

OFFICIAL RULES Of the GREEN BROOK HOCKEY CLUB

Established September 2012
Revised October 2018

User's Guide

The Green Brook Hockey Club rules have been designed to include both administrative and conduct rules.

Typically, administrative rules are those dealing with the setup and preparation of the game of hockey. Length of periods, size of rink, officiating systems and overtime regulations are examples of administrative rules.

Conduct rules pertain to the actual playing of the game. Rules regarding the scoring of goals, prescribed penalties for infractions, improper misconduct and mandatory equipment are examples of conduct rules.

Conduct rules may be changed as required by the Board of Directors. Rule change proposals may be presented to The Board and the current rulebook shall be amended if The Board feels any changes are necessary.

The playing rules contained in this publication are the official playing rules for all Green Brook Hockey Club games.

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PLAYING RULES AT A GLANCE

Age Divisions

LTP

D4

D3

D2

D1

The Green Brook Hockey Club places children in divisions appropriate for the child's skill level, physical maturity, overall maturity, and as needed to achieve balance in the league divisions.

MANDATORY EQUIPMENT

- H.E.C.C. approved helmet designed for hockey.
- H.E.C.C. approved full face shield
- Hockey elbow pads
- Shin and Knee protection
- Athletic cup and supporter for boys
- Gloves designed for hockey

Recommended Equipment

- Internal mouth guard with tether
- Pelvic protector for females
- Chest and shoulder protection
- Padded girdle or pants
- Throat protection for goalkeepers

Major Penalties

Carry an automatic Game Misconduct penalty to the offending player. Possible supplementary discipline to be determined by The Resolution Committee.

Minor Penalties

Teams cannot be reduced to less than 2 players plus 1 goalkeeper. Players and goalkeepers shall receive a Game Misconduct for any 3 infractions.

Game Misconduct Penalties

Player or coach is suspended for the balance of that game as well as a one game suspension for the following game. Possible supplementary discipline to be determined by The Resolution Committee.

Referees

Standard 2-man system using 2 Green Brook Hockey Club officials.

Body-Checking

No intentional body-checking is allowed at any level. This includes intentional use of the hip, shoulder or forearm.

Face-Offs

Take place at designated face-off spots or along an imaginary line connecting the two end zone face-off spots.

Fighting

Fighting will not be tolerated. Fighting carries a Game Misconduct penalty with further supplementary discipline to be determined by The Resolution Committee.

Length of Game

D4, D3, & D2

3 Periods of 13 minutes each.

2 Minute intermissions

Minimum 5 minute warm-up

D1

3 Periods of 15 minutes each.
1 Minute intermissions
Minimum 5 minute warm-up

Games are played with running clock. The game clock shall stop during the last 2 minutes of period 3 when the game is tied or within 2 goals.

Tied Games

D4 & D3

Regular season games shall be recorded as a tie if no winner is determined following regulation.

D2 & D1

3 Player shootout.

5-minute sudden death overtime period during the post season, played 4 on 4 with stop time. 3-player shoot-out follows a postseason game tied after overtime.

Time-out

Each team is permitted one 1-minute time-out per game. The game clock shall stop during a time-out. Time outs may be taken during play providing the team requesting the time out has secured possession and control of the ball in the offensive zone only. For purposes of determining possession and control, a deflection off of the stick or body part of a player shall not be considered as having taken possession or control of the ball. The ensuing face off shall take place at the face off spot nearest to where the ball was last played.

SECTION 1

RULE 102: COMPOSITION OF TEAMS

- (a) A team shall be composed of 4 players on the playing surface, plus a goalkeeper. A maximum of 12 players plus 1 designated goalkeeper shall be permitted on each team roster. No player shall be permitted to be listed on 2 different rosters within the same age division. No team shall be permitted to start a game with fewer than 5 players on the playing surface; however, a team shall be permitted to start with 5 skaters and no goalkeeper.
- (b) If after the conclusion of the warm-up period a team can not place 5 eligible players on the playing surface, there will have a 5 minute grace period which will cost the team their time-out. If after an additional 5 minutes, the offending team still cannot place the required number of players on the playing surface, the game shall be declared a forfeit.
- (c) A team may be permitted to begin a game with 5 skaters and no goalkeeper. No extra time shall be allowed and no penalty assessed to a team which does not have a goalkeeper at the scheduled start of the game. The team must either find a goalkeeper as outlined in the Goalie Substitution section of this rule book or dress a skater to play goal at the start of the second period. If a goalkeeper cannot be found and ready to play at the start of the second period, the game shall be forfeited.

RULE 104: PLAYING LINEUP

- (a) During the designated warm-up period, the Official Game Scorer shall obtain the lineups from both teams, beginning with the visiting team. The coaching staff shall select the players designated to start the game.
- (b) At the start of the game and after each stoppage of play, the visiting team shall promptly place a lineup on the playing surface ready to play and no substitution shall be made from that time until play has resumed. The home team will then make any desired substitution which does not result in the delay of the game.

RULE 105: CHANGING OF PLAYERS

- (a) Players may be changed at any time from the player's bench, provided that the player or players leaving the playing surface are within 5 feet of the player's bench and are out of the play before the change is made. If, in the course of making a substitution, either player intentionally plays the puck while the retiring player is still on the playing surface, a bench minor penalty for "too many men" shall be assessed. If, during the course of making a substitution, either player is accidentally struck with the puck, the play shall continue and no penalty assessed.
- (b) A goalkeeper may be replaced by a 5th skater at any time during play. The goalkeeper must be within 5 feet of the player's bench before the substitute player can enter the playing surface. In the event of an infraction of this rule, no time penalty shall be assessed to the team making the "premature substitution". Instead, play shall be stopped and the face-off shall take place at the nearest end zone spot in the offending team's defensive zone.
- (c) A goalkeeper substitution in which the goalkeeper is replaced in the game by another goalkeeper may only be completed during a stoppage in play. No warm-up time shall be allowed for the substitute goalkeeper.
- (d) A player serving a penalty on the penalty bench who is to be substituted after the penalty expires, must proceed to do so by way of the playing surface. For a violation of this rule, a bench minor penalty shall be assessed.

RULE 106: INJURED PLAYERS

- (a) When a player, other than a goalkeeper is injured or compelled to leave the playing surface during the game, the player may retire from the game and be immediately be replaced by a substitute.
- (b) Any goalkeeper, who is injured or becomes ill during the game, must be ready to resume play immediately or be replaced by a substitute goalkeeper. The substitute goalkeeper shall enter the game without delay and no warm-up period shall be permitted.
- (c) Any penalized player who has been injured may proceed directly to the player's bench without going to the penalty bench. The team must immediately place a substitute player in the penalty bench to serve the entire penalty. The penalized player who has been injured and has been replaced on the penalty bench cannot return to the playing surface until the expiration of the penalty time.
- (d) When a player is injured and cannot proceed directly to the player's bench, the play shall not be stopped until the injured player's team has secured possession of the puck. If the player's team is in possession of the puck at the time of the injury, play shall be stopped immediately unless the team has a scoring opportunity. In the case where it is obvious the player has sustained a serious injury, play shall be stopped immediately.
- (e) Any player, excluding the goalkeeper whose injury appears serious enough to warrant a stoppage of play shall not be allowed to play until the completion of the ensuing face-off.
- (f) If a player or goalkeeper is obviously bleeding, play shall be stopped immediately, and the player shall be ruled off the playing surface. Such player shall not be permitted to return to the playing surface until the bleeding has completely stopped and the cut covered.

SECTION 2: EQUIPMENT

RULE 201: STICKS

- (a) The stick shall be made of wood, carbon composite, graphite, aluminum or rubber composite material and may not have any projections extending from the stick. The hollow end of the stick must be fully covered. Adhesive tape of any color may be wrapped around the stick at any place.
- (b) No stick shall exceed 63 inches in length from the heel to the end of the shaft, not more than 12 ½ inches from the heel to the end of the blade. The blade of the stick shall not be less than 2 inches (measured 2" in from the heel of the stick) nor more than 3 inches in width at any point. The curvature of the blade shall not be restricted.
- (c) The blade of a goalkeepers stick shall not exceed 3 ½ inches in width at any point except the heel which shall not exceed 4 ½ inches. The length of the blade shall not exceed 15 ½ inches in length from the heel to the end of the blade. The paddle of the goalkeepers stick shall not exceed 26 inches in length from the heel and shall not exceed 3 ½ inches in width.
- (d) A minor penalty shall be assessed to a player or goalkeeper who uses a stick not conforming to the provisions of this rule. If a goal is scored with an illegal stick, the proper penalty shall be assessed and the goal allowed.
- (e) A minor penalty shall be assessed to a player or goalkeeper who participates in play while in possession of more than one stick.

RULE 202: SKATES

- (a) All players and referees must wear skates, which are designed for hockey and have a maximum of 5 wheels.
- (b) The use of speed skates, aggressive skates or any skate so designed that it may cause injury is prohibited.

- (c) All axle openings must contain an axle and a wheel for a player to be eligible to participate in the game. Any player who loses a wheel during play must proceed directly to the player's bench or play shall be stopped when the offending team gains possession of the puck. No time penalty shall be assessed.

RULE 203: GOALKEEPERS EQUIPMENT

- (a) With the exception of the skates and stick, all the equipment worn by the goalkeeper must be constructed solely for the purpose of protecting the head and body, and must not include any garment or contrivance which would give the goalkeeper undue assistance in keeping goal.
- (b) The goalkeeper's blocker glove may not exceed 8 inches in width or 16 inches in length at any point. The maximum length of a goalkeepers catching glove shall not exceed 17 inches. The cuff shall not exceed 9 inches in width. Any other pocket or pouch added to the glove is not acceptable and makes the glove illegal. For a violation of this rule, a minor penalty shall be assessed.
- (c) The leg pads of the goalkeeper shall not exceed 12 inches in extreme width when on the leg of the player. For a violation of this rule, a minor penalty shall be assessed.

RULE 204: PROTECTIVE EQUIPMENT

- (a) Each participant is personally responsible to wear the appropriate protective equipment for all games, warm-ups and practices. Recommended equipment for all players is hip pads or padded hockey pants, chest protection, shoulder pads and throat protection. Mandatory equipment for all players shall include HECC approved helmet with helmet strap properly fastened, HECC approved full face mask, elbow pads, gloves designed for hockey and knee and shin protection designed for hockey. Any player who attempts to begin play without any of the mandatory equipment shall be ruled off the playing surface by the referee and not allowed to return until such equipment has been replaced. For a

second violation of this rule the referee shall assess a 10-minute misconduct penalty to the offending player. The offending team shall not play shorthanded during this time. Play shall continue when mandatory equipment becomes accidentally dislodged during play, with the exception of the helmet/facemask.

- (b) Mandatory equipment for referees shall include a hockey helmet with a half shield properly fastened. Skates designed for hockey and a non-lanyard finger whistle.
- (c) If the helmet/facemask of a player or goalkeeper comes off during play, the referee shall stop play immediately. A minor penalty shall be assessed to a player or goalkeeper who intentionally removes the helmet/facemask during play.
- (d) All players on the players and penalty benches must wear the protective helmet/facemask while in the bench area. After a warning, for a violation of this rule a minor penalty shall be assessed.

RULE 205: EQUIPMENT MEASUREMENT

- (a) The referees shall inspect all sticks during the warm up period prior to each game. Any player found to be using a stick which does not conform to regulations shall receive a warning and the stick shall be marked. The offending player must replace the illegal stick for his/her next game.
- (b) If a player is found to be using a marked stick during the next equipment measurement, he/she will not be permitted to play until a replacement has been found. A player using an illegal stick following the initial warning shall receive a 10-minute misconduct for “Second Equipment Violation”
- (c) The referees shall inspect the HECC certification stickers on player and goalkeeper helmets prior to each game. Any player found to be using a helmet with an expired certification shall be required to replace the helmet within the next 2 week period. Each expired helmet shall be marked with a sticker indicating the deadline for replacement.

- (d) Any player found using an expired helmet after the replacement deadline shall be assessed a 10-minute misconduct for “Second Equipment Violation”. That player will not be allowed to participate in any rink activities until a proper helmet is procured.
- (e) A coach may request during a stoppage in play that the referees measure the dimensions of an opposing players stick. If the stick is found to be illegal, the procedures in Rule 205 A & B shall apply.
- (f) Any requested equipment measurement which is not sustained shall result in a bench minor penalty for “Delay of Game” to the team making the request.

SECTION 3: PENALTIES

RULE 301: PENALTIES

- (a) Penalties shall be divided into the following classes.
 - 1. Minor Penalties
 - 2. Bench Minor Penalties
 - 3. Double Minor Penalties
 - 4. Major Penalties
 - 5. Misconduct Penalties
 - 6. Match Penalties
 - 7. Penalty Shot

RULE 302: MINOR PENALTIES

- (a) For a “Minor Penalty” any player, other than a goalkeeper shall be ruled off the playing surface for 2 minutes, during which time no substitute shall be permitted.
- (b) For a “Bench Minor Penalty” any player, other than a goalkeeper shall be ruled off the playing surface for 2 minutes, during which time no substitute shall be permitted. Any player on the roster shall be permitted to

- serve the bench minor as chosen by the coach of the offending team.
- (c) If the opposing team scores a goal while a team is shorthanded by one or more minor or bench minor penalties, the first of such penalties shall automatically terminate.
 - (d) When coincident minor penalties are assessed to players of both teams, the penalized players shall not leave the penalty bench until the first stoppage in play following the expiration of their penalties.
 - (e) Any player that amasses three minor penalties in a game shall receive a 'Game Misconduct'

RULE 303: MAJOR PENALTIES

- (a) For a "Major Penalty" the offending player shall also receive a "Game Misconduct" penalty and the offending team shall be shorthanded for 5 minutes, during which time no substitute shall be permitted.
- (b) When coincident major penalties or coincident penalties of equal duration including a major penalty are assessed to players of both teams, the offending teams shall place substitute players on the penalty bench and such players may not leave the penalty bench until the first stoppage of play following the expiration of their respective penalties.

RULE 304: MISCONDUCT PENALTIES

- (a) A "Misconduct Penalty" involves the removal of a player, other than a goalkeeper, for a period of 10 minutes, but another player is permitted to immediately replace a player so removed. A player whose misconduct penalty has expired must remain in the penalty bench until the first stoppage in play following the expiration of his/her penalty. There shall be no change in on-surface numerical strength while a misconduct penalty is being served.

- (b) A “Game Misconduct” penalty involves the suspension of a player for the duration of the game, as well as a one game suspension for the player’s following game. A substitute is permitted to replace a player so removed.
- (c) A coach who receives a Game Misconduct penalty shall leave the rink area immediately and without protest and shall not in any way attempt to direct or instruct his/her team.

RULE 305: MATCH PENALTIES

- (a) A “Match Penalty” involves the suspension of the player or coach for the duration of the game. The offending team shall immediately place a substitute player on the penalty bench to serve the 5-minute penalty. The player shall also serve any additional minor or major penalties assessed.
- (b) Any player or coach who receives a match penalty shall be immediately suspended from all league activities until the required hearing with the Resolution Committee has been completed and the league has made a final ruling on the matter. If the player or coach involved is a minor, every attempt should be made to include that person’s guardians as part of the process.
- (c) Any player or coach who receives a Match Penalty must be present for a mandatory hearing with the GBHC Resolution Committee. Such hearing must be completed within 7 days of the incident. If the Resolution Committee cannot meet or come to a final decision within 7 days of the incident, the Board shall make the final ruling.
- (d) Following the hearing with the offending party, the Resolution Committee shall determine what supplementary resolution, if any, is necessary.

RULE 306: PENALTY SHOT

- (a) Any infraction of the rules which calls for a Penalty Shot shall be taken as follows. Once the player taking the shot has touched the ball, it must remain in constant motion towards the opponent's goal line and once a shot has been taken the Penalty Shot shall be considered complete. No goal can be scored on a rebound of any kind and once the ball crosses the goal line at any place the shot shall be considered complete. Only a team's designated goalkeeper shall be permitted to defend against a penalty shot. If a team is playing without a goalkeeper and an infraction of the rules which calls for a penalty shot occurs, an automatic goal shall be awarded in lieu of the penalty shot.
- (b) The goalkeeper must remain in the goal crease until the player taking the shot has touched the ball. In the event of a violation of this rule, the referee shall allow the shot to be completed and if the shot fails the referee shall permit the penalty shot to be taken again. The goalkeeper may attempt to stop the shot in any way except by throwing the stick or other piece of equipment at the ball or player taking the shot, in which case an automatic goal shall be awarded.
- (c) When a player who has been awarded a penalty shot is assessed a penalty during or immediately following the play, the referee shall allow the player to take the shot before proceeding to the penalty bench, unless such player has been assessed a Game Misconduct or Match Penalty in which case a substitute player shall be selected to take the shot.
- (d) If, while the shot is being taken any player or coach of the opposing team interferes with or distracts the player taking the shot in any way, an automatic goal shall be awarded.

RULE 307: GOALKEEPER PENALTIES

- (a) A Goalkeeper shall not be sent to the penalty bench for an infraction which incurs a minor or misconduct penalty. Instead the penalty shall be served by a player selected by the offending teams coach who was on the playing surface at the time the penalty was assessed.
- (b) When a goalkeeper is assessed a Game Misconduct penalty, he shall be replaced by another player or substitute goalkeeper who shall be allowed full use of goalkeepers equipment. The substitute player shall take the position without delay and warm up time.
- (c) A minor penalty shall be assessed to a goalkeeper who participates in play in any manner while across the center red line.

RULE 308: GOALKEEPER INTERFERENCE

- (a) This rule is based on the premise that an attacking player's position, whether inside or outside the crease, should not, by itself, determine whether a goal should be allowed or disallowed. In other words, goals scored while attacking players are standing in the crease may, in appropriate circumstances be allowed. Goals should be disallowed only if: (1) an attacking player, either by his positioning or by contact, impairs the goalkeeper's ability to move freely within his crease or defend his goal; or (2) an attacking player initiates contact with a goalkeeper, inside or outside of his goal crease.
- (b) A minor penalty or a major plus a game misconduct penalty shall be assessed to a player who body checks or charges a goalkeeper while the goalkeeper is within the goal crease or privileged area.
- (c) If an attacking player initiates contact with a goalkeeper, while the goalkeeper is within the goal crease, and a goal is scored, the goal shall be disallowed.
- (d) If a goalkeeper, in the act of establishing his position within the goal crease, initiates contact with an attacking

- player who is in the goal crease, and this results in an impairment of the goalkeeper's ability to defend his goal, and a goal is scored, the goal shall be disallowed.
- (e) A goalkeeper is not "fair game" just because he is outside the goal crease. The appropriate penalty shall be assessed in every case where an attacking player makes unnecessary contact with the goalkeeper.

RULE 309: DELAYED PENALTIES

- (a) If a third player of any team is penalized while two players of the same team are serving penalties, the penalty time of the third player shall not commence until the penalty time of one of the two players already penalized has already elapsed. Nevertheless, the third player penalized must immediately proceed to the penalty bench and may be replaced by a substitute until such time as the penalty time of the penalized player shall commence.
- (b) When any team shall have three players serving penalties at the same time and because of the delayed penalty rule a substitute for the third offender is in the playing surface, none of the three players on the penalty bench may return to the playing surface until play has been stopped. When the play has been stopped, the player(s) whose full penalty has expired may return to the playing surface.
- (c) In the case of delayed penalties, the penalized players whose penalties have expired shall only be allowed to return to the playing surface when there is a stoppage of play. When the penalties of two players of the same team shall expire at the same time, the Captain or coach of that team shall designate to the Referee which player shall return to the playing surface first and the Referee shall instruct the penalty timekeeper accordingly.

RULE 310: CALLING OF PENALTIES

- (a) Should an infraction of the rules be committed by a player of the team in possession of the puck, the referee shall immediately stop play and assess the penalty(s) to the offending player(s).
- (b) Should an infraction of the rules which call for a minor, bench minor, major or match penalty, as committed by a player of a team not in possession of the puck, the referee shall signify the calling of a delayed penalty by raising the arm and, on completion of the play by the team in possession, shall immediately stop play and assess the penalty to the offending player. "Completion of the play by the team in possession" in this rule means that the puck must have come into the possession and control of an opposing player or has been "frozen". This does not mean a rebound off the goalkeeper, the goal or the boards or any accidental contact with the body or equipment of an opposing player.
- (c) The ensuing face-off shall take place at the end-zone face-off spot in the zone of the offending team.
- (d) If the penalty to be assessed is a minor penalty, and a goal is scored on the play by the non-offending team, the minor penalty shall not be assessed, but all other major or match penalties shall be assessed in the normal manner regardless of whether or not a goal is scored.
- (e) If, after the referee has signaled a penalty, but before play has been stopped, the puck enters the goal of the non-offending team as the direct result of the action of a player of that team, the goal shall be allowed and the penalty signaled shall be assessed in the normal manner.
- (f) If the referee signals an additional minor penalty against a team that is already short-handed because of one or more minor or bench minor penalties, and a goal is scored but the non-offending team before the whistle is blown, the goal shall be allowed, the delayed penalty shall be assessed and the first minor penalty being served which caused the team to become shorthanded shall terminate automatically.
- (g) Should the same offending player commit other fouls on the same play, either before or after the referee has

stopped play, the offending player shall serve such penalties consecutively.

SECTION 4: PLAYING RULES

RULE 401: ABUSIVE CONDUCT

- (a) Any player who challenges or disputes the ruling of a referee, attempts to incite an opponent or create a disturbance during the game shall be assessed a minor penalty for unsportsmanlike conduct. If a player persists in such conduct, a misconduct penalty shall be assessed and any further persistence by the same player shall result in a Game Misconduct penalty. In the case of a coach, a minor penalty shall be first assessed and if such conduct continues a game misconduct shall be assessed.
- (b) Any player who shoots the ball after the whistle shall be assessed a minor penalty for unsportsmanlike conduct, if in the opinion of the referee the player had sufficient time to refrain from taking the shot.
- (c) If a player does any of the following, the team shall be assessed a bench minor penalty.
 - 1. In the vicinity of the player's bench, uses profane, abusive or obscene language to any person.
 - 2. Throws anything onto the playing surface from the players or penalty bench.
 - 3. Interferes with any game official (non-physical) in the performance of their duties.
- (d) If any player does any of the following a misconduct penalty shall be assessed.
 - 1. Uses profane, obscene or abusive language to any person before, during or after the game.

2. During a stoppage of play intentionally shoots the ball out of reach of the referee who is retrieving it.
 3. After being penalized does not proceed directly to the penalty bench after a warning to do so.
 4. Intentionally bangs the boards, playing surface, board fencing, or goal with a stick at any time.
- (e) If any player does any of the following a Game Misconduct shall be assessed.
1. Physically or verbally threatens abuse to a game official, team official or player.
 2. Touches or holds any game official with the hand or stick.
 3. Persists in any course of conduct for which the player has already been assessed a misconduct penalty for.
- (f) If any player does any of the following a match penalty shall be assessed.
1. Uses obscene gestures or racial/sexual slurs anywhere in the rink before, after or during the game.
 2. Deliberately inflicts or attempts to inflict physical harm to any game official.
 3. Spitting or biting another player, game official or team official.

RULE 402: ATTEMPT TO INJURE

- (a) A match penalty shall be assessed to any player who intentionally attempts to injure another player, coach or referee. A substitute player must proceed to the penalty bench to serve the 5-minute penalty and the circumstances must be reported to the Resolution Committee to be reviewed for possible supplementary resolution.

RULE 403: BODY CHECKING & BOARDING

- (a) A minor penalty or major penalty at the discretion of the referee shall be assessed to any player who intentionally body checks an opponent, with or without the puck.
- (b) A minor penalty or major penalty at the discretion of the referee based on the violence of the impact with the boards shall be assessed to any player who fouls an opponent in such a manner which causes the player to be thrown violently into the boards. It is to be left to the opinion of the referee if such contact was initiated due to a player's inability to stop, in which case no penalty is assessed. "Rolling" an opponent along the boards when the player is attempting to skate through an opening, which is too small, is not boarding.
- (c) When a player is injured as a result of boarding, the referee has no alternative but to assess a major penalty plus game misconduct.

RULE 404: BROKEN STICK

- (a) A player or goalkeeper whose stick is broken may participate in play providing the stick is dropped immediately. A minor penalty for "playing with a broken stick" shall be assessed for a violation of this rule.
- (b) A goal, which is scored with a broken stick, shall be disallowed and the proper penalty assessed to the offending player.

RULE 405: CHARGING & CHECKING FROM BEHIND

- (a) A minor penalty or major penalty at the discretion of the referee shall be assessed to a player who runs, jumps into or charges an opponent. If more than 2 strides are

taken or the offending player leaves his/her feet the hit shall be considered charging.

- (b) A minor penalty or major penalty at the discretion of the referee shall be assessed to a player who body checks an opponent from behind.
- (c) A major penalty shall be assessed to a player who body checks an opponent from behind into the boards or goal frame.
- (d) When a player injures an opponent as a result of charging or a check from behind, the referee shall have no alternative but to assess a major plus game misconduct.

RULE 406: CROSS CHECKING & BUTT ENDING

- (a) A minor penalty or major penalty shall be assessed to a player who cross-checks an opponent.
- (b) A major penalty plus game misconduct shall be assessed to a player who butt ends an opponent.
- (c) A major penalty plus game misconduct shall be assessed to a player who attempts to butt end an opponent but makes no contact.
- (d) When a player is injured as a result of cross checking the referee shall have no alternative but to assess a major plus game misconduct.
- (e) A penalty for butt ending may also be classified under match penalties for “Attempt to Injure”

RULE 407: DELIBERATE INJURY TO OPPONENTS & HEAD BUTTING

- (a) A match penalty shall be assessed to a player who deliberately injures an opponent, team official or game official.
- (b) A match penalty shall be assessed to a player who intentionally head butts an opponent.
- (c) Supplementary resolution will be at the discretion of the Disciplinary Committee.

RULE 408: DELAY OF GAME

- (a) A minor penalty shall be assessed to a player or goalkeeper who intentionally displaces the goal from its proper position during play. Play shall be stopped immediately when the goal has been displaced. If a player or goalkeeper intentionally displaces the goal during a breakaway, a penalty shot shall be awarded.
- (b) A bench minor penalty may be assessed to a coach who after a warning from the referee fails to properly place the required number of players on the surface for the purpose of intentionally delaying the game.
- (c) A minor penalty shall be assessed to a player who intentionally pins the ball against the boards or goal frame thus not allowing opposing players a chance to play the ball.

RULE 409: ELBOWING & KNEEING

- (a) A minor penalty or major penalty shall be assessed to a player who uses the elbow or knee in such a manner as to foul an opponent in any way.
- (b) If a player is injured as a result of elbowing or kneeing, the referee shall assess a major plus game misconduct penalty to the offending player.

RULE 410: FACE OFFS

- (a) Face offs shall be conducted on designated face off spots only. The referee shall blow the whistle prior to each face off signaling to the players that the face off will commence in 5 seconds. After 5 seconds, the ball will be dropped regardless if both teams are ready for the face off.

- (b) During the course of a face off no player may make physical contact with the opposing center unless it is in the course of playing the puck.
- (c) A player who ties up the opposing center with no intention of playing the puck shall be penalized for interference.
- (d) When a stoppage of play occurs between the end zone face off spots and the near end of the rink, the ensuing face off shall take place at the end zone on the side where the stoppage occurred.
- (e) The referee may eject one or both centers from the face off if in his opinion proper procedures have not been followed.
- (f) When an infraction of the rules has been committed, the ensuing face off shall take place at the nearest end zone face off spot in the offending teams defensive zone.

RULE 411: FALLING ON PUCK

- (a) A minor penalty shall be assessed to any player, other than a goalkeeper who deliberately falls on or gathers the ball into the body or holds the ball against any part of the boards or goal. Any player who drops to block a shot shall not be penalized if the ball becomes lodged under the body or in the clothing of the player.
- (b) A minor penalty shall be assessed to a goalkeeper who falls on or gathers the ball into the body, when the body is entirely outside the boundaries of the privileged area or when the body is entirely behind the goal line.
- (c) No defending player, other than the goalkeeper is permitted to fall on or cover the ball within the goal crease. For a violation of this rule, play shall be immediately stopped and a penalty shot awarded to the non-offending team. In the case where the goalkeeper has been removed from the playing surface, a goal shall be awarded.

RULE 412: FIGHTING

- (a) A major plus game misconduct penalty shall be assessed to any player who is involved in a fight, on or off the playing surface, before, during or after the game.
- (b) A minor or double minor penalty shall be assessed to a player who in self-defense reacts with a punch or attempted punch. A major plus game misconduct may be assessed at the discretion of the referee.
- (c) Any player who receives a major penalty for fighting shall be automatically suspended for his/her teams next scheduled game with possible further supplementary resolution to be determined by the Resolution Committee.
- (d) A game misconduct shall be assessed to a player or goalkeeper who is the first to intervene in a fight which is already in progress. The referee shall use discretion to determine if the player acted in good faith to attempt to break up the altercation, in which case a minor or misconduct shall be assessed.
- (e) A game misconduct penalty shall be assessed to any player or coach who leaves the players or penalty bench to provoke or antagonize the altercation already in progress.

RULE 413: GOALS

- (a) If the ball is directed into the goal by an attacking player using a distinct kicking motion, the goal shall be immediately disallowed and the ensuing face off shall take place at the high zone spot in the offending team's defensive zone.
- (b) If the ball is deflected into the goal by an attacking player, the goal shall be allowed. The goal shall not be allowed if it was directed into the goal deliberately by any part of the body other than the stick.
- (c) Any goal scored by deflection when the stick is higher than the level of the crossbar shall be disallowed.

RULE 414: HANDLING BALL WITH HANDS

- (a) If a player other than a goalkeeper closes the hand on the ball, a minor penalty for “Delay of Game” shall be assessed. Play shall be stopped and a face off shall follow. If, however, the puck is dropped immediately, no penalty shall be assessed and play shall be allowed to continue.
- (b) Players shall be permitted to “bat” the ball out of the air, or push it along the playing surface with the hand, and play shall not be stopped unless the ball has been directed to a teammate while in the offensive zone in which case play shall be stopped and the ensuing face off will take place at the nearest high zone face off spot. No territorial advantage can be gained from a team batting the ball with the hand.
- (c) A goal scored as the result of the ball being directed by a player’s hand directly or deflected off another player or goalkeeper shall be disallowed.

RULE 415: HIGH STICKS

- (a) The carrying of the stick above the normal height of the shoulders is prohibited and the referee shall assess a minor penalty to a player who strikes an opponent with a stick so carried.
- (b) A major plus game misconduct shall be assessed to a player who injures an opponent with a high stick.
- (c) Batting the ball above the normal height of the shoulders is prohibited and when it occurs play shall be stopped and the ensuing face off shall take place at the end zone spot of the offending team’s defensive zone.

RULE 416: HOLDING

- (a) A minor penalty shall be assessed to a player who holds an opponent with the hands, stick, and feet or in any other way.
- (b) A major penalty shall be assessed to a player who grabs and holds the facemask of an opposing player.

RULE 417: HOOKING

- (a) A minor penalty shall be assessed to a player who impedes the progress of an opponent by hooking with the stick.
- (b) When a player is injured as a result of hooking, the referee shall have no alternative but to assess a major penalty plus game misconduct.

RULE 418: HITS TO THE HEAD

- (a) A hit resulting in contact with an opponent's head where the head is targeted and the principal point of contact is not permitted. For a violation of this rule a major penalty plus game misconduct shall be assessed. This rule shall include all contact with an opponent's head via the shoulder, elbow, forearm or other part of the body.
- (b) The referee has discretion in a case where one player is significantly shorter than the other to call only a minor penalty if the referee feels the head was not targeted.
- (c) All violations of this rule shall be penalized as "Illegal Head Contact" and must be reviewed by the Resolution Committee.

RULE 419: INTERFERENCE

- (a) A minor penalty shall be assessed to a player who interferes with or impedes the progress of an opponent who is not in possession of the puck, deliberately knocks a stick out of an opponents hand, prevents a player who has lost a stick or other piece of equipment from retrieving it or shoots a stick or other object at an opponent.

- (b) A minor penalty shall be assessed to a player who interferes with or impedes the progress of a goalkeeper anywhere on the rink.
- (c) An unsportsmanlike conduct minor penalty will be assessed to a situation when an offensive player positions himself facing the opposing goaltender and engages in actions such as waving his arms or stick in front of the goaltender's face, for the purpose of improperly interfering with and/or distracting the goaltender as opposed to positioning himself to try to make a play.
- (d) The attention of referees is directed particularly to three types of offensive interference which shall be penalized:
 - When the defending team secures possession of the puck in its own zone and the other members of the same team run interference for the puck carrier by forming a protective screen against fore checkers.
 - When a player facing off obstructs an opponent after the face off when the opponent is not in possession of the puck.
 - When the puck carrier makes a drop pass and follows through so as to make body contact with an opposing player.

RULE 420: KICKING

- (a) A major penalty plus game misconduct shall be assessed to a player who intentionally kicks an opponent, or attempts to kick an opponent but misses.
- (b) In the discretion of the referee, a minor penalty may be assessed if the referee feels the player was attempting to free the ball and the contact was accidental.
- (c) This rule may also be covered under “Attempt to Injure”

RULE 421: BALL OUT OF BOUNDS

- (a) When the ball goes outside the playing area the game clock shall be stopped and the ensuing face off shall take place at the nearest spot to where the ball was last played.
- (b) If the ball comes to rest in a stick hole along the top of the boards it shall be considered out of play and the ensuing face off shall take place at the spot nearest to where the ball was last played.
- (c) Any ball striking the netting, support beams or roofing structure at the timekeeper's table is out of play and play shall stop. The ensuing face off shall take place at the nearest high zone face off spot.

RULE 422: SLASHING

- (a) A minor or major penalty at the discretion of the referee shall be assessed to a player who slashes or attempts to slash an opponent with the stick.
- (b) When a player is injured as a result of slashing, the referee shall have no alternative but to assess a major plus game misconduct.
- (c) Any player who swings a stick at another player shall be assessed a match penalty regardless if contact was made.
- (d) A minor penalty shall be assessed to a player who makes stick contact with the opposing goalkeeper after he has caught or covered the ball, regardless of whether or not play has been stopped.

RULE 423: SPEARING

- (a) A major plus game misconduct shall be assessed to any player who spears an opponent.
- (b) Spearing may also be treated as a match penalty under "Attempt to Injure"

RULE 424: THROWING STICK

- (a) When any player throws a stick at the ball while in the defending zone, the referee shall award a penalty shot to

the non-offending team. If the goalkeeper has been removed from the playing surface, a goal shall be awarded in lieu of the penalty shot.

- (b) A game misconduct shall be assessed to a player who throws a stick or part thereof outside the playing area.
- (c) A major penalty plus game misconduct shall be assessed to a player who intentionally throws a stick, or part of a stick at or in the immediate direction of an opponent.

RULE 425: TIED GAMES

- (a) A game which is tied after regulation during the postseason shall be decided with a 5 minute overtime period. Overtime shall be played 4 on 4 with stop time throughout. If the game remains tied, a 3 player shootout shall determine the winner. If more than 3 shooters are needed, the shootout shall move to sudden death format.

SHOOTOUT PROCEDURES

3 Player Shootout

All regular season D2 & D1 that are tied after the completion of a regular 3 period game shall be decided by a three player shootout.

All postseason games which are tied following regulation and overtime will be decided with a 3-player shootout.

Following overtime, the coaches must promptly inform the Official Scorer of their shooting order and such order must not be changed. The home team will select to shoot or defend on the first shot. If no winner has been determined after 3 shooters, the shootout shall move to sudden death format. If there are an unequal amount of players between the 2 teams, the team with the greater number of players has the **OPTION** to restart their shooting order before the entire team has shot. In sudden death format, the team shooting last has the chance to shoot in the bottom of the inning to tie the score in which case the sudden

death shootout shall continue. If the team fails to score, the game shall end.

RULE 426: TIEBREAKING PROCEDURES

- (a) If 2 or more teams are tied in points, the following criteria shall be used to break the tie, in order.
 - 1. Most total wins among the tied teams
 - 2. Head to Head record
 - 3. Fewest goals against
 - 4. Most goals for

RULE 427: TRIPPING

- (a) A minor penalty shall be assessed to a player who places the stick, arm, leg or any other piece of equipment or body part so that it causes an opponent to trip and fall.
- (b) If in the opinion of referee the player is unquestionably poke checking the ball and strikes it PRIOR to tripping the opposing player, no penalty shall be called.
- (c) A player who intentionally slides on the playing surface into the feet of an opponent shall be assessed a minor penalty.

RULE 428: ROUGHING

- (a) At the discretion of the referee a minor or double minor penalty may be assessed to a player who uses unnecessary roughness against an opponent.

- (b) The referee shall have discretion to determine whether the contact was incidental or due to a player's inability to stop.

RULE 429: WATER BREAKS

- (a) In the event of extreme warm weather, the referees may allow the game to be halted for water breaks. Water breaks shall only occur during a stoppage in play on days when league officials have determined the heat may cause an unsafe playing environment.
- (b) Water breaks shall be taken at the nearest stoppage in play to the halfway mark of each period.
- (c) Water breaks shall only be decided upon by the game referees and league officials. Coaches cannot request water breaks for the use of "additional" time-outs.

RULE 430: WEATHER DELAYS AND POSTPONEMENTS

- (a) A game that is suspended by the Referee, typically due to weather, before the end of the second period, shall not be considered official and shall be replayed in its entirety at a later date. A regular season game that is suspended by the Referee, after the completion of two periods, shall be declared official and the score posted as final. In the event that a playoff game is tied after two periods, the game shall be replayed at a later date in its entirety.
- (b) The referee shall immediately stop play if lightning is spotted or thunder is heard in the area. The game shall not continue until 15 minutes after the last lightning strike. If the game cannot be continued rule 430(a) shall apply.
- (c) The referee shall immediately stop play when rain/snow or other moisture has made for an unsafe playing environment. The game may be delayed for up to 30 minutes while league officials attempt to dry the playing surface. If the game cannot be resumed within 30 minutes rule 430(a) shall apply.

RULE 431: TIME CONSTRAINTS AND CURFEW

(a) All games must comply with the time restrictions set by the Township of Green Brook. The game shall be immediately suspended at the first stoppage in play after the permitted time and rule 430(a) shall apply in determining the outcome of the game.

GENERAL SUBSTITUTION POLICY

All requests to use substitute players or goalkeepers must be made prior to the game to be played and approved by the opposing team's coaching staff. The opposing team has the right to deny any unreasonable substitution. Additionally, any member of the Board of Directors may deny any requested substitution if he/she feels the substitution would create an un-fair playing advantage.

PLAYER SUBSTITUTION POLICY

The use of a substitute player shall be permitted subject to the following terms:

- A team can add up to a maximum of two substitute skaters to bring the maximum number of skaters to six plus a goaltender.
- The substitute player must be registered with the GBHC for that season and cannot be from a division higher than the one in which the game is being played. In addition, he/she may not be from a division younger than one division lower.
- The Team Official from the team proposing the substitution is required to notify the Team Official of the opposing team prior to the start of the game. The Team Official of the opposing team must be agreeable to the substitution. Any League Official will have the authority to deny any such substitution if he/she deems the substitution unfair. An

Executive Committee Member's decision will supersede any Director's decision in this matter.

- The substitution policy shall be effective for both the regular season and playoff games.

GOALKEEPER SUBSTITUTIONS

The use of a substitute goaltender shall be permitted subject to the following terms:

- The substitute goaltender must be registered with the GBHC for that season and cannot be from a division higher than the one in which the game is being played. In addition, he/she may not be from a division younger than one division lower.
- The Team Official from the team proposing the substitution is required to notify the Team Official of the opposing team prior to the start of the game. The Team Official of the opposing team must be agreeable to the substitution.
- If there is no agreement, the team that does not have its designated goaltender must use one of its skaters as a goaltender for that game. Any League Official will have the authority to deny any such substitution if he/she deems the substitution unfair. An Executive Committee Member's decision will supersede any Director's decision in this matter.
- The substitution policy shall be effective for both the regular season and playoff games.
- If the team's regular goaltender arrives late, the substitute goalkeeper must leave the game at the next stoppage in play. No warm up time is permitted.

SUMMARY OF FACE-OFF LOCATIONS

CENTER FACE-OFF SPOT

- Start of Game
- Start of each period and overtime
- Following a goal
- Error by the referee

HIGH ZONE FACE-OFF SPOT

- Puck out of play (nearest to last play)
- Puck frozen (nearest to last play)
- Disallowed goal
- Following an injury time-out (nearest to last play)
- Following a time-out (nearest to last play)
- Puck played with a hand pass

END ZONE FACE-OFF SPOT

- Puck frozen by goalkeeper
- Following an unsuccessful penalty shot
- Following a penalty
- Puck played with a high stick

League Information

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