



OFFICIAL PLAYING RULES

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ONTARIO SLEDGE HOCKEY ASSOCIATION
OFFICIAL PLAYING RULES

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1.0.0.0

GOVERNING RULES

1.0.0.1 OSHA games shall be played under the current Hockey Canada rules, except for the rules herein which shall take precedence over Hockey Canada rules where a conflict exists.

1.0.0.2 Rules shall be clearly labeled with a version number and date of issue.

1.0.0.3 Current OSHA rules shall be defined as the rules published to the OSHA website.

1.0.0.4 The OSHA shall advise representatives from each OSHA club forthwith when an updated version of the rules is published to the OSHA website.

1.0.0.5 In instances where either an interpretation or application of an OSHA rule, or the application of a Hockey Canada rule to the OSHA, is in question, the OSHA president, in consultation with the Rules Committee, shall have the authority to deliver an interpretation or clarification of the rule in question and shall disseminate that interpretation or clarification to representatives from each OSHA club forthwith.

1.0.0.6 Any rule herein can have a variance applied for through the OSHA. All approved variances shall be supplied to the opposing coach and Referee before each game.

2.0.0.0

PLAYER ELIGIBILITY

2.0.0.1 All athletes with any level of physical and mental abilities are eligible to register and play in the OSHA.

2.0.0.2 All players shall be registered with an OSHA member team and shall only register with one OSHA team.

2.0.0.3 Players may practise with another team or teams but shall only play in exhibition, league, tournament, and playoff games with the OSHA team with which they are registered, except as otherwise stated in the rules.

2.0.0.4 A player registered with an OSHA team may join an OSHA team with whom they are not registered for tournament games provided an OSHA Player Release Form is submitted to, and approved by, the OSHA prior to the player playing in the tournament. The player shall return to their original team following the tournament for which they were temporarily released.

2.0.0.5 Players who register with a team after 11:59:59 p.m. on January 15th shall not participate in any league or playoff games remaining in the current season. They may participate in practices, exhibition games, and tournament games.

3.0.0.0

DIVISIONS

3.0.0.1 Teams shall play in one of four divisions: Junior Development, Open, Intermediate, or Elite.

3.0.0.2 The following guidelines govern each division:

	Junior Development	Open	Intermediate	Elite
Age	15 yrs or younger ¹	all ages	all ages	15 yrs and older ¹
Rec/Comp	recreational	recreational	competitive	competitive
Body checking	not permitted	not permitted	permitted	permitted
Pushers	permitted	permitted	permitted (B,C) not permitted (A)	not permitted
Switch ends 2 nd period	no	yes	yes	yes
Skill level	any	Restricted ²	Restricted ²	unrestricted

¹ as of December 31st of the current season

² for players who do not have the skills and/or physical ability to reasonably excel in a higher level

Junior Development:

- only for players who are 15 years old or younger
- recreational
- no body checking permitted
- pushers permitted
- teams do not switch ends for the second period

Open:

- open to all ages
- recreational
- no body checking permitted
- pushers permitted
- for players who do not have the appropriate skills and/or physical ability to reasonably excel in a higher level
- for players who due to medical reasons cannot endure body checking (i.e., repeated concussions)

Intermediate:

- open to all ages
- competitive
- body checking permitted (except players being pushed)
- pushers permitted in Intermediate B,C division
- pushers not permitted in Intermediate A division
- for players who do not have the appropriate skills and/or physical ability to reasonably excel in a higher level

Elite:

- open to ages 15 yrs and older
- competitive
- body checking permitted
- pushers not permitted

3.0.0.3 The OSHA, for competitive reasons and at its discretion, may establish sub-levels within the above divisional structure (e.g. Intermediate A, Intermediate B, Intermediate C).

3.0.0.4 The OSHA, for competitive reasons and at its discretion, may place or reassign teams to a division or sub-level based on the team's player composition and/or overall skill level.

3.1.0.0 Player Placement Within Divisions

3.1.0.1 Where appropriate, players with the skills and physical ability to dominate in their current division shall be moved up to a higher division.

3.1.0.2 If there is disagreement about whether a player should be moved up to a higher division, the Competition Committee shall determine, at its sole discretion, whether that player shall be moved to a higher division that better matches that player's skill level.

3.1.0.3 Players may elect to play in a higher division or sub-level but shall not revert back to a lower division or sub-level after playing three or more games at any higher division or sub-level during the same season. (For clarity, any games played as an unsigned or temporary "call up" to the National team does not count towards the three games at a higher level.)

3.1.1.0 Canadian National Para Hockey Team (National) Players

3.1.1.1 Any player currently signed to the Men's National team shall only play in the Elite division.

4.0.0.0 COMPOSITION OF TEAMS

4.1.0.0 Players

4.1.0.1 Teams may dress any player or Affiliated Player who is registered to their team, unless otherwise stated in the rules, with no maximum.

4.1.0.2 A dressed minimum of either three skaters (i.e., any player other than a goaltender) and a goaltender, or four skaters, is required for a team to participate in a game.

4.1.0.3 A team may opt to play with six skaters if the team does not have a goaltender available or wishes for any reason not to declare a player as a goaltender.

4.1.0.4 A player recorded on the Official Game Report as a team's second goaltender may play as a skater when not playing in net providing they use two regular sticks, regular hockey gloves, a regular CSA-certified hockey helmet, CSA-certified facial protector, and removes any goaltender-specific leg wear.

4.1.1.0 Canadian National Para Hockey Team (National) Players

4.1.1.1 Men's National skaters shall have red tape affixed to the foot end of their sledge frame in a way that is clearly visible to the Referee. For a violation of this rule a Bench Minor penalty for Ineligible Player shall be assessed.

4.1.1.2 A team shall have no more than two National skaters on the ice during play at any one time. For a violation of this rule a Bench Minor penalty for Ineligible Player shall be assessed.

4.1.2.0 Affiliated Players (APs)

4.1.2.1 An Affiliated Player is a player that is registered to a team (home club) that is not able to ice a team in league play (e.g., because of low registration) and loaned from their home club to a receiving team, thereby allowing the player to play and the receiving team to increase its player count.

4.1.2.2 A player shall only be affiliated to one receiving team in a season and is eligible for exhibition, league, tournament, and playoff play with that receiving team. If their team does not attend a tournament, that player shall be allowed to sign on with another team for the tournament

4.1.2.3 A player's home club must approve, in writing, that player being affiliated to the receiving team. The approval is not a release.

4.1.2.4 A player should be affiliated to a receiving team in next closest geographic centre whenever possible and should not cross centres except in cases where the centre(s) being crossed has/have adequate roster size(s) and/or do/does not use and/or require APs, and written notice of such is provided by the middle centre(s) to both the receiving team and home club.

4.1.2.5 The receiving team shall submit a Variance Request to the league for approval and, upon league approval, the player becomes affiliated to the receiving team.

4.1.2.6 Notwithstanding the above, if a receiving team is affiliating all of another team's registered players, no Variance Request is required for those players, but the receiving team shall notify the league in writing of the affiliation.

4.1.2.7 A team may carry a maximum of six APs on its roster unless the receiving team has affiliated all of another team's registered players, in which case no maximum shall apply.

4.1.2.8 Receiving teams shall declare each of their APs to the league, in writing, by October 30 of current season.

4.1.2.9 A receiving team affiliating the majority of a home club's players should affiliate all of that home club's players. (e.g., Team A wishes to affiliate five Team B players. Team B has eight players registered. Team A should affiliate all eight Team B players.)

4.2.0.0 Team Bench Personnel

4.2.0.1 A team may have a maximum of five team personnel on the players' bench during a game. Those team personnel shall each be registered with the team as a head coach, assistant coach, manager, trainer, or equipment manager and be listed on the Official Game Report prior to being on the players' bench.

4.2.0.2 Other than a registered head coach, assistant coach, manager, trainer, or equipment manager who is also a player, team personnel shall not go on the ice or in the on-ice players' bench area during play except to assist or up-right a player. Any team personnel who is not also a player and is on the ice during play and interferes with play or an opponent in any way shall be assessed a Bench Minor penalty for Unsportsmanlike Conduct.

4.2.0.3 Team personnel may go on the ice during stoppages of play for the coaching and/or physical positioning of players.

4.2.0.4 Any team personnel member who goes on the ice to assist or up-right a player shall wear a properly fastened, CSA-certified hockey helmet while on the ice and shall not carry a pushing device or a hockey stick.

4.2.0.5 Spectators are not allowed in the players' bench area during a game.

4.2.0.6 Unless otherwise stated in the rules, for a violation of this rule the team's bench shall receive one warning for the first offence and be assessed a Bench Minor penalty for Unsportsmanlike Conduct for every subsequent violation.

4.2.1.0 Head Coaches

4.2.1.1 All head coaches shall be certified through Hockey Canada's National Coaching Certification Program (or USA Hockey's equivalent for American teams).

4.2.2.0 Trainers

4.2.2.1 Trainers shall be currently certified through a recognized Hockey Canada affiliate's hockey trainers' program (or USA Hockey's equivalent for American teams).

4.2.2.2 A trainer shall be listed as a member of a team's bench personnel on the Official Game Report and shall not be a player or pusher during the game in which they are acting as a trainer.

4.2.2.3 Teams should have a currently certified and designated trainer on the bench for games. In emergency situations, another bench personnel member who is also certified as a trainer may act in both their original role and as a designated trainer.

4.2.2.4 A trainer for one team shall be designated to act as the trainer for the opposing team's players if the trainer for the opposing team is unable to attend the game or must leave their position on the bench. The head coach of the team without a trainer shall advise the opposing team's head coach and trainer and the Referee of the situation before the start of the game or as soon as the departing trainer vacates their position on the bench.

4.2.2.5 If a trainer for one team is designated to act as the trainer for the opposing team, a detailed report shall be made on the back of the Official Game Report clearly stating the responsibilities for those involved and being signed by those involved.

4.2.2.6 If, at any time, no currently certified trainer is part of either team's bench personnel the game shall be immediately suspended and the Referee shall make a detailed report on the back of the Official Game Report.

4.3.0.0 Pushers

4.3.0.1 In divisions specified by the rules, an athlete who could not otherwise move a sledge shall be allowed to play with a pusher. The pusher is allowed to propel the player by pushing the player or the player's sledge either with their hands or with handles designed specifically for pushing a sledge.

4.3.0.2 Pushers shall be listed on the Official Game Report.

4.3.0.3 Unless otherwise stated in the rules, any Minor penalty assessed to a pusher or a player being pushed shall be recorded on the Official Game Report under the player and pusher jointly and both the player and the pusher shall be required to serve the penalty in the penalty bench area.

4.3.1.0 Pushers' Equipment

4.3.1.1 Pushers shall wear hockey skates, a properly fastened, CSA-certified hockey helmet, a properly fastened, CSA-certified full-facial protector, shin pads, elbow pads, hockey gloves, and a matching team sweater or colours with a number. A pusher may choose to wear additional protective equipment.

4.3.1.2 For a violation of this rule the pusher shall receive one warning for the first offence and shall not be allowed to participate in the game until the equipment issue(s) is/are fully corrected. If a second violation occurs, the pusher shall be assessed a Minor penalty for Ineligible Player. For a third and each subsequent violation, the pusher shall be assessed a Minor penalty for Ineligible Player and Misconduct penalty for Unsportsmanlike Conduct.

4.3.1.3 Penalties assessed under the Pushers' Equipment subsection shall only apply to the pusher. If a pusher incurs an equipment penalty, the player being pushed does not have to serve the penalty. If the equipment penalty assessed to the pusher is a time penalty, the pusher must serve their penalty and, in addition, the resulting time penalty must be served by a player on the ice at the time of the infraction.

4.3.2.0 Pusher Limitations

4.3.2.1 A team shall have a maximum of two pushers on the ice during play at any one time unless the team has received a variance from the OSHA Rules Committee and has advised the opposing coach and the Referee of the variance beforehand. (For the purposes of this rule, a pusher leaving the players' bench area to assist or up-right a player or push a goaltender to his players' bench area for substitution is not counted as being on the ice.) For a violation of this rule, the player/pusher shall be assessed a Minor penalty for Ineligible Player.

4.3.2.2 In their defending zone, players/pushers shall not enter an area bounded by the goal line between the goal posts, imaginary lines drawn on each side of the ice from the near goal post to the face-off spot and out to intersect perpendicularly with the blue line, and the blue line between the imaginary perpendicular lines. (See figure # 1) For a violation of this rule the player/pusher shall receive one warning for the first offence and be assessed a Minor penalty for Interference for every subsequent violation.

4.3.2.3 A player/pusher shall not intentionally play the puck or interfere with an opponent while the player/pusher is in the restricted zone (see figure # 1). For a violation of this rule, play shall be stopped when the player/pusher's team next gains control of the puck, the player/pusher shall receive one warning for the first offence and the ensuing face-off shall be conducted in the offending team's zone. The player/pusher shall be assessed a Minor penalty for Interference for every subsequent violation.

4.3.2.4 A player being pushed shall not:

- a) skate as fast as, or faster than, a puck carrier nor overtake any player in control of the puck
- b) skate faster than the average skating speed of all players on the ice (i.e., from both teams)
- c) accelerate faster than the average acceleration rate of all players on the ice
- d) skate backwards

For a violation of this rule the player/pusher shall be assessed a Minor penalty for Interference.

4.3.2.5 While on the ice during play, a pusher shall not:

- a) perform to a skill level higher than that of the player being pushed

- b) skate backwards
- c) pull the player backwards
- d) intentionally stop, propel, or direct the puck
- e) intentionally interfere with an opponent's attempt to play the puck
- f) coach other players
- g) dominate or intimidate other pushers and/or players

For a violation of this rule, the player/pusher shall be assessed a Minor penalty for Interference (a-f) or Unsportsmanlike Conduct (g), as applicable.

4.3.2.6 When an opponent in control of the puck on a breakaway in the neutral or attacking zone is caught or interfered with by a player being pushed, the pushed player's foul (i.e., skate as fast as, or faster than, a puck carrier) is considered to be committed "from behind" and shall be subject to Hockey Canada's rule 7.4(d) Tripping.

5.0.0.0 THE RINK

5.0.0.1 A standard ice hockey rink with standard ice markings and goals shall be used.

5.1.0.0 Players' and Penalty Benches

5.1.0.1 If, in the Home team's opinion, rink facilities are not conducive to players using the existing players' bench area, the Referee shall designate to each team a specified area on the ice, along the boards, between the centre line and the blue lines, as "players' bench areas".

5.1.0.2 If, in the Home team's opinion, the rink facilities are not conducive to players using the existing penalty bench areas, the Referee shall designate to each team a specified area on the ice, along the boards, in front of the penalty box or timekeepers' box, as "penalty box areas".

5.1.0.3 Any substitute player or pusher resting in their team's players' bench area or penalty bench area shall not be considered "on the ice" unless otherwise specified in the rules.

5.2.0.0 Deflector Boards (See Figure #8)

5.2.0.1 If the players' bench areas are on the ice surface, deflector boards shall be used to deflect the puck away from the players' bench area and allow play to continue.

5.2.1.0 Construction

5.2.1.1 The deflector board should be constructed from, at minimum, standard 2" x 4" lumber and its outer dimensions shall be 50.8 cm x 50.8 cm x 71.12 cm (20 in. x 20 in. x 28 in.), while being at least 8.89 cm (3.5 in.) high.

5.2.1.2 The deflector board is held to the ice with three nails/pins that protrude 1.9 cm (0.75 in.) below the bottom of the board into the ice.

5.2.1.3 The long side of the deflector board may be covered with a plastic material that is the same as, or similar to, the material used for the arena boards.

5.2.2.0 Positioning

5.2.2.1 The deflector boards shall be placed at the blue line end of each of the players' bench areas, against the side boards, placed 10.16 cm (4 in.) outside the neutral zone edge of the blue line (i.e. in the neutral zone and not touching the blue line).

5.2.2.2 If a puck is, in the Referee's opinion, about to clear a defensive zone but is prevented from doing so by a deflector board that is out of its proper position and an attacking player or players are in the attacking zone at the time, the play is to be considered a delayed offside as if the puck had actually cleared, and then been deflected back into, the defensive zone.

6.0.0.0 OFFICIALS AND AUTHORITY

6.0.0.1 All on-ice officials (referees and/or linesmen, collectively called Referees) shall be certified through a recognized Hockey Canada affiliate's National Certification Program for Officials (or USA Hockey's equivalent for American teams) and/or the OSHA.

6.0.0.2 A minimum of two Referees are required for all OSHA-sanctioned games.

6.0.0.3 Referees shall record their certification number on the Official Game Report.

6.0.0.4 It is recommended that a three-official system (one referee and two linesman) be used for all playoff, play down, and championship games.

6.0.0.5 Referees have the authority to inspect and/or measure sledges, sticks and other equipment prior to, and during, a game.

7.0.0.0 PLAYERS' EQUIPMENT

7.1.0.0 Team Colours

7.1.0.1 For exhibition, league, tournament, and playoff games, the Home team shall wear white/light coloured jerseys and the Visiting team shall wear dark coloured jerseys.

7.1.0.2 If a team cannot wear its designated colour, that team shall advise their opponent in writing at least 48 hours prior to the scheduled game time. Incidents where a team does not advise its opponent of the team's inability to follow the colour designation shall be reported to the league by the opponent within 24 hours of the conclusion of the game.

7.2.0.0 Sledges

7.2.0.1 Sledge frames shall be constructed of the following approved materials: steel, aluminum, titanium and magnesium. The material shall be cylindrical and be a diameter of 1.52 – 3.05 cm (0.6 - 1.2 in.).

7.2.0.2 The height of the main frame (measured from the ice to the bottom of the frame) shall be 8.5 - 9.52 cm (3.35 – 3.75 in.).

7.2.0.3 Sledges shall have a foot guard/support which shall be made of the same material as the main frame. The foot guard may vary in height (depending on player's foot size) but shall be a minimum of 9.5 cm (3.9 in.) high and may not extend above the player's feet/foot.

7.2.0.4 Sledges shall not have any devices under the sledge, except for runners (i.e., the blades) and anti-tipping devices.

7.2.0.5 Sledges shall not have any objects attached to the sides of the sledge (including a hockey stick).

7.2.0.6 Neither the construction of the sledge nor any attachments to the sledge shall prevent a puck on its edge from being able to roll underneath the sledge, except for where the runner/blades are attached.

7.2.0.7 The sledge may be equipped with a back rest (chair back), but the back rest shall not protrude laterally beyond the armpits of the player when properly seated on the sledge. The back rest may be padded and shall have rounded edges/corners with no hard or sharp obstructions to the sides.

7.2.0.8 No external projection or protuberance in excess of 10 mm (0.4 in.) beyond the seat or back support towards the rear of the sledge shall be allowed.

7.2.0.9 The length of either runner in contact with the ice shall not exceed one third (1/3) of the total length of the sledge.

7.2.0.10 A player's feet, ankles, knees and hips shall be secured to and in the sledge. If a part or parts of a player continues to fall out of the sledge, their feet are on the ice continually, or a part or parts not secured to and in the sledge interfere with play, the player shall receive one warning for the first offence and be assessed a Minor penalty for Delay of Game for every subsequent violation.

7.2.0.11 Unless otherwise stated in the rules, for a violation of this rule the player shall receive one warning for the first offence and be assessed a Minor penalty for Illegal Equipment for every subsequent violation.

7.3.0.0 Sticks

7.3.0.1 A skater may utilize two players' sticks.

7.3.0.2 A goaltender shall use a goaltenders' stick and may, at their discretion, additionally use a players' stick, unless otherwise stated in the rules.

7.3.0.3 All edges on the sticks shall be rounded with 3 mm corners.

7.3.0.4 The handle, shaft and blade of a players' stick and goaltenders' stick shall be made of wood, plastic or aluminium/titanium but shall not have any pockets, projections, netting or other contrivance designed to catch or hold the puck.

7.3.0.5 Unless otherwise stated in the rules, for a violation of any Sticks rule, the player shall be assessed a Minor penalty for Illegal Equipment.

7.3.1.0 Players' Stick

7.3.1.1 A players' stick shall not exceed the maximum length of 100 cm (39.4 in.), to be measured along the centre line of the stick and to include the blade and picks.

7.3.1.2 The blade of the players' stick shall not exceed a height of 7.5 cm (3 in.) or a length of 35 cm (13.8 in.), measured from the toe to the heel.

7.3.1.3 The players' sticks' pick-ends shall:

- a) be made of any strong material including steel;
- b) be fixed to the lower butt end of the stick;
- c) not extend beyond 1 cm (0.4 in.) of the end of the solid portion of the stick;
- d) not exceed the width of the stick;
- e) not be longer than 10.2 cm (4 in.); and,
- f) have at least six teeth per stick.

7.3.1.4 Each tooth on the players' sticks' pick-ends shall not:

- a) have a depth exceeding 4 mm; and,
- b) shall not be conical or come to a sharp needle-like or piercing point.

7.3.2.0 Goaltenders' Stick

7.3.2.1 The goaltenders' stick, including the blade, shall have a maximum length of 100 cm (39.4 in.) to be measured along the centre line of the stick.

7.3.2.2 The blade of the goaltenders' stick shall not exceed a height of 11 cm (4.3 in) and anywhere be less than 7.6 cm (3 in), or a length of 35 cm (13.8 in.) measured from the toe to heel.

7.3.2.3 The goaltenders' stick may have an additional pick at the base of the blade not exceeding the regular pick projection of 1 cm (0.4 in), at right angles to facilitate the goaltender's back and forth movement in the goal (e.g. push or pull).

7.3.3.0 Broken Sticks

7.3.3.1 A skater who breaks their stick has two choices:

- a) retain the pick-end portion of the broken stick and use it solely to immediately propel themselves to their players' bench, or
- b) discard the broken stick.

However, once the player makes that decision, they are committed to that choice and shall not deviate from that choice.

7.3.3.2 If the skater decides to retain their broken stick, they shall immediately proceed directly to their players' bench area without engaging in, or interfering with, play or an opponent until they are substituted for, or obtain a replacement stick from the players' bench.

7.3.3.3 If the skater decides to discard their broken stick, they may continue to play and shall not pick up any part of the broken stick for any purpose.

7.3.3.4 A goaltender may continue to play with a broken stick until the earlier of either the next stoppage of play or they have been legally provided a new stick.

7.3.3.5 For a violation of this rule the player shall be assessed a Minor penalty for Broken Stick.

7.4.0.0 Protective Equipment

7.4.0.1 All players (including goaltenders) shall wear a properly fastened, CSA-certified hockey helmet, a properly fastened, CSA-certified full-facial protector, and a properly fastened, BNQ-approved throat protector. Altering, adding to, or improperly wearing a helmet, facial protector or throat protector nullifies its certification/approval.

7.4.0.2 If a skater becomes aware that their player's helmet, facial protector, and/or throat protector is improperly fastened and/or removed during play, they shall no longer engage in the play and shall immediately either replace and/or properly fasten the item or proceed directly to their players' bench. The player shall not engage in the play until their helmet, facial protector, and throat protector are all once again properly worn and properly fastened. For a violation of this rule, the player shall be assessed a Minor penalty for Illegal Equipment.

7.4.0.3 All players shall wear hockey elbow pads, shin pads, and shoulder pads.

7.4.0.4 All players that are physically able to wear hockey gloves shall wear protective gloves (i.e., hockey, ball hockey, lacrosse protective type).

7.4.0.5 Effective September 2022, where a protective glove(s) is/are physically not appropriate, the hand(s) shall be covered with a puncture resistant and/or padded material.

7.4.0.6 It is recommended that all sledge hockey players, and particularly the goaltender, wear properly fitted, full protective safety equipment as defined in Hockey Canada rules.

7.4.0.7 It is recommended that all players (including goaltenders) that are physically able to wear hockey skate boots, wear the boots as protection for their foot and ankle area. Where a hockey skate boot is physically not appropriate, the foot/feet should be covered with a puncture resistant and/or padded material to reduce the risk of injury.

7.4.0.8 Unless otherwise stated in the rules, for a violation of this rule the player shall receive one warning for the first offence. If a second violation occurs, the player shall be assessed a Minor penalty for Illegal Equipment. For a third and each subsequent violation, the player shall be assessed a Minor penalty for Illegal Equipment and a Misconduct penalty for Unsportsmanlike Conduct.

7.5.0.0 Goaltenders' Equipment

7.5.0.1 The goaltender's blocker glove and/or catching glove shall be allowed to have protuberances or picks not exceeding 4 mm protrude from or affixed to them (to assist in propelling themselves around the ice).

7.5.0.2 If a goaltender uses protuberances and/or picks on their blocker glove and/or catching glove, the goaltender shall not be permitted to use a second (i.e., players') stick.

7.5.0.3 When using two sticks, a goaltender may use one blocker glove and one regular hockey glove for hand protection.

7.5.0.4 The goaltender's pads and all equipment shall be at least 8.5 cm (3.35 in.) off the ice and shall be secured so as not to impede the passage of the puck, rolling on edge, beneath the goaltender's sledge when the goaltender is sitting normally in her/his sledge.

7.5.0.5 Aprons or any other items to be fastened to the sledge that sit or hang closer than 8.5 cm (3.35 in.) to the ice shall not be permitted.

7.5.0.6 Goaltenders must wear a BNQ-approved throat protector and may wear a hanging throat guard (i.e., a hard-plastic device that attaches to the helmet or face mask) in addition to the BNQ-approved throat protector.

7.5.0.7 For a violation of this rule, a goaltender shall receive one warning for the first offence and be assessed a Minor penalty for Illegal Equipment for every subsequent violation.

7.6.0.0 Dangerous Equipment

7.6.0.1 The use of any equipment that, in the opinion of the Referee, is dangerous and/or likely to cause injury is prohibited.

7.6.0.2 Any non-CSA-certified attachment affixed to a helmet (e.g., helmet camera, helmet camera mount) shall be prohibited.

7.6.0.3 For a violation of this rule, the player shall receive one warning for the first offence and shall not be permitted to participate, or continue participating, in the game until the equipment is removed or, in the opinion of the Referee, made to be no longer dangerous. The Referee shall make a detailed report on the back of the Official Game Report detailing the offending player's identity and the dangerous/illegal equipment. If a second violation occurs for similar or the same dangerous equipment, the player shall be assessed a Major penalty for Illegal Equipment and a Game Misconduct penalty for Unsportsmanlike Conduct.

8.0.0.0 SLEDGE-SPECIFIC PENALTIES

8.0.0.1 Unless otherwise stated in the rules, for any violation of this section the offending player or team bench personnel shall be assessed a Minor penalty or, at the Referee's discretion, a Major penalty and Game Misconduct penalty based on the degree of impact, or a Match penalty.

8.0.0.2 Any player or team bench personnel incurring any combination of three Bench Minor, Minor, or Misconduct penalties in a game shall be assessed a Game Ejection penalty in addition to any other penalties. (For the purposes of this rule, both Double Minor penalties and a Minor penalty plus a Misconduct penalty assessed for one infraction shall count as two penalties.)

8.1.0.0 Run Time Penalties

8.1.0.1 A penalty's time shall not start during a stoppage of play while the game clock is in "run time" but shall start upon the following resumption of play.

8.1.0.1 If a penalty time starts while the game clock is in "run time," the length of the penalty shall be:

- Minor, Bench Minor - 3 minutes
- Major, Match – 7 minutes
- Misconduct – 10 minutes

8.1.0.1 The length of any penalty is determined by the status of the clock (i.e., "run time" or "stop time") at the time the penalty starts. A penalty shall not have its length changed after the penalty has started due to the changing status of the clock (i.e., from "run time" to "stop time", or vice versa).

8.1.0.1 A player serving a time penalty that expires during a stoppage of play during "run time" shall neither come out of the penalty box nor be substituted for until play resumes.

8.1.0.1 A player serving a coincidental penalty or Misconduct penalty that expires during a stoppage of play during "run time" shall not come out of the penalty box until the next stoppage of play.

8.2.0.0 Dangerous Use of Stick

8.2.0.1 Any player who intentionally high sticks, cross checks, or spears an opponent or opponent's sledge with the toes of his stick shall be assessed a Major penalty and Game Misconduct penalty, or at the Referee's discretion, a Match penalty, under the applicable rule (i.e., High Sticking, Cross Checking, or Sparring) regardless of the degree of impact or whether an injury results.

8.2.0.2 Any player who carries the butt-end or any other part of their stick above their shoulder height while near an opponent posing, in the Referee's opinion, an unintentional threat to the safety of the opponent, shall be assessed a Minor penalty for High Sticking.

8.2.0.3 Any player who intentionally carries the butt-end of their stick above their shoulder height in a careless manner while near an opponent posing, in the Referee's opinion, an intentional threat to the safety of the opponent shall be assessed, at the Referee's discretion, a Major penalty and Game Misconduct penalty, or a Match penalty, for High Sticking.

8.3.0.0 Dangerous Use of Sledge

8.3.0.1 Any player intentionally turning up the under part of a sledge or turning the sledge blades towards an opponent shall be assessed a Minor penalty for Illegal Equipment or, if in the Referee's discretion the situation is dangerous, a Major penalty and Game Misconduct, or Match penalty.

8.4.0.0 Contact with Goaltender

8.4.0.1 Any player making intentional physical contact with a goaltender who is inside their goaltender's crease shall be assessed a Major penalty and Game Misconduct or, at the Referee's discretion, a Match penalty, for Goaltender Interference.

8.4.0.2 Any player making intentional physical contact with a goaltender who is outside their goaltender's crease shall be assessed a Minor penalty or, at the Referee's discretion, a Major penalty and Game Misconduct penalty, or a Match penalty, for Goaltender Interference.

8.5.0.0 Body Checking

8.5.0.1 Except as otherwise noted in the rules, in divisions where body checking is permitted, body checking shall be allowed provided the body check is delivered to the opponent's side, shoulder, or chest ([See figure #3](#)) with the sledge parallel or at a slight angle ([see figure #2](#)) and delivered with the checking player's upper torso while the checking player's elbows, arms and sticks are all kept tight to their body. For violations of this rule, an offending player shall be assessed a Minor penalty or, at the Referee's discretion, a Major penalty and Game Misconduct penalty, or a Match penalty, under the appropriate rule (e.g., Roughing, Head Contact, T-boning).

8.6.0.0 T-boning

8.6.0.1 Any player intentionally and forcefully running into the side of an opponent's sledge with the player's sledge at a 45°-135° angle to their opponent's sledge shall be assessed a Minor penalty or, at the Referee's discretion, a Major penalty and Game Misconduct penalty, or a Match penalty, for T-boning. (See figure #4.) (Officials are reminded that this can be a defensive and/or offensive penalty.)

8.6.0.2 Any player intentionally and forcefully running head-on into the nose of an opponent's sledge with the nose of their sledge shall be assessed a Minor penalty or, at the Referee's discretion, a Major penalty and Game Misconduct penalty, or a Match penalty, for T-boning. (See figure #4.) (Officials are reminded that this can be a defensive and/or offensive penalty.)

(Note: If a player sledges into the path of an oncoming opponent and, in the Referee's opinion, the opponent does not have the opportunity to avoid a collision, the opponent shall not be assessed a T-boning penalty.)

8.7.0.0 Checking From Behind

8.7.0.1 Any player ramming or checking an opponent from behind, intentionally swinging their sledge into an opponent, or raising the nose of their sledge into an opponent shall be assessed a Minor penalty or, at the Referee's discretion, a Major penalty and Game Misconduct penalty, or a Match penalty, for Checking From Behind. (See figure #5)

8.8.0.0 Illegal Control of the Puck

8.8.0.1 Play shall be stopped when any player:

- a) places their stick's picks into the puck to control, lift, carry, or propel the puck;
- b) cradles or holds the puck with their fingers, hands, or sledge to keep it away from an opponent;
- c) picks up the puck with the blade of their stick to hold, carry or throw the puck; or,
- d) intentionally carries the puck on their body or sled without trying to get the puck back onto the ice surface.

The offending player shall receive one warning for the first offence and be assessed a Minor penalty for Delay of Game for every subsequent violation.

8.8.1.0 Hand Passes

8.8.1.1 Play shall be stopped when a hand pass is received by a teammate unless the puck was in that team's defending zone while the pass was both initiated and received.

8.9.0.0 Goaltender Rules

8.9.1.0 Freezing the Puck

8.9.1.1 The puck shall be considered frozen or unplayable by the Referee if the puck is out of sight or stays under the goaltender's gloves or equipment or under their sledge. If the goaltender has the puck under the sledge and appears to be protecting the puck from the opponent, the Referee shall consider this as the puck being covered and stop the play to protect the goaltender.

8.9.2.0 Laying Down

8.9.2.1 Any goaltender intentionally laying the side of their sledge down on the ice to block a shot prior to the puck being shot or released shall be assessed a Minor penalty for Delay of Game. A goaltender who sprawls sideways to cover an open net in reaction to a lateral pass across their crease is not in violation of this rule. (The spirit of this rule is not to take away the anticipation of the goaltender but to prevent the obvious and intentional act of "spreading" themselves out to cover as much of the net as possible before a shot is released.)

8.10.0.0 Throwing the Stick

8.10.0.1 Any player who deliberately throws a stick, or any part thereof, or any other object, at the puck or puck carrier shall be assessed, at the Referee's discretion, a Major penalty and Game Misconduct penalty, or Match penalty, for Throwing a Stick/Object.

8.10.0.2 If a stick, or any part thereof, or any other object is thrown at the puck or puck carrier in the defending zone, the attacking team shall be awarded a Penalty Shot in addition to a Major penalty or Match penalty being assessed.

8.10.0.3 If a stick, or any part thereof, or any other object is thrown by a defending player at an opponent in control of the puck on a breakaway in the neutral or attacking zone, preventing a shot at the open goal, the attacking team shall be awarded a goal in addition to a Major penalty or Match penalty being assessed.

8.11.0.0 Face-offs

8.11.1.0 Positioning

8.11.1.1 Players taking a face-off shall place the blade of their stick parallel to the goal line and opposite to each other, on their team's side of the face-off spot, with the bottom or heel of each of the blades flat on the ice and entirely clear of the face-off spot where the puck is to be dropped. For a first violation of this rule, the offending player shall be removed from taking the face-off and replaced by any member of their team on the ice. For a second violation by the same team at the same stoppage of play, a Minor penalty for Delay of Game may be assessed.

8.11.2.0 Line Change Procedure

8.11.2.1 Line change procedures shall be in accordance with Hockey Canada rules except, at the Referee's discretion, the Referee may permit each team more than the standard five seconds to complete their change if the skill level of the players requires it.

8.11.2.2 If the Referee permits more than the standard five seconds to complete a line change, each team shall have an equal amount of time to complete their change.

8.12.0.0 Offside

8.12.0.1 For all instances of determining offside, the position of the attacking players' sledges' skate blades, not their feet, is the determining factor at the instant the puck crosses the blue line. ([See figure #6](#)) ([See figure #7](#))

8.12.0.2 To nullify a delayed offside violation, all attacking players shall simultaneously clear the attacking zone by having one or both of their sledge's skate blades touching the attacking blue line or out of the attacking zone. ([See figure #6](#))

8.13.0.0 Puck in Bench Area

8.13.0.1 If the puck enters the players' bench area or penalty bench area, the Referee's judgement on whether to stop play, or not, shall be guided by the principles of player and substitute player safety (e.g., avoiding player contact, reducing the potential for injury) first and foremost and pace of play secondly.

8.13.0.2 When the puck enters the players' bench or penalty bench area:

1/ the puck shall be considered out of play and play stopped by the Referee if:

- a) the puck is deflected or pushed back into the playing surface by a substitute or penalized player in a way that does, in the Referee's opinion, unnaturally disadvantage one team, or
- b) the puck remains in the players' bench or penalty bench area and congregating players make an unsafe situation for substitutes and/or players;

2/ play shall be allowed to continue if:

- a) the puck is immediately deflected or pushed back into the playing surface by a substitute or penalized player in a way that does not, in the Referee's opinion, unnaturally disadvantage one team, or
- b) the puck can be easily and safely collected by a player and quickly played back into the playing surface.

8.13.0.3 If play is stopped, the face-off shall take place at the spot where the face-off would have taken place if the puck had instead gone directly out of play when it first entered into the players' bench or penalty bench area.

8.14.0.0 Goaltender Substitution

8.14.0.1 A goaltender returning to their net after originally being substituted for may be pushed if returning during a stoppage of play but shall only propel themselves (i.e., cannot be pushed) if returning to their net while play is in progress. For a violation of this rule, the goaltender shall be assessed a Minor penalty for Unsportsmanlike Conduct.

9.0.0.0

GAME ADMINISTRATION

9.1.0.0 Weather Delays

9.1.0.1 In cases of potential severe weather, the Visiting team should contact the Home team 48 hours before the scheduled game time and maintain contact as needed until the scheduled game time. In the case that travel advisories or extreme weather warnings are issued by Environment Canada or the Weather Network for the game day and game location or any location between the Visiting team's home location and the game location, either team may notify the other team in advance to cancel the game due to weather conditions.

9.1.0.2 Games that are properly cancelled in advance due to weather conditions may be rescheduled if both teams can mutually agree on a rescheduled date and time. If teams are unable to agree on a rescheduled date and time, the game shall be scored as a weather-related tie game and scored as 1-1.

9.2.0.0 Length of Game

9.2.0.1 Junior Development division games shall be three periods of 12 minutes each, stop time.

9.2.0.2 Open, Intermediate and Elite division games shall be three periods of 15 minutes each, stop time.

9.2.0.3 Notwithstanding the length of the periods otherwise stated above, uncontrollable circumstances (e.g., injuries, power outage, end of ice rental period, etc.) may cause the game to be ended before the whole game time is played and, in such cases, the Referee shall make a detailed report on the back of the Official Game Report.

9.3.0.0 Tie Game Procedure

9.3.0.1 Unless otherwise stated in the rules, games with a tie score at the end of the third period shall be recorded as a tie.

9.3.1.0 Overtime

9.3.1.1 Unless otherwise stated in the rules, games in which a winner must be decided (e.g., league or tournament playoff games) that have a tie score at the end of the third period shall play one five-minute, stop time, sudden-victory overtime period.

9.3.1.2 There shall be no rest period between the third period and the overtime period.

9.3.1.3 Goaltenders shall not switch ends for the overtime period.

9.3.1.4 Overtime shall be played with four players (e.g., three skaters and a goaltender) on the ice per team.

9.3.1.5 Notwithstanding the above, for each time penalty unexpired at the conclusion of the third period and assessed in overtime that causes a team to be numerically shorthanded compared to their opponent, the non-offending team will play with an extra player. When the offending team's time penalty expires and they should be one less player shorthanded, the appropriate penalized player rejoins the play. At the first stoppage following the expiration of the penalty, each team shall remove the number of players required to achieve four players or the appropriate number of players based on the shorthanded status of the opposing team.

9.3.1.6 Notwithstanding the above, if, at the discretion of league officials or, in the absence of league officials, the Referee, available ice time does not permit a five-minute, stop time, overtime period, the game shall proceed directly to the shootout.

9.3.2.0 Shootout

9.3.2.1 Games in which a winner must be decided (e.g., league playoff games) that either have no scoring during the overtime period or it has been decided that available ice time does not permit a five-minute, stop time, overtime period, shall be decided by a shootout.

9.3.2.2 There shall be no rest period between the preceding period and the shootout.

9.3.2.3 Goaltenders shall not switch ends for the shootout and shall not be eligible to be a shooter.

9.3.2.4 In a three-official system, shooters shall proceed consecutively, alternating between teams, and the Visiting team shall shoot first. In a two-official or four-official system, one shooter from each team shall proceed concurrently.

9.3.2.5 Any player serving their own penalty at the end of the period played immediately before the shootout is not eligible to participate in the shootout.

9.3.2.6 Any player that was pushed during the game is eligible to participate in the shootout. The pusher **MUST** travel at the same speed as they did during the game, and **MUST** travel in a straight line from the centre face off dot to the net

9.3.2.7 Hockey Canada rules governing the taking of Penalty Shots shall apply to shooters and goaltenders during the shootout.

9.3.2.8 The first shootout round shall consist of three different shooters from each team and each team shall designate their first three shooters to the Referee prior to the shootout commencing.

9.3.2.9 Notwithstanding the above, if at any point during the first shootout round one team has a shootout goal total that is higher than the opposing team can reach with its remaining first round shooters, the shootout is over and the team with the higher goal total is declared the winner.

9.3.2.10 At the end of the first shootout round, the team with the higher shootout goal total is declared the winner. If the shootout goal total is tied after this shootout round, the next round commences.

9.3.2.11 Each team shall select one player to shoot in the next round. A team can only select each player once each time through its roster (the roster size is determined by the number of eligible skaters

that team with the lesser number of eligible skaters has). (E.g., Team A has 10 eligible skaters and Team Z has 12 eligible skaters. Team A has to use each of its 10 skaters to shoot before selecting a skater to shoot a second time and must have each of its 10 skaters shoot a second time before selecting a skater to shoot a third time, etc. Team Z has to use 10 different skaters to shoot the first time, and may then begin to select skaters to shoot a second time until 20 shooters have gone, and may then begin to select skaters to shoot a third time, etc.)

9.3.2.12 The shooter from each team in that round shoots. If one team scores a goal while the other does not, the team that scored is declared the winner. If both teams score or neither team scores in that round, then the previous step and this step are repeated until a winner is declared.

9.3.2.13 The final shootout score shall be reported by the Referee on the back of the Official Game Report and the team declared the winner in the shootout shall be awarded one goal on the Official Game Report.

9.4.0.0 Penalty Reporting

9.4.0.1 If the Referee assesses a Game Misconduct penalty, Gross Misconduct penalty, Match penalty, any penalties before the game has started, after the game has completed, or for actions while the player is off the ice surface, the Referee shall make a detailed report on the back of the Official Game Report.

9.5.0.0 Suspensions

9.5.0.1 Any player or team bench personnel incurring a Game Misconduct penalty, Gross Misconduct penalty, and/or Match penalty is suspended immediately and remains suspended until the OSHA Rules Committee holds a hearing and releases a further decision.

9.6.0.0 Copies of Official Game Report

9.6.0.1 At the end of the game, a copy of the Official Game Report shall be given to each team. The Home team shall report, in writing, the game's final score and any Major, Gross, Match, and Game Misconduct penalties to the league within 24 hours of the conclusion of the game. The Home team shall submit the original report to the OSHA forthwith.

9.7.0.0 Game Forfeitures

9.7.0.1 A team forfeits a game if they do not appear for a scheduled game, do not dress the minimum number of players required to play, or can no longer ice the minimum number of players required to keep playing (e.g., due to penalties or injury).

9.7.0.2 Notwithstanding the above, the non-forfeiting team may, at its own discretion, agree to reschedule the game and the game shall not be considered a forfeit.

9.7.0.3 Forfeitures shall be reported to the League Committee by the non-forfeiting team forthwith.

9.7.0.4 In all cases, the points from a forfeited game shall be awarded to the non-forfeiting team.

9.7.0.5 When a Visiting team forfeits an exhibition, league, or playoff game and gives notice of the forfeit less than 48 hours before the scheduled game time or does not give notice at all, except in circumstances adjudged by the OSHA to be unforeseen and exceptional, the Visiting team shall pay the Home team an amount equal to the total amount that the Home team customarily pays its referee crew and timekeeper(s). This amount shall be paid by the Visiting team to the Home team regardless of whether the Home team actually paid, or pays, the game officials for the forfeited game, or not.

9.7.0.6 A team's second forfeiture in a season shall result in that team's automatic loss of the ability to host playoff game(s) that season.

9.7.0.7 A team's forfeiture of 50% or more of a team's league games in one season shall result in loss of league play the following season.

10.0.0.0

TOURNAMENT FORMAT

10.0.0.1 Tournament rules shall be determined by the tournament host and submitted following the form and timelines stipulated by the OSHA for the OSHA's approval.

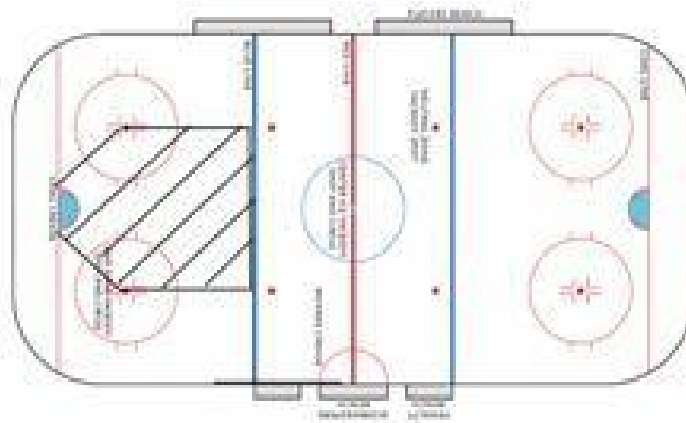
ILLUSTRATION FIGURES

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PUSHER RULE

Figure #1, Rule 3.5

This allows the player to play within her/his defensive area but out of the slot area for safety and to limit interference of play.



THE AREA BLOCKED OUT IN THE DEFENSIVE ZONE IS THE AREA THAT THE PLAYER/PUSHER MAY NOT PLAY WITHIN.

A MINOR PENALTY WILL BE ASSESSED FOR INTERFERENCE IF VIOLATION OF THIS RULE.

SLEDGE/PLAYER CHECK PERMITTED RULE

Figure #2, Rule 11.11



YOU MAY CHECK A PLAYER ON A 45 DEGREE ANGLE OR LESS
PROVIDING THAT ELBOWS/ARMS/STICKS ARE KEPT LOW, IF
NOT, THIS MAY RESULT IN A VIOLATION OF THE RULES.

BODY CHECK PERMITTED RULE

Figure #3, Rule 11.12



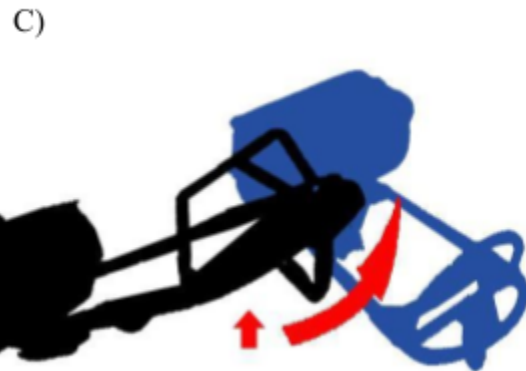
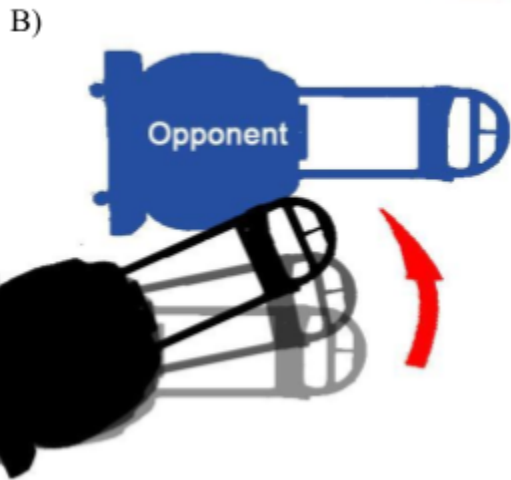
YOU MAY CHECK A PLAYER FROM EITHER SIDE WITH YOUR SLEDGE OR BODY PROVIDING THAT ELBOWS/ARMS/STICKS ARE KEPT LOW. IF NOT, THIS MAY RESULT IN A VIOLATION OF THE RULES.

INTENTIONAL “T-BONING” RULE

Figure #4, Rule 11.13

CHECKING FROM BEHIND RULE

Figure #5, Rule 11.14



NO

- Ramming or checking from behind
- B. Intentionally swinging the sledge
- C. Raising the nose of a sledge into an opponent

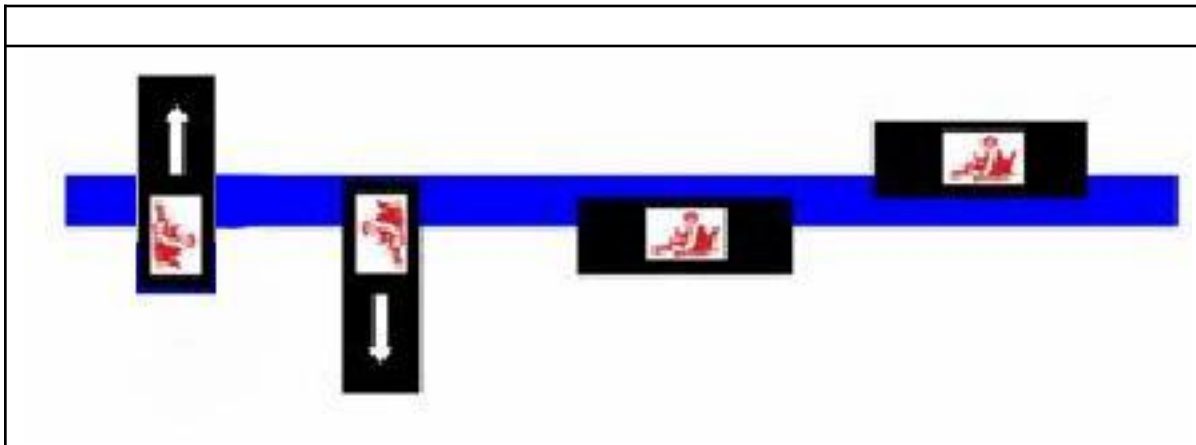
RESULT

Minor penalty

If injury results, a major plus a game ejection plus a game misconduct will be assessed.

DELAYED OFF-SIDE/CLEAR ZONE RULE

Figure #6, Rule 11.28

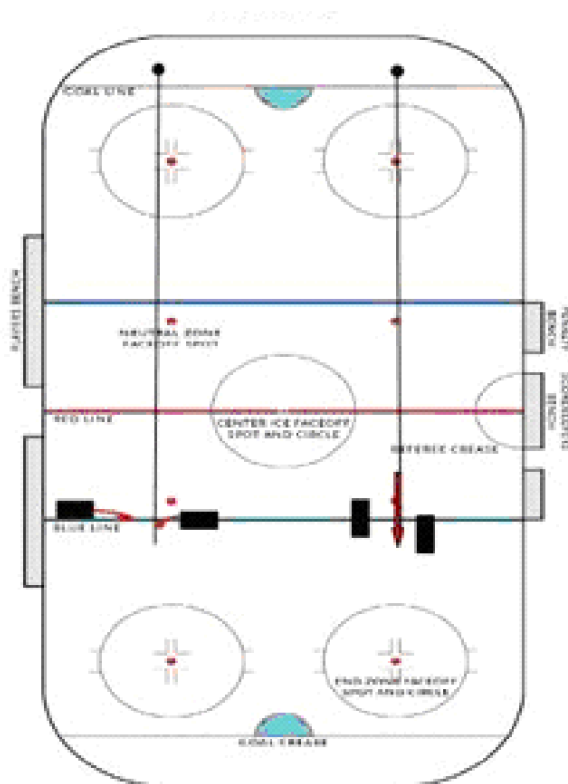


The diagram illustrates the delayed off-side/clear zone rule. It features a horizontal blue line representing the attacking zone boundary. Four player icons are shown in black boxes. The first player is on the left, with an upward-pointing arrow above them, indicating they are moving towards the blue line. The second player is in the middle, with a downward-pointing arrow below them, indicating they are moving away from the blue line. The third and fourth players are on the right, with no arrows, indicating they are already on the attacking side of the blue line.

A player caught in the attacking zone “offside” may place him/herself back “on side” by exiting the zone or by coming in contact with the blue line with one or both skate blades of their sledge. Clearing the zone or tagging up is in effect. If all players clear the zone, play shall continue. The puck must precede all players at all times while entering the attacking zone.

OFF-SIDE PASS AT BLUE LINE RULE

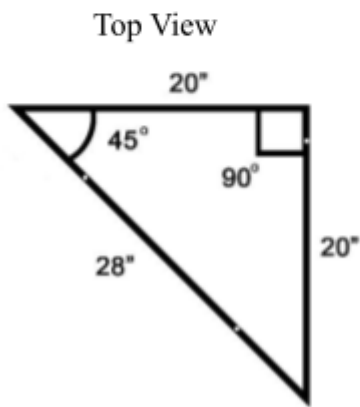
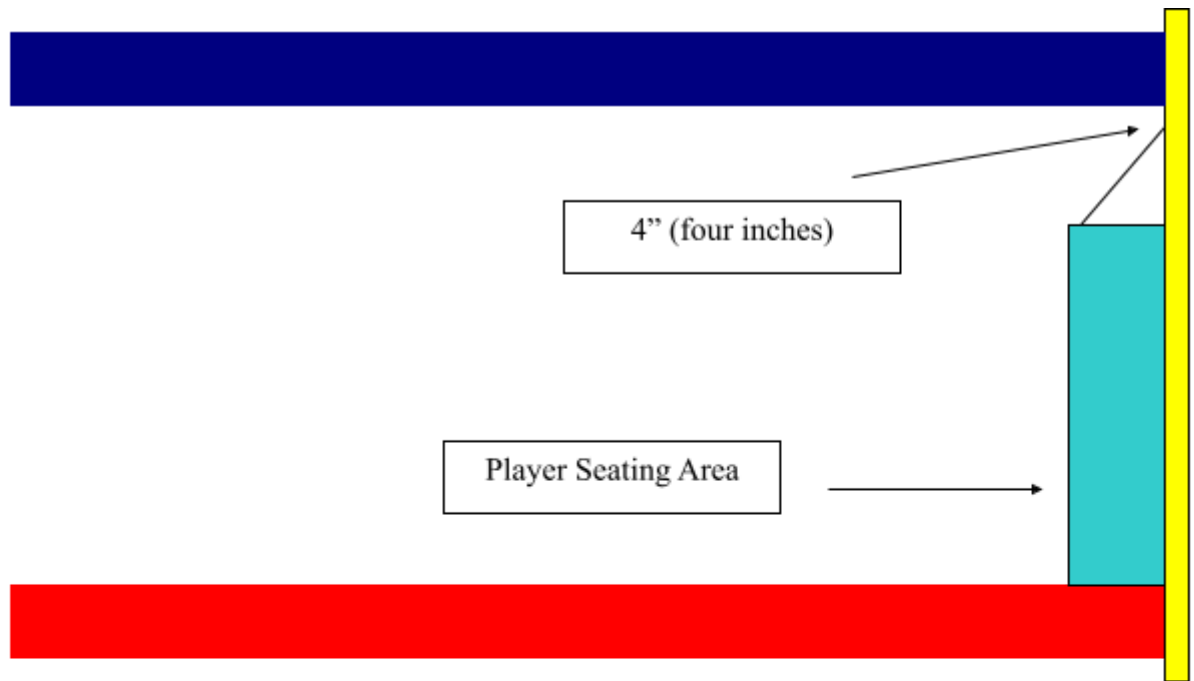
Figure #7, Rule 11.30



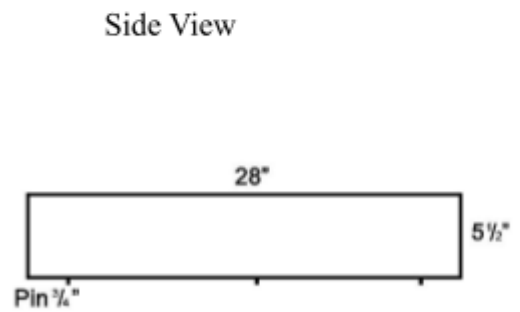
An offside pass shall be called by the front official. The faceoff takes place in the zone off the pass, at the appropriate drop spot. The positioning of the skate blades determine the offside. If either or both skate blades are in contact with the attacking blue line, the play is not offside. The puck must precede the player(s) into the attacking zone. The centre red line is not used for offside passes, only for icing calls.

DEFLECTOR BOARDS AT PLAYERS' BENCH(ES)

Figure # 8, Rule 4.4



Rink Layout



	Age Max	Level	Pushers	Body Checking	Switch Ends	
Junior	15 yrs	recreational	yes	no	no	
Open	n/a	recreational	yes	no	no	
Intermediate - C	n/a	competitive	yes	yes	yes	
Intermediate - A+B	n/a	competitive	no	yes	yes	
Elite	n/a	competitive	no	yes	yes	