have deliberately directed the puck to a teammate, in which case the play shall be stopped and the puck faced off at the center faceoff spot. This rule is disregarded if these actions are executed in the defensive zone.
- (e) If a goalkeeper catches the puck and throws it in any direction, play shall be stopped and the ensuing face-off shall be held at the nearest end face-off spot of the offending team. In addition, no goaltender may intentionally toss the puck in the air and use his stick to propel the puck, also known as a drop shot.

NOTE: The object of Rule 617 is to ensure continuous action and the referees should NOT stop play unless he/she is satisfied that the directing of the puck to a teammate was in fact deliberate. The puck may not be batted with the hand directly into the net at any time, and a goal shall not be allowed when the puck has been legal batted and is deflected into the goal off a defending player including the goaltender.

RULE 618 – REFUSAL TO LEAVE PLAYING SURFACE OR RETURN TO DRESSING ROOM

- (a) Any player who has been assessed a Game Ejection, Game Misconduct, or Match Penalty shall immediately return to the dressing room. If he or she remains outside the playing surface and causes a disturbance, that player shall be assessed a Game Misconduct for Unsportsmanlike Conduct.
- (b) Any player who has been ordered off the playing surface and refuses, or otherwise delays in his or her departure from the playing surface will result in the player being deemed an illegal player and the game immediately ending with a forfeit loss for the offending team. Officials will have full discretion in exercising Rule 618 (b).

NOTE: The offending player, as well as the offending teams captain or bench area shall be warned before Rule 618 (b) is applied. Any continued delay in the offending players departure will result in his team being given an immediate disqualification which will result in a forfeit loss for their team.

RULE 619 – DELAY OF GAME

- (a) A minor penalty for Delay of Game shall be assessed to any player or goaltender who intentionally displaces the goal frame. If this infraction occurs on a breakaway, a penalty shot shall be called against the offending team.
- (b) A minor penalty for Delay of Game shall be assessed to any goaltender who is clearly outside their goal crease and covers the puck.
- (c) A minor penalty for Delay of Game shall be assessed to any player who closes his or her hand on the puck and prevents an opposing player from playing the puck. Any player who covers the puck with any part of his body in the crease OR holds the puck in the crease preventing the opposing player from playing the puck will call for a penalty shot against the offending team.
- (d) A bench minor penalty shall be assessed to any team, after warning by the Official, that fails to place the correct number of players on the playing surface and commences play or that causes any delay by making additional substitutions or attempts to delay the game in any manner.
- (e) A minor penalty for Delay of Game shall be assessed if, in the opinion of the officials, a player is intentionally lining up to a faceoff or a puck drop slowly in order to delay the game.

EXAMPLE: Team A is on a powerplay against Team B. The faceoff in Team B's defensive zone, and during the stoppage of play, one of Team B's players intentionally skates slowly to the faceoff circle from the bench in order to slow or delay the game. If an official has warned this player that he needs to get to the appropriate position quickly and Team B's player continues to delay, the Official may assess a delay of game to Team B. Note that no warning is required for this call to be made.

RULE 620 – TRAPPING THE PUCK & THROWING MOVES

- (a) No skater or goaltender will be permitted to "trap" the puck with their stick for an extended period of time. Trapping the puck is defined when a player uses his/her stick and places the stick on top of the puck and presses down on the puck. Players shall not be allowed to carry the puck in this manner.
- (b) Any move that involves scooping the puck on their stick or carrying the puck on their stick must be done below the natural height of their shoulders. If a goal was scored, both the entirety of the stick and the puck must be below the players shoulders and the crossbar.
- (c) No player may use the blade of their stick and carry the puck in mid-air for an extended time.
- (d) Players that perform moves such as the "Heeldrag," "The Michigan," or any other move that involves picking the puck up or trapping the puck will be permitted to do so provided that the player continuously executes the move in a smooth fashion that would not allow the player to carry or trap the puck an extended distance.

NOTE: The object of Rule 620 is that players will not trap the puck with or simply skate with the puck on their stick in mid air. Moves that involve using the blade to pick the puck up and throw it, or scooping the puck with the blade, or briefly placing the heel down on the puck in order to execute a move will be permitted, provided that the officials deem the play part of a brief move, and not a method to carry the puck or otherwise on the surface of the floor.

RULE 621 – THREE PENALTY RULE

- (a) Any player who totals three minor penalties in any game shall be assessed a 10 minute game ejection for three penalties.

NOTE: Only contact penalties, as well as unsportsmanlike conduct penalties shall be included in the three penalty rule. Penalties such as delay of game, too many men, roster violation penalty, or equipment violation penalties shall not be considered for Rule 621. In addition, if a player serves a penalty for another player, that penalty shall not be considered for Rule 621. A Double Minor penalty DOES constitute 2 minor penalties in this situation.

RULE 622 – HOOKING

NOTE: Hooking is the action of impeding the progress of an opponent with a pulling or tugging motion by applying the blade of the stick to any part of an opponent's body or stick. A player cannot use his/her stick against an opponent's body (puck carrier or non-puck carrier) to gain a positional advantage.

NOTE 2: Actions considered hooking include tugs or pulls on the body, arms or hands of the opponent that reduces space between the opponents; placing the stick in front of the opponent's body and locking on that impedes the opponent's progress or causes a loss of balance; a stick placed on the hand/arm that takes away the ability for the opponent to pass or shoot the puck with a normal amount of force.

- (a) A minor or major penalty shall be assessed for hooking an opponent.
- (b) A major plus game misconduct penalty shall be assessed to any player who injures an opponent as a result of hooking.

RULE 623 – TOO MANY MEN

- (a) Players may be changed at any time from the player benches provided that the player or players leaving the floor shall always be within 5 feet of the bench before substitutions may come on the floor.
- (b) Any player serving a penalty, who is to be changed after the penalty has been served, must proceed at once by the way of the floor and be within 5 feet of his/her own player bench before any change can be made.

NOTE: If, in the course of making a substitution, either the player entering or leaving the game deliberately plays the puck or makes any physical contact with an opposing player while the retiring player is actually on the floor, then the infraction of "too many men" shall be called.

EXAMPLE: Player A is 3 feet from his/her own bench. Player B from the same bench leaves the bench and plays the puck while Player A is on the floor, but 3 feet from the bench. In this scenario, a penalty is NOT warranted, provided that Player A does not attempt to play the puck or provide an advantage for his/her team.

RULE 624 – LEAVING THE BENCH

- (a) A minor plus a game misconduct penalty shall be assessed to any player who leaves the players' bench or the penalty bench during an altercation or for the purpose of starting an altercation. These penalties are in addition to any other penalties that may be assessed during the incident.

NOTE: Substitutions made prior to the altercation shall not be penalized under this rule provided the players so substituting do not enter the altercation. If the officials believe in any way that the player that left the bench enters, entices the opponent, or in any manner interferes with the altercation already in hand, they may penalize the player as listed in Rule 624 (a) in this rulebook.

RULE 625 – ENDING THE GAME EARLY

- (a) If an official feels that the continuance of a game would be at the detriment of the players, or not in the spirit of the game, the officials have the full authority to end the game, even if it is before the end of regulation.
- (b) In the event that a danger is present to the players due to the playing surface, structure or any other outside element that they cannot reasonably control, officials shall immediately stop the game and attempt to rectify the situation at hand. If they feel that they cannot solve the issue, they shall notify the Manager on Duty.

NOTE: With Rule 625 (a), officials should exhaust every opportunity to enforce the standard of play and penalize players as appropriate before ending the game early. Officials should only end the game prematurely if they feel that there is no possible way to solve the issues on the floor with penalties and ejections, or that the continuation of the game would not be in the best interest of the league or the players in both a sportsmanlike conduct aspect as well as a safety aspect.

- (c) All games that are not finished by the end of regulation due to any reason shall be left to the decision of the FRHL Management if the final score is what is officially recorded at the time of the postponement regarding Rule 625. Teams are not entitled to the entirety of the game and only FRHL Management shall allow a continuance if time constraints allow for sure a continuance, along with the belief that the continuation of the game would be a positive, sportsmanlike experience for all individuals.

NOTE: With 625 (d), it should be expected that all games that are ended early due to a team related issue such as an injury, sickness, or other team related action shall most likely result in the conclusion of the game with no continuation. Should the game be halted due to a business related or facility related issue such as staff injury, building fault, power loss, or any other outside factor will result either in a continuance, reschedule, or a credit for the partial game for all affected players.

RULE 626 – BOARDING

Note: Boarding is the action where a player pushes, trips or body checks an opponent causing them to go dangerously into the boards. This includes accelerating through the check to a player who is in a vulnerable position, driving an opponent excessively into the boards with no focus on or intent to play the puck, or any check excessive physical contact for the purpose of punishment or intimidation that causes the opponent to go unnecessarily and excessively into the boards.

Note: The onus is on the player instigating the body contact to avoid placing a vulnerable or defenseless opponent in danger. The statement “they turned at the last second” does not free a player from their responsibility from utilizing safe physical play.

- (a) A minor plus a misconduct or major plus game misconduct penalty shall be assessed for boarding an opponent.
- (b) A major penalty plus a minimum of a game misconduct penalty shall be assessed to any player who injures an opponent as a result of boarding.

RULE 627 – DIVING & EMBELLISHMENT

- (a) Any player or goalkeeper who blatantly dives, embellishes a fall or a reaction, or who feigns an injury shall be penalized with a minor penalty under this rule, at the discretion of the official.

RULE 628 – ALTERCATIONS AFTER THE CONCLUSION OF THE GAME

- (a) A Major penalty plus Game Misconduct Penalty shall be assessed to any player who participates or instigates any adverse action after the completion of the game. Players are expected to act in a sportsmanlike manner at all times to include after the conclusion of the game.
- (b) Players that participate or instigate any physical or verbal action will incur a substantial increase in length and severity of suspension, which result in a minimum of an additional 3 games added to any player to participates in the physical or verbal altercation. This three game suspension guideline is in addition to the normal suspensions that are issued in these situations.

NOTE: The goal of Rule 628 is to better curb player behavior after the completion of any games, on or off the surface. Once the completion of a game occurs, it is expected that all players and coaches act in a sportsmanlike manner, regardless of what actions happened during the course of the game.

SECTION 7 – ROSTER VIOLATIONS & CHALLENGES

RULE 701 – PHOTO ID REQUIREMENT

- (b) All players will be required to have their Photo ID available for FRHL Management in the event of a challenge under Rule 603. Any form of identification must have a photo of the player on the ID. FRHL Management will direct the player to produce the ID if necessary. Note that if the player has an active and valid photograph on his HockeyShift profile, FRHL can use that to complete this requirement.
- (c) If a player is unable to produce their Photo ID at the time of a challenge or does not have an active and valid photograph on his profile, that player will be considered ineligible, and Rule 702 will be applied.

RULE 702 – ROSTER VIOLATIONS

- (a) Any team who has a skater that is not listed on their official roster is considered an ineligible player and shall be removed from the surface immediately. That player must report to FRHL Management in order to determine eligibility. This rule applies during the regular season as well as the playoffs.
- (b) If a team intentionally uses an ineligible player for a game, FRHL Management will have the right to suspend the captain of the team, in addition to any enforcement from Rule 601 (a) and (b)

RULE 703 – CHALLENGES (ADULT OPEN DIVISIONS)

- (a) If a team believes that the opposing team is using an ineligible player, the captain will have the sole privilege of challenging the opposing team's roster. The captain will be required to state to an official that he is challenging the opposing team's roster and will challenge the player in question.
- (b) Once the challenge has been received by the officials from the captain, the timekeeper will notify FRHL Management of the challenge. The game will continue, and no stoppage of play will be granted unless specifically directed by FRHL Management.
- (c) The challenge will result in the following:
 - The Challenge is correct, and the player deemed to be ineligible will be subject to Rule 702.
 - The Challenge is correct; however, it is due to an Administrative error. In this case, FRHL Management will advise the officials and timekeeper of what steps to take in order to enforce FRHL Management's directive.
 - The Challenge is incorrect and the player in question was eligible. In this case, the captain will be assessed a 2-minute delay of game penalty, to be served immediately.
- (d) No challenges post game will be accepted under any circumstances. Once the game is complete, no challenges may be requested by any team.
- (e) No challenges may be made regarding any rules regarding the goal limitations in select divisions where a goal limit is in place.. (Rule 801)
- (f) In the event of a roster challenge during the game, the official method of counting games shall be through the use of the attendance sheet required in order to start play in each regular season game. Please reference Rule 210 for more information regarding the Attendance Sheet.

- (g) No challenges regarding Rule 704 shall be accepted, nor shall financial standing of teams be the basis of a challenge by any team. These matters are subject to FRHL Management and the final decision will rest with the FRHL Management.

RULE 704 –MINORS PLAYING IN ADULT DIVISIONS

- (a) At no time shall a minor be permitted to play in any division that is designated as an Adult Division. This includes but is not limited to Adult Open, 18 & Over leagues, Adult House Leagues, etc.
- (b) When determining the age, the players age at the date of the game shall be used.
- Example: A player is 17 years old and will turn 18 on July 1st. If the game in question is before July 1st, that player will not be permitted to play until July 1st.
- (c) All players who registers under this rule must register online AFTER their 18th birthday. Any online registration prior to their 18th birthday is considered invalid and will not be accepted at FRHL.
- (d) Captains & coaches are responsible for the enforcement of Rule 704. Any player who is discovered to be a minor and plays an active game will result in the coach and/or captain being suspended for a minimum of one game, and the player in question removed from all leagues until a meeting with FRHL management is held.
- (e) There shall be no management exceptions to Rule 704. All players must be 18 years of age or older at the time of the game.

SECTION 8 – DIVISION SPECIFIC RULES

RULE 801 –DIVISION GOAL LIMITS

- (a) In all pure Iron divisions, a three goal limit shall be imposed on all individual players during all games. Any player who scores three goals during regulation shall be barred and unable to score again in the game in question.
- (b) In all Pure Tin divisions, a two goal limit shall be imposed on all individual players during all games. Any player who scores two goals during regulation shall be barred and unable to score again in the game in question.

NOTE: After regulation ends, all players are exempt from this rule. A player with three goals in regulation can score again during the shootout after the final period, or in overtime.

NOTE 2: A pure division is considered a division that is only Tin, or Iron. If a division is a combined division, the three goal rule shall not apply, unless in a playoff game the division was made strictly Tin or Iron only.

Example: With 8 teams in the Iron/Aluminum division, during the regular season, no three goal limit shall be enforced. However, when playoffs start, if the division is broken up into the top 4 seeded teams into Aluminum, and the bottom four teams seeded into Iron, then the teams seeded in the Iron division shall be held accountable for Rule 801 (a).

- (c) Any player who scores a goal during regulation that would be over the limit allowed will result in the goal being disallowed. At the official's discretion, should that player have been determined that the goal was intentionally shot to score, that player will be penalized with a unsportsmanlike conduct minor penalty.
- (d) After the completion of the game, no game shall be overturned or changed due to a scorekeeper error or officials error based on the total number of goals scored by an individual during the course of regulation.