



RULES AND PENALTIES

Minor Penalty

A minor penalty is the least severe type of infraction. It results in the loss of a player for two-minutes, during which time the player must leave the ice and sit in a penalty box. During a minor hockey penalty, the other team has the advantage with an extra player on the ice. If the other team scores before the penalty is over, the player is released from the penalty box early. In some cases, an official may decide a minor penalty is worth more than two minutes, but is still not severe enough to warrant a major penalty. This will often be the case if a player was injured as a result of the penalty – in these cases a double-minor, or four-minute penalty can be issued.

List of Minor Penalties: Boarding, Charging, Contact to the Head, Cross-Checking, Delay of Game, Elbowing, Slashing, Roughing, High-Sticking, Kneeing, Holding, Holding the Stick, Interference, Hooking, Unsportsmanlike Conduct and Tripping

Major Penalty

A major penalty is a severe infraction that warrants a stiffer five-minute penalty. During major ice hockey penalties, the offending player must sit in the penalty box the entire five minutes, no matter how many times the opposing team scores.

List of Major Penalties: Butt-Ending, Checking from Behind, Fighting, Fight Instigator, Holding/Grasping the Facemask, Pushing-off of Opponent with Skate, Leaving the Bench During an Altercation, Spearing and Any minor penalty that has been deemed deliberate with an intent to injure an opposing player

Misconduct Penalties

A misconduct penalty results in a player being forced to sit in the penalty box for 10 minutes. These are penalties that are more severe than a major penalty, but still don't warrant an ejection from the game. When a misconduct penalty occurs, the offending player must sit in the box for 10 minutes while one of his or her teammates serves the appropriate number of minutes for the initial infraction. Depending on league rules, the 10-minute timer on the misconduct penalty might not start until the two, four or five-minute penalty for the initial infraction has expired and the second player is released from the box.

Match Penalties

A match penalty is any infraction that results in the ejection of a player from the game. This is one of the stiffest penalties in hockey. The player must leave the ice while one of his or her teammates serves the time given for the penalty.

Delayed Penalty

Most penalties are not called immediately after they occur. An official will raise his or her arm to indicate that a penalty has occurred, but will delay the stoppage of play until the offending team touches the puck.

Penalty Shot

In some cases, the officials may call for a penalty shot rather than call a minor penalty. These are most commonly called when a skater with the puck has a clear breakaway path to the goal, but progress is impeded when an opponent stops him or her with contact that's against the rules of the game. Depending on league rules, there may be other situations where a penalty shot is called, such as intentionally dislodging the net to prevent a goal.

If a hockey penalty shot is called, the puck carrier gets the opportunity to start at centre ice and have one chance to skate in and score with no other players involved except the opposing goalkeeper.

Types of Hockey Penalties

There are many different types of hockey penalties, and several different hockey referee signals to indicate exactly what a player has done to deserve his or her time in the penalty box. Some penalties carry the option of being either a two-minute minor or five-minute major depending on any perceived intent to injure. There may also be league- and age-specific guidelines that make certain penalties more severe.

Definitions of penalty's

Boarding is any illegal action that causes a player to be thrown into the boards. Length of Penalty: Two or five minutes

Charging is called when a player takes several strides to speed up when checking an opponent. Length of Penalty: Two or five minutes

Cross-checking occurs when a player has both hands on the stick and uses it to deliver a check when no part of the stick is on the ice. Length of Penalty: Two or five minutes

Elbowing is the forceful use of the elbow to foul an opponent. Length of Penalty: Two or five minutes

High-sticking is contact with another player with a raised stick. Length of Penalty: Two minutes

Holding is exactly what you think it is; holding or grabbing a player to restrict their ability to play. Length of Penalty: Two minutes

Hooking is the use of the stick to slow another player down. Length of Penalty: Two minutes

Interference is the use of contact to stop or slow down a player who's not in possession of the puck. Length of Penalty: Two minutes

A **Misconduct** penalty is any action deemed worthy of an extended penalty. Some examples include using abusive language, challenging an official's ruling, or intentionally disrupting the game. Length of Penalty: 10 minutes

Roughing is any contact that's unnecessary such as pushing and shoving or aggressive contact after a whistle. Length of Penalty: Two minutes

Slashing is just what it sounds like – swinging a stick in a forceful motion and hitting another player. Length of Penalty: Two or five minutes

Spearing happens when a player stabs his or her opponent with the stick. Length of Penalty: Five minutes

Tripping is the use of a stick or leg to trip an opponent. Length of Penalty: Two minutes

The **washout** signal from a referee is not a penalty call, but a sign that icing has been waved off or players are no longer offside.



Offside Rule

Offsides in hockey is when both of a player's hockey skates completely cross the attacking-zone blue line before the puck completely crosses that same blue line. This means that if a player attacking the offensive zone keeps one of his hockey skates on, or behind, the blue line, the play continues.

Furthermore, the position of the players' hockey skates is the determining factor of whether a player is offside or not, meaning the position of the players' hockey stick has no bearing on the play. This is why you will see players often drag their back skate, or completely stop, when their team is carrying the puck into the offensive zone.

Players are allowed to skate into the offensive zones whenever they want, so long as they do not touch the puck while still inside the zone, whether receiving a pass or collecting a puck clearance. A puck clearance is when a player from the attacking team dumps the puck into the offensive zone in order to get new players onto the ice.

If offside is called by the referee, the play stops, and a faceoff will take place in the neutral zone on the side that the infraction occurred.

Icing

Icing is a tactic whereby a player on his own side of the red line dumps the puck to the end of the ice from behind the centre ice red line. If the puck crosses the opposing goal line untouched, and is then retrieved by an opposing player, icing is called. Considered a delaying tactic, it results in a stoppage in play and a face-off in the offending team's defensive zone. The purpose of the icing rule is to encourage continuous action.

When the conditions of "icing the puck" have occurred, the referee will blow his whistle and raise his non-whistle hand over his head. Play stops and a face-off is held in the defensive zone of the team that iced the puck. The back official will then move to the face-off spot and give the icing signal.

Exceptions to the Icing rule

One exception to the icing rule occurs when a team is shorthanded. During power play situations, the shorthanded team is allowed to dump the puck without an icing penalty being called. Icing can also be waved off if the referee determines that an opposing player could have touched the puck before it crossed the goal line. In the NHL and AHL, a player on the opposing team other than the goaltender must touch the puck to cause the stoppage of play. If the puck is first touched by the goaltender or a player on the team that iced the puck, icing is waved off (cancelled) and play continues.