

# ***PLAINVILLE INDOOR SPORTS ARENA***



# ***RULE BOOK***

11/27/2017

## TABLE OF CONTENTS

<b>PAGE 3</b>	<b>BODY CONTACT NON-CHECK DEFINITION</b>
<b>PAGE 3</b>	<b>BOARDING/CHECK/CHARGE</b>
<b>PAGE 4</b>	<b>BROKEN STICK</b>
<b>PAGE 4</b>	<b>CROSS CHECK</b>
<b>PAGE 4&amp;5</b>	<b>DELAY OF GAME</b>
<b>PAGE 5</b>	<b>ELBOWING</b>
<b>PAGE 6</b>	<b>EQUIPMENT</b>
<b>PAGE 6</b>	<b>HAND PASS OR HANDLING BALL WITH HANDS</b>
<b>PAGE 7</b>	<b>HEAD-BUTTING</b>
<b>PAGE 7</b>	<b>HIGH STICK</b>
<b>PAGE 8</b>	<b>HOLDING</b>
<b>PAGE 8</b>	<b>HOOKING</b>
<b>PAGE 9</b>	<b>ICING (Deck Hockey Only)</b>
<b>PAGE 9&amp;10</b>	<b>INTERFERENCE</b>
<b>PAGE 10</b>	<b>KICKING</b>
<b>PAGE 10</b>	<b>OFF-SIDES (Deck Hockey Only)</b>
<b>PAGE 11</b>	<b>INTENTIONAL OFF-SIDES</b>
<b>PAGE 11</b>	<b>ROUGHING</b>
<b>PAGE 12</b>	<b>SLASHING</b>
<b>PAGE 12</b>	<b>SPEARING/BUTT ENDING</b>
<b>PAGE 12</b>	<b>THROWING STICK/OBJECT</b>
<b>PAGE 13</b>	<b>TRIPPING</b>
<b>PAGE 13</b>	<b>UNSPORTSMANLIKE CONDUCT</b>

# **PISA IS A BODY CONTACT & NON-CHECK LEAGUE**

An illegal body check is defined as when a player makes a deliberate physical contact with the opponent using overt hip, shoulder, arm or torso action. This includes physically impeding the opponent's progress for the purpose of physically forcing the opponent off the ball and with no effort to legally play the ball.

## **BOARDING /CHECK/CHARGE:**

### Minor Penalty

A minor penalty will be assessed to player who skates/runs/jumps into an opposing player with the intent to make contact thus delivering a check or charge

- A.) A minor penalty **WILL NOT** be assessed to a player(s) if in the judgement of the referee contact is simultaneous and without intent for contact

### Major Penalty

A major penalty, game misconduct, and immediate ejection will result should a check be delivered with intent to injure

## **Play in front of the goal:**

As a sub-category of the checking/charging /cross checking penalties play in front of the goal deserves its own consideration to define allowable play in front of the net.

It is allowable to defend the front of the net to keep a team from scoring. Play in front of the net can get physical and this is acceptable until a point where it begins to exhibit the elements of the charging, checking, cross-checking, or interference penalties.

- A.) A player is allowed to use reasonable physical force in front of the net to steer an opponent away from advantageous scoring opportunities providing they use solid positioning and good judgement and **not thrusting/aggressive abrupt contact**
  - a. A player must establish their position in front of the net prior to trying to move a player away from the net – skating/running/crashing into an opponent is considered a charge/check
  - b. Once a player has established position they can use their size/strength to move an opponent out of the net by “walk” a player away from the net using their body
    - i. Extreme or elaborate movements motions will make a player subject to penalty – play must remain fluid and natural
    - ii. Using the stick to create movement is acceptable providing the motion of the stick is not in a cross-checking fashion and is simply an effort to gain leverage – all high sticking rules and slashing rules still apply
    - iii. **Using hips or buttocks to establish position is allowable unless the motion is thrusting/aggressive thus causing abrupt contact and can easily escalate to inappropriate action.**

## **BROKEN STICK**

A minor penalty will be assessed to any player who participates in play using a broken stick. If the player wishes to continue to be involved in the play they must drop the stick prior to participating in the play.

- A.) A broken stick is one that in the assessment of the referee is unsafe for play due to a crack, gouge, or other impairment to the stick that makes it dangerous to use
- B.) A player must drop their stick prior to using a replacement stick but if it can be done safely may bring the broken stick to the bench to keep it out of the playing area
- C.) No player may ever play with two sticks and a delay of penalty will result to any player attempting to do so
- D.) A player can receive a replacement stick from either the bench or a teammate may give up their stick and the stick must be handed over and may not be thrown or pushed across the playing surface to a teammate
- E.) A goalie who breaks their stick may retrieve a replacement stick from the bench or may have a teammate bring a stick to the goalie during play providing the player does not attempt to use the stick during the transition. A delay of game penalty will result to any player who does so.

## **CROSS CHECK:**

### Minor Penalty

A minor penalty will be assessed to any player who has both hands on their stick and uses it in an abrupt and/or thrusting motion to either deliver a check or gain separation from an opponent

### Major Penalty

A major penalty will be assessed to a player who intends to injure another player by delivering a cross-check.

## **DELAY OF GAME:**

A minor penalty will be assessed to any player who causes a delay of the game through the following:

- A.) Intentionally shooting the ball out of the rink – NO WARNING
- B.) Stepping on the ball for a prolonged period of time (accidental stepping on the ball will not be penalized unless the player then uses the opportunity to continue to press down on the ball)
- C.) Freezing the ball against the boards or any part of the net using any part of their stick or body
- D.) Refusing to start play when directed by the referee
- E.) Any player who loses a piece of equipment while in possession of the ball and does not adhere to the referee warning to retrieve the equipment
- F.) Any player who catches the ball and intentionally throws the ball instead of placing the ball in front of them to continue play
  - a. If a player catches the ball they need to put the ball to the surface in one smooth motion that does not detract from the natural flow of the play
  - b. Spinning with the ball is permitted as long as it is one smooth motion and does not constitute throwing the ball.....CONTINUED

## **DELAY OF GAME: continued**

- G.) Goalie covering the ball outside of the acceptable zone for covering
  - c. The goalie is permitted to cover the ball behind the net as long as one foot is in the crease
  - d. The goalie can cover the ball from the crease to the face-off circle in a rectangular fashion and as long as the ball is in front of the goal line
  - e. Goalie is permitted to freeze the ball on the side of the goal or net assuming they are adhering to all other coverage rules
- G.) Goalie throwing the ball forward to a teammate – goalie will be given one warning per game
  - a. The goalie is permitted to throw the ball to the side of the crease in an area from an imaginary line from the corner of the crease to the face off dot in each zone
- H.) Goalie intentionally plays the ball either at or beyond the center line of the rink
- I.) Goalie intentionally drops their stick to cover the ball with their blocker hand – goalie will be given one warning

A Delay of game penalty will **NOT** be called in the following circumstances:

- A.) Two players simultaneously freeze the ball against the boards – a last played face-off will result
- B.) If the goalie shoots the ball out of the rink in an effort to play the ball
  - a. If it is deemed intentional then a delay of game penalty will be assessed

The following rules apply to a ball that ends up on either the back of the goal or the top of the goal:

- A.) If the ball lands on the back of the net and is not clearly played off of the net for a 3 second period of time regardless if the ball comes off the net and immediately goes back onto the net
  - a. A face-off will result and will be determined by who last played the ball onto the net
- B.) If the ball lands and settles on the top of the net play will be stopped immediately
  - a. A face-off will result and will be determined by who last played the ball onto the net – the goalie will not have been considered to cover the ball and automatic deep face off if they place their glove over the ball – last played will still apply

## **ELBOWING:**

A minor penalty will be assessed to any player who deliberately uses their elbow to make contact with an opposing player.

A major penalty and a game misconduct will be assessed to any player who uses an elbow with an intent to injure an opposing player.