

PLAINVILLE INDOOR SPORTS ARENA



RULE BOOK

PHASE 1&2 – EFF. FEB 12 2018

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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.

PENALTIES:

		<u>Roller Hockey</u>	<u>Deck Hockey</u>
- MINOR	=	1-1/2 minutes	1 minute
- DOUBLE MINOR	=	3 minutes	2 minutes
- MAJOR	=	3-1/2 minutes	2-1/2 minutes
MISCONDUCT	=	5 minutes	5 minutes
GAME MISCONDUCT	=	Out of the Game	Out of the Game

- **Numerical Strength** for roller hockey, changed by penalties during the course of a game, a team cannot play with any less than two skaters and a goalie. For Deck hockey the minimum amount of players is 3 players and a goalie. If a team cannot field the correct amount of players in these situations caused by too many penalties the game is over.

Coincidental Penalties at the same stoppage:

For both roller and deck hockey, coincidental penalties at the same stoppage will not affect man power strength on the deck. The rule of thumb here is if the penalties for both teams evened out, then the man power strength on the rink is not affected. Examples:

- # 4 Blue and #7 Red receive matching minors at the same stoppage. Both players will serve their penalty time and wait for a whistle to stop play before returning to the game. Penalty times are not put on the scoreboard.
- #4 Blue receives 2 penalties while #2 Red and #5 Red receive one penalty each all at the same stoppage. All players will serve their penalty time and wait for a whistle to stop play before returning to the game.

For both roller and deck, if penalties at the same stoppage do not even out, the team receiving a power play must be granted that power play immediately. Example: #4 Blue receives 2 minor penalties and #7 Red receives one minor penalty at the same stoppage. The players will take their place in the penalty box, but the Blue team will have to put any non-penalized player into the box to serve the additional minor penalty assessed to #4 Blue. Play will resume with the Red team receiving a power play. Exception: Teams will never be forced to put a non-penalized player in the box that forces any team to go below numerical strength as per rule #14 above.

Non-coincidental Major Penalties:

Should a player receive a non-coincidental major penalty and a game misconduct, the penalized team has the option not to put a player into the penalty box immediately. However, the team cannot return to full strength at the completion of the major penalty unless a player is in the penalty box and eligible to return to play. If there is no player in the penalty box at the expiration of the major penalty, the team must play a man down until the next stoppage of play. (If this were to happen in a deck hockey game, at the conclusion of the penalty the team is treated as if they are at full strength even though they may technically be a man down. Icing would be in effect for a team in this situation.)

PISA Penalty Disqualification Rule: Any player receiving 4 minor penalties, or 1 major or misconduct penalty and 2 minor penalties in the same game, will be immediately ejected and disqualified from that game and will receive an additional one game suspension to be served at the next game. If a player incurs three multiple penalty game suspensions in one session, they will be disqualified from play for the remainder of the season with no refund.

All Penalties Signaled Will Be Assessed: If a delayed call is being signaled against #4 Blue and a goal is scored by the opposing team, #4 Blue will be assessed the penalty on the score sheet but no time will be served. This penalty will count towards the PISA Penalty Disqualification Rule. The same will be done for any infraction that results in a penalty shot. The penalty will take place and the offending player will have a penalty recorded against them on the score sheet.

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.....CONTINUED

DELAY OF GAME: continued

G). Goalie covering the ball outside of the acceptable zone for covering

- a. The goalie is permitted to cover the ball behind the net as long as one foot is in the crease
- b. 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
- c. Goalie is permitted to freeze the ball on the side of the goal or net assuming they are adhering to all other coverage rules

F.) 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

G.) Goalie intentionally plays the ball either at or beyond the center line of the rink

H.) 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.

EQUIPMENT: All required equipment is listed in our house rules. If incorrect or missing equipment, player must leave game and cannot return until corrected.

Loss of Equipment: (during a game) if any player loses a piece of equipment (INCLUDING SNEAKERS/SKATES) and his team has possession of the ball there will be an immediate whistle (unless player in process of retrieving lost equipment) with no penalty assessed. All required equipment listed in our house rules are for safety purposes and must be worn at all times.

GOALIE HOUSE RULE: Circle/Crease The goaltenders crease is defined by the semi-circle area including all outline of red tiles directly in front of the goal and includes all the space up to the height of the crossbar. No player shall be allowed inside of the goalie's crease unless the ball precedes the player(s) into the crease. However, if there is no goalie in the crease then the crease rule does not apply.

- a) Goalies can cover the ball behind the goal line but must be touching the goal crease in some way. Also the goalie can cover the ball up to the 1st face off dots. If the goalie covers the ball beyond this point a delay of game penalty will be assessed.
- b) Goalies cannot throw the ball forward, only to the side. 1st time is a warning, 2nd time will be a delay of game penalty. However, a goalie can shove or push the ball forward as long as he does not pick it up or grasp it. It is illegal for a goalie to drop his stick. If in the opinion of the officials that a goalie stick is dropped on purpose (i.e. to cover or stop the ball), the goalie will receive a warning. If the stick is dropped again a second time, a delay of game minor penalty will be assessed.

HAND PASS OR HANDLING THE BALL WITH HANDS:

A hand pass infraction will be called when a player uses their hand to pass or direct the ball. The hand pass may be waved off when:

- The player who committed the hand pass is the next one to possess the ball
- The opposing team possesses the ball

A hand pass infraction will result in a face off at the offending team's off-side face off location. If the hand pass is initiated deeper in the defensive zone than the off-side face off location, thus gaining ground, then the face-off will occur in the offending team's end zone.

- A.) Hand passes that begin and conclude all in the defensive zone are permitted
- B.) If a player catches a ball and intentionally throws to another portion of the rink will be assessed a delay of game penalty (see delay of game)
 - 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 **AND THE PLAYER CANNOT GAIN ANY TERRITORIAL ADVANTAGE.**
- C.) If in the judgement of the referee a ball deflects off a player's hand and there was no intention of playing the ball with their hand and no intent to deflect the ball in a certain direction then no hand pass shall be called
- D.) Any hand pass directly on net will result in an immediate whistle and an off-side face-off will result.
- E.) An opposing team has no obligation to play a ball that is played with a hand pass
- F.) A minor penalty for delay of game shall be assessed to any player, other than a goalie, who picks the ball up from the rink with their hand(s) while play is in progress.

HEAD-BUTTING:

Major Penalty Only – A player will be assessed a major penalty and a game misconduct for deliberately head-butting an opponent or attempting to head butt an opponent in any manner.

HIGH STICK:

Minor Penalty

A minor penalty will be assessed to a player when any part of the stick is above the shoulder and makes stick contact with an opposing player above their shoulder.

- A.) A high stick penalty will be assessed regardless of whether a player is in the act of shooting/passing and hits an opposing player above the shoulders with either a backswing or a follow through
- B.) A high stick penalty will be assessed if a player hits an opposing player regardless of the height of the other player
- C.) A high stick penalty **WILL NOT** be assessed if the player is in a position that they are lower to the ground and not in a regular upright/standing position **UNLESS** the act was deemed intentional and at which point a slashing call may be called and the offending player may be subjected to a major if deemed as an egregious act

Major Penalty

A major penalty will be assessed to a player when any part of the stick is above the shoulder and makes contact with an opposing player above their shoulder or even if contact is not made but the act is deemed intentional, threatening, or intimidating. A major penalty of this nature will be accompanied with a game misconduct and result in immediate ejection from the game.

DRAWING BLOOD: If a player draws blood of an opposing player due to a high stick but it is unintentional, non-threatening, or non-intimidating then the player will be assessed a major penalty but will not result in an automatic game misconduct

Non-Penalty High Stick Rules

- A.) When the ball is played with any portion of the stick being above the shoulder the opposing team must **POSSESS** the ball prior to the offending player or a teammate from the offending team playing the ball or a play will be stopped and a face off deep in the offending team's zone will result
- B.) Any ball that goes directly on the opposing team's net will be an immediate stoppage and a face off deep in the offending team's zone will result (this includes a ball that is played with a high stick and deflects off a defender and goes on net as possession will not have occurred)
- C.) Any goal scored when the ball is played with any portion of the stick above the **SHOULDER** will be disallowed and a face off deep in the offending team's zone will result
- D.) When a ball is played with any portion of the stick being above the shoulder and leaves the playing surface of the rink the high stick rule will prevail and a face off deep in the offending team's zone will result