

Official League Rules



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*This rule book is based on the Official Rules of USA Inline Hockey, however it is not an exact duplicate.
In the event a situation occurs that is not covered by the Dry Ice Official League Rules Handbook, Dry Ice will concede to USA Inline Hockey's protocol for that situation.*

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THE BUILDING / RINK

1.1 Rink Dimensions

- (a) Dry Ice is a 180' x 80' facility designed for Inline Hockey.
- (b) The rink is surrounded by permanent boards which extend 44" above the playing surface with a 7" yellow kick plate at the bottom. It is enclosed with safety glass 36" in height above the boards. There is also safety netting that extends from the top of the safety glass to the ceiling of the facility.

1.2 Goal Posts and Nets

- (a) The goal frame is made of metal. The goal posts are 6' apart from the inside of the posts and the crossbar extends vertically 4' above the playing surface. The goal posts and crossbar shall be painted red and all other exterior surfaces shall be painted white. Netting is attached to the goal frame that is strong enough to withstand any shot by a puck.
- (b) A red line 2" wide known as the "GOAL LINE" extends completely across the rink.
- (c) The goal shall be centered on the goal line and remain stationary during the process of the game.
- (d) Play shall be stopped immediately when the goal post has been displaced from its normal position, unless in the Referee's opinion, the goal post can be replaced without effecting play, in which case play shall be allowed to continue. If at any time it becomes apparent that replacing the goal post would affect play or a potential goal is imminent, play shall then be stopped immediately.

1.3 Goal Crease and Goalkeeper's Privileged Area

- (a) In front of each goal, a "GOAL CREASE" shall be marked by a square of red tiles that extend approximately 1' beyond each goal post on the goal line and vertically approximately 5' to the bottom of the crossbar.
- (b) The goalkeeper's "PRIVILEGED AREA" is an area bounded in the rear by the goal line, in front by an imaginary line connecting the end zone face-off spots and on the sides by imaginary lines extending perpendicular from the end board to the end zone face-off spots.

1.4 Division of Playing Surface

- (a) The playing surface is divided into two halves by a "CENTER RED LINE" extending completely across the rink and continuing vertically up the side boards.

- (b) The half of the playing surface in which the goal is situated is called the “DEFENDING ZONE” of the team defending that goal. The half of the playing surface furthest from the defending goal is known as the “ATTACKING ZONE.”

1.5 Center Face-Off Spot and Circle

- (a) One face-off spot is at the exact center of the rink. With this spot as a center, a 15-foot radius circle is marked with a red line, 2-inches wide.

1.6 High/End Zone Face-Off Spots and Circles

- (a) Two red face-off spots are marked on the surface 19-feet from the center red line in both the attacking and Defending Zone called the “HIGH ZONE FACE-OFF SPOTS.”
- (b) Two red face-off spots are marked on the surface 20-feet from the goal line in both the attacking and Defending Zone called the “END ZONE FACE-OFF SPOTS.”
- (c) With the End Zone face-off spots at the center, 15-foot radius circles are marked with a red line, 2-inches wide.
- (d) There is a 37-foot distance between the End Zone face-off spots and between the High Zone face-off spots in the same zone.

1.7 Player Benches

- (a) There are benches for the use of each team along the Northern wall of the building. Player benches have accommodations for at least 10 people and are immediately alongside the playing surface near the center of the rink.
- (b) All doors opening to the playing surface swing away from the playing surface.
- (c) Only players in uniform and Team Officials (up to a maximum of two) are permitted to occupy the bench area.
- (d) Players who are injured and cannot participate in the game are permitted on the bench. If the injured player is under 18 years of age, they must wear a helmet and facemask.
- (e) During the game (including warm-ups), Coaches, Managers, and Trainers are restricted to the length of the player benches.

1.8 Penalty Bench

- (a) A penalty bench is used for the seating of a penalized player. There is one penalty bench for each team directly next to the players’ bench. The penalty bench and players’ bench are separated by a latched door.

- (b) When a penalized player is released from the penalty bench at the expiration of the penalty, the player must enter the playing surface before returning to the player bench. Players may not go through or over the latched door separating the players' and penalty benches. If the penalized player enters the players' bench directly from the penalty bench at the expiration of the penalty, the team will first be issued a warning. Thereafter, a bench minor penalty will be assessed.

TEAMS

2.1 Composition of Team

- (a) A team shall be composed of four players and a goalkeeper on the playing surface. A maximum of 15 players and two goalkeepers are permitted on any one team roster. No player, except goalkeepers, shall be permitted to be listed on two different team rosters in the same league, in the same age division.
- (b) No team shall be allowed to start a game with less than 3 players and a goalkeeper on the playing surface. However, a team is permitted to start a game with 5 players and no goalkeeper.
- (c) If after the conclusion of any warm-up time, a team cannot place the correct number of players on the surface to start the game, the game will be declared a forfeit in the favor of the non-offending team with a final score of 1-0.
- (d) If at any time after the start of the game, due to penalties or injuries, a team does not have at least three eligible players to place on the surface, the game shall be declared a forfeit with a final score of 1-0 in favor of the non-offending team.
- (e) If after the conclusion of any warm-up time, both teams cannot place the correct number of players on the surface to start the game, the game will be declared a forfeit in the favor of the team with the higher number of rostered players with a final score of 1-0.

2.2 Captain of the Team

- (a) One Captain shall be appointed by each team and only the Captain shall have the privilege of discussing with the Referee any matter relating to the interpretation of the rules which may arise during the course of the game.
- (b) The Captain shall wear the letter “C” approximately 3-inches in height and in contrasting color, in a conspicuous position on the front of the jersey.
- (c) If the Captain is not available due to injury or penalty, another player may be designated to act as Captain.
- (d) A complaint about a penalty is not a “matter relating to the interpretation of rules” and a minor penalty shall be assessed to any Captain or other player making such a complaint.
- (e) The Referee and Scorekeeper shall be advised prior to the start of the game, of any change in the Captain position (or acting Captain).

- (f) Any player, except a goalkeeper, shall be entitled to be identified as the Captain.
- (g) No playing Coach or Manager shall be permitted to act as Captain.
- (h) Any Captain or player who comes off the players' bench and makes any protest or intervention with the Referees for any purpose shall be assessed a minor penalty for Abusive Conduct under Rule 5.1 – Abusive Conduct.

2.3 Substitution of Players

- (a) If a team is short-handed for players, they may use non-rostered players as substitutes provided that:
 - 1. The Captain of the opposing team approves the substitution before the start of the game.
 - 2. The team requesting the substitution has a minimum of 3 rostered players and goalkeeper as described in Rule 2.1, paragraph 2.
 - 3. The request is made in regular season games only.
- (b) Under no circumstances are non-rostered, substitute players permitted to play in playoffs and championship games.
- (c) Once a Captain approves an opposing team's request for substitute players, they cannot withdraw their approval after the game has commenced.
- (d) If a team illegally substitutes players, the game will be considered forfeit in the favor of the non-offending team with a final score of 1-0.
- (e) While the Referee and Scorekeeper will make every effort to enforce the substitution rules, it is ultimately the responsibility of the teams to ensure the eligibility of all players playing on their own team. If during the course of a game, the Referee, Scorekeeper, or player on the non-offending team finds an illegal substitution, the Referee will stop the game and declare a forfeit in favor of the non-offending team with a final score of 1-0.

2.4 Goalkeeper Substitution

- (a) Each team shall be allowed one goalkeeper on the playing surface at one time. The goalkeeper may be removed and another player substituted. Such substitute shall not be permitted the privileges of a goalkeeper.
- (b) If a substitute goalkeeper enters the game, the position shall be taken without delay and no warm-up shall be permitted.
- (c) Except when the designated goalkeepers are incapacitated, no player on the playing roster in that game shall be permitted to wear the equipment of

the goalkeeper. If a team's goalkeeper is unavailable to continue the team can dress another player with the required goalkeeper's equipment who shall play with full goalkeeper's privileges and limitation, or place an additional skater on the playing surface with none of the goalkeeper's privileges.

- (d) No time shall be given to the team to allow the player to dress in the required goalkeeper's equipment. A goalkeeper may be substituted for by another goalkeeper during the game with the full goalkeeper's privileges.
- (e) Any goalkeeper substitution entering the game must happen during a stoppage of play. If a goalkeeper is substituted into a game during play, a bench minor will be assessed to the offending team.

2.5 Playing Lineup

- (a) Upon the Referee's signal prior to the start of the game and following any stoppage of play, both teams must line up upon the command of the Referee.
- (b) Any team not lined up for a face-off within an appropriate amount of time (to be determined by the Referee) shall be assessed a Delay of Game penalty. The Referee may also choose to drop the puck for the team that is properly lined up. The offending team shall be assessed any other appropriate penalties at this time if the circumstances call for it (i.e. bench minor for "Too Many Players" or Illegal player/goalkeeper substitution).
- (c) If at the beginning of a game, both teams delay in lining up to face-off once the Referee has signaled, the clock shall be started and both teams shall be assessed a Delay of Game penalty. With a running clock, play will then start at the Center Face-Off spot, 3 on 3.

2.6 Change of Players

- (a) Players may change at any time from the players' bench, provided that the player or players leaving the playing surface are within 5 feet of the players' bench and out of the play before the change is made.
- (b) If, in the course of making a substitution, either player deliberately plays the puck while the retiring player is still on the playing surface, a bench minor penalty for "Too Many Players" shall be assessed.
- (c) If, in the course of a substitution, either player is accidentally struck with the puck, the play shall not be stopped and no penalty shall be assessed.
- (d) A goalkeeper may be substituted for by a player at any time during play. The goalkeeper must be within 5 feet of the players' bench before the substitute player may enter the playing surface.

- (e) For a violation of the goalkeeper substitution for a player, no time penalty shall be assessed. If the stoppage of play occurs in the non-offending team's Defending Zone, the ensuing face-off shall take place at the center face-off spot. If the stoppage of play occurs in the offending team's Defending Zone, the face-off shall take place at the offending team's end zone face-off spot.

2.7 Injured Players

- (a) Any penalized player who has been injured, may proceed to the locker room without going to the penalty bench. The penalized team shall immediately put a substitute player on the penalty bench to serve the entire penalty. The penalized player who has been injured and has been replaced on the penalty bench is not eligible to play until the penalty time expires, nor are they permitted to relieve their substitute from the penalty bench.
- (b) When a player is injured and cannot continue play or go to the players' bench, 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 injury, play shall be stopped immediately unless the team has a scoring opportunity.
- (c) In the case where it is obvious that a player has sustained a serious injury, play shall be stopped immediately.
- (d) A player, other than the goalkeeper, whose injury appears serious enough to warrant a stoppage of play, may not participate further in the game until the completion of the ensuing face-off.
- (e) If a player or goalkeeper is obviously bleeding, play shall be stopped immediately and the injured player shall be ruled off the playing surface. Such player shall not be permitted to return to play until the bleeding has been stopped and the cut or abrasion covered.
- (f) Likewise, any Referee who is bleeding shall not continue until the bleeding has been stopped and the cut or abrasion covered.

EQUIPMENT

3.1 Goalkeeper's Equipment

- (a) It is mandatory for all goalkeepers to wear a helmet designed for hockey with the helmet strap properly fastened and a full face mask designed for hockey with a chin cup. All helmets must be H.E.C.C. approved.
- (b) All goalkeeper's must wear chest protection, a blocker glove, catching glove, leg guards, and padded hockey pants, all designed for hockey goalkeepers, to be permitted goalkeeper privileges. Throat protection is recommended.

3.2 Sticks

- (a) The sticks shall be made of wood, carbon composite, graphite, aluminum or rubber composite materials. Sticks must not have any projections extending from them and the hollow end of the stick must be covered.
- (b) A minor penalty shall be assessed to a player or goalkeeper who participates in the play while in possession of more than one stick, except that no penalty shall be assessed to a player who is accidentally struck by the puck while carrying a replacement stick to the goalkeeper.
- (c) Black tape is not permitted on the blade of any stick in order to preserve the playing surface. If a Referee notices any color tape or adhesive making any types of marks on the floor, the player or goalkeeper will be asked to leave the playing surface until the problem has been corrected or another stick is furnished with non-marking tape. No time out or stoppage of play will be permitted for a player to make a stick or tape change. We highly recommend all players use white tape or adhesive. Players with black or colored "Attack Pads" are exempt from this rule provided the pad does not extend to the bottom of the blade.

3.3 Protective Equipment

- (a) Each player is personally responsible to wear protective equipment for all games, warm-ups and practices.
- (b) Mandatory equipment for adults includes:
 - H.E.C.C. approved helmet with properly fastened helmet straps
 - Elbow guards
 - Knee and shin guards
 - Hockey gloves
 - Skates
- (c) Additional recommended equipment for adults includes:
 - Hip pads or padded hockey pants

- Protective cup or pelvic protector
 - Chest protection
 - Shoulder pads
 - Eye and full facial protection (half shields, full shields, full face cages)
 - No alterations shall be made to any face protection.
 - Internal mouth guard
- (d) Any player who attempts to begin play without the proper mandatory equipment shall be sent 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 by the same player, the Referee shall assess a misconduct penalty to the offending player.
- (e) Play shall continue when mandatory equipment becomes accidentally dislodged except for the helmet/facemask.
- (f) A player or goalkeeper who intentionally removes or dislodges a piece of mandatory equipment during play shall be assessed a delay of game minor penalty.
- (g) For the first helmet strap violation by each team, the player shall be ruled off the surface until the completion of the ensuing face-off, and the Referee shall warn the Coach, or in the absence of the Coach, the Captain, that all subsequent violations by any player of that team will result in a minor penalty being assessed to the offending player.
- (h) If the helmet of a player comes off during play, the player may not finish any play without first immediately putting the helmet back on. If a player continues in the play after losing their helmet, play will be stopped and a misconduct penalty shall be assessed.
- (i) If the helmet/facemask of a goalkeeper comes off during play, the Referee shall stop play immediately.

3.4 Uniforms

- (a) It is highly recommended that all players be uniformly dressed and have matching jerseys.
- (b) Each player and each goalkeeper listed in the lineup must wear an individual identifying number at least 8 inches in height on the jersey. All numbers assigned must be whole numbers between 0 – 98. No two members of the same team shall be permitted to wear the same number.
- (c) At the discretion of the Referee, the Away Team shall change its jerseys if the colors of the competing teams conflict.

PENALTIES

4.1 Penalty Breakdown

- (a) Penalties are divided into the following classes:
- Minor Penalties
 - Bench Minor Penalties
 - Major Penalties
 - Coincidental Penalties (Major and Minor)
 - Misconduct Penalties
 - Match Penalties
 - Penalty Shot
- (b) When play is not actually in progress and an offense is committed by any player or Team Official, the same penalty shall apply as though play were actually in progress.

4.2 Minor Penalties

- (a) For a “MINOR PENALTY”, any player, other than a goalkeeper, shall be ruled off the playing surface for two minutes, during which time no substitute shall be permitted.
- (b) When running time is being played, the penalty will start the moment the ensuing face-off is conducted. If a minor or bench minor penalty terminates during a stoppage of play, the penalized player may not re-enter the playing surface until the ensuing face-off is conducted.
- (c) For a “BENCH MINOR PENALTY”, one player of the penalized team shall be ruled off the playing surface for two minutes, during which time no substitute shall be permitted. Any non-penalized player, other than the goalkeeper, may be designated to serve the penalty by the Coach, Manager or Captain and such player shall immediately serve the penalty.
- (d) If the opposing team scores a goal while a team is short-handed by one or more minor or bench minor penalties, the first of such penalties shall automatically terminate.
- (e) “Short-handed” means that the team must be below the numerical strength of its opponents on the playing surface at the time the goal is scored. Thus, if an equal number of players from each team are serving an equal number of minor penalties, neither team is “short-handed”.
- (f) This rule shall not apply when a goal is scored on a penalty shot or an awarded goal.
- (g) In the case where two players are serving minor penalties of equal duration that will terminate at the same time and the opposing team scores

a goal, the Captain of that team shall designate to the Referee which player shall return to the playing surface first and the Referee shall instruct the Scorekeeper.

- (h) When a player receives a major penalty and minor penalty at the same time, the major penalty shall be served first.

4.3 Major Penalties

- (a) For a “MAJOR PENALTY”, the offending player shall automatically be assessed a game misconduct penalty and the offending team shall be short-handed for five minutes, during which time no substitution shall be permitted.
- (b) Major penalties cannot be terminated early by a goal being scored. The offending player must sit the entire five minutes and the offending team must be short-handed for the entire time, regardless of how many goals are scored.
- (c) If a player receives both a major plus a minor, the major must be served first.

4.4 Coincidental Penalties

- (a) “COINCIDENTAL PENALTIES” are penalties of equal type (minor, major, misconduct or match) that occur during the same stoppage of play. Coincidental penalties do not have to be the same type of infraction (e.g. slashing and hooking can be coincidental). When players on opposing teams receive coincidental penalties, they will take their place on the penalty bench and immediate substitutions shall be made on the surface. Both teams then continue at full strength (4 vs. 4). A coincidental penalty never causes a team to be short-handed and therefore cannot be terminated by a goal being scored. Players serving coincidental penalties must always wait for a stoppage of play, after the penalty has terminated, to return to the surface or the team will be assessed a “Too Many Players” penalty.
- (b) When a player receives one or more non-coincidental minor penalties and one or more coincidental minor penalties at the same stoppage, the penalized player must serve all of the penalty time assessed that is not terminated early by a goal. A substitute must also be placed on the penalty bench with the penalized player. The substitute player shall return to the surface upon termination of the non-coincidental penalty and the penalized player will remain in the penalty bench to serve the coincidental penalty. A player’s coincidental penalties may not start until all non-coincidental penalties to that player have terminated.

Example: Player A12 and B14 receive coincidental penalties plus A12 receives an additional minor penalty. Team A must provide an additional player to sit in the penalty bench with A12 and serve A12's minor. This will cause Team B to be on a power play for 2 minutes (4 vs. 3). B14's coincidental begins right away. A12 must serve the minor penalty first and their coincidental will not begin until the termination of the minor penalty (either through time expiration or a goal by Team B).

Upon termination of A12's minor, the player serving A12's minor is released from the penalty bench resulting in both teams being at full strength.

B14 and A12 are released from the penalty bench at the expiration of their coincidental penalties plus a stoppage of play.

- (c) When coincident penalties of unequal duration (each including one major penalty) are assessed to one player of each team, the penalized players shall be assessed a game misconduct penalty and a substitute player shall serve any additional penalties other than the coincidental major penalty.
- (d) The penalties which create the disparity in total penalty time shall be served first in the normal manner by the penalized players. Immediate substitutions on the playing surface shall be permitted for the major penalties of each player.
- (e) This rule shall also apply to players who receive coincident match penalties.

4.5 Misconduct Penalties

- (a) A "MISCONDUCT PENALTY" involves the removal of a player, other than the 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 shall remain in the penalty bench until the next stoppage of play.
- (b) A "GAME MISCONDUCT PENALTY" involves the suspension of a player for the balance of the game, but a substitute is permitted to replace the player so removed.
- (c) Any Player, Coach, Manager, or Captain incurring a game misconduct penalty will automatically be suspended for the next game (regularly scheduled, playoff or championship). Ten minutes will be charged in the record against the penalized player.
- (d) All game misconduct penalties and surrounding circumstances are to be reported to the League Director immediately following the game. The League Director will have full authority to impose further penalties.

- (e) Any Player or Team Official who is assessed a game misconduct is not permitted to sit near the team bench, nor in any way attempt to direct the play of the team.
- (f) For all game misconduct penalties, regardless of when assessed, a total of 10 minutes shall be charged in the records against the offending player.

4.6 Match Penalties

- (a) A “MATCH PENALTY” involves the suspension of a player or Team Official for the balance of the game and the penalized team shall immediately place a non-penalized player, other than the goalkeeper, in the penalty bench to serve the five minute penalty. The non-penalized player shall also serve any additional minors or majors assessed to the offending player or Team Official (unless immediate substitution is permitted under the coincident penalty rule).
- (b) All match penalties and surrounding circumstances are to be reported to the League Director immediately following the game. The League Director will have full authority to impose further penalties.
- (c) Any Player or Team Official who is assessed a match penalty is not permitted to sit near the team bench, nor in any way attempt to direct the play of the team.
- (d) For all match penalties, regardless of when assessed, a total of 10 minutes shall be charged in the records against the offending player.

4.7 Penalty Shot

- (a) Any infraction of the rules which calls for a “PENALTY SHOT” shall be taken as follows:
 - The Referee shall identify the player entitled to take the shot and shall then place the puck on the center face-off spot.
 - On the whistle of the Referee, the player can play the puck and attempt to score on the goalkeeper.
 - Once the player has touched the puck, it must be kept in motion toward the goal line and once it is shot, the play shall be considered complete.
 - No goal can be scored on a rebound of any kind.
 - Only a player designated as a goalkeeper may defend against a penalty shot.
- (b) The goalkeeper must remain in the goal crease until the Referee blows the whistle to start the penalty shot and the player taking the shot touches the puck with their stick. In the event of a violation of this rule or any foul committed by the goalkeeper, the Referee shall allow the shot to be taken

and if the shot fails, the Referee shall permit the penalty shot to be taken again.

- (c) The goalkeeper may attempt to stop the shot in any manner except by throwing the stick or any other object, in which case a goal will be automatically awarded.
- (d) In the event where a player has been fouled, the Referee shall designate said player to take the penalty shot. If the fouled player is injured and unable to take the penalty shot, the Coach or Captain of the non-offending team shall choose another player to take the penalty shot.
- (e) In the event a penalty shot has been awarded for an infraction of a rule where no one player has been fouled, the Captain or Coach of the non-offending team shall choose the player to take the penalty shot.
- (f) Once the player is chosen, it shall be reported to the Referee and cannot be changed.
- (g) Should the player in respect to whom a penalty shot has been awarded, commit a foul in connection with the same play or circumstances, either before or after the penalty shot has been awarded, the player shall be permitted to take the shot before being sent to the penalty bench to serve the penalty, except when such a penalty is for a game misconduct or match penalty in which case the shot shall be taken by a player selected by the Coach or Captain of the non-offending team.
- (h) While the penalty shot is being taken, all players of both teams except those involved with the taking of the penalty shot, must withdraw from the playing surface onto their respective players' bench.
- (i) If, while the penalty shot is being taken, any player of the opposing team interferes with the player taking the shot, a goal shall automatically be awarded.
- (j) If a goal is scored during a penalty shot, the puck shall be faced-off at the center spot. If a goal is not scored, the puck shall be faced-off at either of the end face-off spots in the zone in which the penalty shot was taken.
- (k) Whether or not a goal is scored from a penalty shot, if an infraction for which the penalty shot was awarded was such to incur:
 - 1) a major, match or misconduct penalty, the penalty shall be assessed in addition to the penalty shot.
 - 2) a minor or bench minor penalty, no further penalty to the offending player shall apply.

(l) If the foul upon which the penalty shot is based occurs during actual playing time, the penalty shot shall be awarded and taken immediately following the normal stoppage of play.

(m) All penalty shots occur during a stoppage of play.

4.8 Goalkeeper Penalties

(a) A goalkeeper shall not be sent to the penalty bench for an infraction which incurs a minor or misconduct penalty, but instead the penalty shall be served by a teammate who was on the playing surface at the time the infraction was committed. Such player shall be designated by the Coach or Captain.

(b) When a goalkeeper incurs a game misconduct (including a major penalty) or match penalty, the position shall be taken by a teammate, or by a substitute goalkeeper who is available. If a teammate takes the position, they may only have goalkeeper privileges if they are wearing full goalkeeper gear. All additional match and game misconduct rules apply.

(c) All penalties assessed to a goalkeeper, regardless of who serves the penalty, shall be charged in the records against the goalkeeper.

(d) A minor penalty shall be charged to any goalkeeper who participates in the play in any manner beyond the center line.

4.9 Delayed Penalties

(a) If a team already has two penalized players sitting in the penalty box and a third player incurs a penalty (including a coincidental penalty), the third player must proceed directly to the penalty box however their penalty does not begin until one of the original two penalties ends.

(b) When any team has three players serving penalties at the same time and because of the delayed penalty rule, a substitute for the third offender is allowed on the playing surface (2 vs. 4 in favor of the non-offending team). None of the three penalized players may return to the playing surface or players' bench 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 event that the first two penalties expire at the same time as the third penalty is beginning, the Scorekeeper shall permit one of the players whose time has expired to return to the playing surface while the other player must wait for a stoppage in play. The offending team will still be on a penalty kill (3 vs. 4) until the third player's penalty expires or a goal is scored by the non-offending team.

4.10 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 to the offending player.
- (b) Should an infraction of the rules be committed by a player of a team not in possession and control of the puck, the Referee shall signify the calling of a delayed penalty by raising the arm. Play shall be stopped once the offending team has possession and control of the puck or it 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 a face-off spot in the zone where the puck was last played.
If it is in the non-offending team's zone, the face-off shall take place at the high zone face off spot.
If it is in the offending team's zone, the face-off shall take place at the end zone face off spot.
- (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 recorded against the offending player, but not assessed. All other minor, 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 by 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 be short-handed 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.
- (h) All minor and bench minor penalties occurring after a goal has been scored or during the stoppage of play when a penalty shot is being attempted, shall be served in the normal manner under this rule.

- (i) For misconduct, game misconduct, major or match penalties, there shall be no delayed call due to the serious nature of these penalties.

4.11 Supplementary Discipline

- (a) In addition to the suspensions assessed under these rules, the League Authorities may, at the conclusion of the game, at their discretion, investigate any incident that occurs in connection with any game and may assess additional suspensions for any offense committed before, during or after any game by a player or Team Official, whether or not such offense had been penalized by the Referee.
- (b) If the length of a suspension carries beyond that season, the Discipline Committee will determine the eligibility of the offending player for the following season.

4.12 3 Strikes Rule

- (a) Dry Ice operates under a “3 Strikes” rule with all game misconduct penalties, including those assessed with major penalties. For a first game misconduct penalty, the offending player will receive an automatic 1 game suspension. The second time a player receives a game misconduct penalty the suspension will increase to 2 games and for a third offense, 3 games. If the suspension occurs at the end of the season, it shall carry on into the following season. The games a player is suspended for includes any regular season, playoff or championship games.
- (b) Any player who incurs 4 game misconducts within any 12-month period will be facing a minimum 1 season suspension. The circumstances of all offenses will be reported to the Dry Ice Disciplinary Committee and a ruling shall be made on the terms of the suspension.

4.13 Penalty Cap

- (a) Any adult player who receives 4 penalties of any combination in 1 game, shall upon their 4th penalty, leave the game and be replaced in the penalty box by a teammate.
- (b) Any youth player who receives 3 penalties of any combination in 1 game, shall upon their 3rd penalty, leave the game and be replaced in the penalty box by a teammate.

Penalties are counted as the following:

- Minor/Bench Minor = 1 penalty
- Double Minor = 2 penalties
- Misconduct = 1 penalty
- Penalty Shot = 1 penalty
- Major = n/a (player is automatically removed from the game.)
- Match / Game Misconduct = n/a (player is automatically removed from the game.)

Once a player has been removed from the game due to the Penalty Cap Rule, no further penalization shall occur.

PLAYING RULES

5.1 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 the player persists in such conduct, a misconduct penalty shall be assessed and any further persistence by the same player shall result in the assessment of a game misconduct penalty.
- (b) In the case of a Coach or other Team Official, a bench minor penalty shall be assessed first and if such conduct continues, a game misconduct penalty shall be assessed.
- (c) Any player who shoots the puck after the whistle shall be assessed a minor penalty if, in the opinion of the Referee, the player had sufficient time after the whistle to refrain from taking the shot.
- (d) If any player does any of the following, the team shall be assessed a bench minor penalty:
 - 1. In the vicinity of the players' bench, using obscene, profane or abusive language to any person.
 - 2. Throws anything onto the playing surface from the players' bench or penalty bench.
 - 3. Interferes with any Game Official, (non physically) in the performance of their duties.
- (e) If any player does any of the following, a misconduct penalty shall be assessed:
 - 1. Uses obscene, profane or abusive language to any person before, during or after the game.
 - 2. During a stoppage of play, intentionally shoots or throws the puck out of the reach of a Referee who is retrieving it.
 - 3. After being penalized, does not proceed directly to the penalty bench or dressing room when ordered to do so by the Referee. (Equipment shall be delivered to the penalty bench or dressing room by a teammate.)
 - 4. Enters and remains in the Referee's Crease, when asked to leave, except for the purpose of skating to the penalty bench.
 - 5. Physically or verbally threatens physical abuse to another player, Game Official, or Team Official.
- (f) If any player does any of the following, a misconduct or game misconduct penalty shall be assessed:
 - 1. Touches or holds any Game Official with the hand or stick.

2. Intentionally bangs the boards, playing surface, protective glass or goal with a stick at any time.
- (g) If any player does any of the following, a game misconduct penalty shall be assessed:
1. Persists in any course of conduct for which the player has previously been assessed a misconduct penalty.
- (h) If any player OR Team Official does any of the following, a match penalty shall be assessed:
1. Uses obscene gestures, racial/ethnic slurs, or anything derogatory towards gender or sexual preferences in the rink before, during or after the game.
 2. Deliberately inflicts, or attempts to inflict, physical harm to a Game Official or a Team Official in any manner.
 3. Behaves in any manner which is critically detrimental to the conduct of the game including spitting at an opponent, Game Official or Team Official.
- (i) If any Team Official does any of the following, the team shall be assessed a bench minor penalty:
1. Bangs the boards with a stick or other instrument at any time.
 2. Uses obscene, profane or abusive language to any person.
 3. Throws anything onto the playing surface from the players' bench.
 4. Interferes with any Game Official (non-physically) in the performance of their duties.
 5. Attempts to incite an opponent into incurring a penalty.
- (j) If any Team Official does any of the following, a game misconduct penalty shall be assessed:
1. Persists in any course of conduct for which the Team Official has previously been assessed a bench minor penalty.
 2. Engages in any conduct listed in the previous list after the conclusion of the game.
 3. Enters the playing surface during play or during an altercation.

5.2 Adjustment to Clothing and Equipment

- (a) Play shall not be stopped or delayed by reason of adjustment of clothing, equipment, skates, or sticks. Players shall retire from the playing surface and play shall continue uninterrupted with a substitute when adjustments are needed. For a violation of this rule, a minor penalty shall be assessed.
- (b) No delay shall be permitted for the repair or adjustment of goalkeeper's equipment. If adjustments are required, the goalkeeper shall retire from the playing surface and be immediately replaced by a substitute and no

warm-up shall be permitted. For a violation of this rule by a goalkeeper, a minor penalty shall be assessed.

5.3 Attempt to Injure

- (a) A match penalty shall be assessed to any player who deliberately attempts to injure an opponent, Referee, Coach, or Trainer in any manner, and the circumstances shall be reported to the League Authorities for further action. A substitute for the penalized player shall be permitted at the end of the fifth minute.

5.4 Body-Checking and Boarding

- (a) A minor 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 or major penalty, at the discretion of the Referee, shall be assessed to any player who makes physical contact with an opponent after the whistle has been blown, if, in the opinion of the Referee, the player had sufficient time to avoid such contact.
- (c) A minor or major penalty, at the discretion of the Referee, based upon the degree of violence of the impact with the boards, shall be assessed to any player who fouls an opponent in such a manner that caused the player to be violently thrown into the boards.
“Rolling” an opposing puck carrier along the boards where the player is attempting to go through too small an opening is not boarding.
- (d) When a player injures an opponent as the result of “boarding” or “body-checking”, the Referee shall have no alternative but to impose a major plus a game misconduct penalty to the offending player.

5.5 Broken Stick

- (a) A player or goalkeeper whose stick is broken may participate in the game provided the broken stick is dropped immediately. A minor penalty shall be assessed for an infraction of this rule.
A broken stick is one which, in the opinion of a Referee, is unfit for normal play.
- (b) A replacement stick may only be obtained from the players’ bench or from a teammate on the playing surface. For a violation of this rule, a bench minor penalty shall be assessed to the team of the offending player, unless a penalty has been assessed under Rule 5.1 for throwing articles onto the playing surface.

5.6 Charging and Checking from Behind

- (a) A minor 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 two steps or strides are taken, it shall be considered “charging”.
- (b) A minor or major plus a game misconduct penalty, at the discretion of the Referee, shall be assessed to a player who body-checks an opponent from behind. A major plus a game misconduct penalty must be assessed to a player who intentionally body-checks an opponent from behind into the boards or goal frame.
- (c) A minor 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. A goalkeeper is not “fair game” just because the goalkeeper is outside the privileged area. A penalty for interference or charging must be assessed in every case where an opposing player makes unnecessary contact with a goalkeeper.
- (d) When a player injures an opponent as the result of “charging” or “checking from behind”, the Referee shall have no alternative but to impose a major plus a game misconduct penalty to the offending player.

5.7 Cross-Checking and Butt-Ending

- (a) A minor or major penalty, at the discretion of the Referee, shall be assessed to a player who cross-checks an opponent.
- (b) A major plus a game misconduct penalty shall be assessed to a player who butt-ends an opponent.
- (c) A minor or major plus a game misconduct penalty, at the discretion of the Referee, shall be assessed to a player who attempts to butt-end an opponent but makes no contact. An attempt to butt-end shall include all cases in which a butt-end gesture is made.
- (d) When a player injures an opponent as the result of “cross-checking”, the Referee shall have no alternative but to impose a major plus a game misconduct penalty to the offending player.
- (e) Butt-ending may also be treated as a match penalty under attempt to injure or deliberate injury to an opponent.

5.8 Deliberate Injury to Opponents and Head-Butting

- (a) A match penalty shall be assessed to a player who deliberately injures an opponent, Team Official or Game Official in any manner, and the

circumstances shall be reported to the League Authorities for further action.

- (b) A match penalty shall be assessed to a player who deliberately head-butts an opponent, Team Official or Game Official, and the circumstances shall be reported to the League Authorities for further action.

5.9 Delaying the Game

- (a) A minor penalty shall be imposed on a goalkeeper or player who, while in their Defending Zone, shoots the puck directly (non-deflected) outside of the playing area, except that no penalty shall apply if the puck inadvertently leaves the playing area in a location that is not protected by glass or screen.
This penalty shall also be assessed when it occurs during a stoppage of play.
- (b) A minor penalty shall be assessed to a player or goalkeeper who delays the game by deliberately displacing the goal post from its normal position. Play shall be stopped immediately when the goal post has been displaced, unless in the Referee's opinion, the goal post can be replaced without affecting play, in which case play shall be allowed to continue. If at anytime it becomes apparent that replacing the goal post would affect play or a potential goal is imminent, play shall then be stopped immediately.
- (c) If a player or a goalkeeper of the defending team deliberately displaces the goal post or deliberately removes the helmet or face mask during the course of a breakaway by the attacking team, a penalty shot shall be awarded to the non-offending team. The penalty shot shall be taken by the player last in possession of the puck. If the goalkeeper is off the playing surface, thereby preventing an obvious and imminent goal, a goal shall be awarded in lieu of a penalty shot.
- (d) If a player or a goalkeeper of the defending team deliberately displaces the goal post and, in the opinion of the Referee, the puck would have entered the goal had it not been displaced, thereby preventing an obvious and imminent goal, a goal shall be awarded to the non-offending team.
- (e) A bench minor penalty shall be assessed to any team which, after a warning by the Referee, fails to place the correct number of players on the playing surface, thereby causing a delay in any manner.
- (f) A minor penalty shall be assessed to a player who, after warning by the Referee, fails to maintain a proper position during the face-off.
- (g) Turning the blade over and using the tip of the blade or turning the stick over to use the butt-end to hold the puck to the surface and stickhandle is

prohibited. For a violation of this rule, play should be stopped immediately and the ensuing face-off shall take place at the defending end zone face-off spot of the offending team.

- (h) A minor penalty shall be assessed to any player other than the goalkeeper who picks the puck up off the surface with the hand during play.
- (i) A minor penalty shall be assessed to any player who delays the game in any other manner not covered under this rule.

5.10 Elbowing and Kneeing

- (a) A minor penalty or major penalty shall be assessed to any player who uses the elbow or knee in such a manner as to foul an opponent, in any way.
- (b) When a player injures an opponent as the result of “elbowing” or “kneeing”, the Referee shall have no alternative but to impose a major plus a game misconduct to the offending player.

5.11 Face-Offs

- (a) The puck shall be faced-off by the Referee by dropping the puck onto the playing surface between the sticks of the two players facing-off. Players facing off shall stand facing their opponent’s end of the rink with the blade of their sticks in contact with, but outside of the red spot.
- (b) During a face-off, the puck must touch the surface of the rink before it can be played. If one of the players taking the face-off makes contact before the puck touches the floor, the Referee will stop play immediately and conduct a new face-off, unless the non-offending team gains possession in which case play will continue with no stoppage. The offending player shall be warned at the next stoppage of play. If the offending player continues to take the face-off illegally, the Referee shall impose a minor penalty for delay of game.
- (c) If a player facing-off fails to take the proper position immediately when directed by the Referee, the Referee may order a replacement for that face-off by a teammate on the playing surface.
- (d) No other players shall be allowed to enter the face-off circle or come within 15 feet of the players facing-off the puck, and they must stand on-side during all face-offs.
- (e) When a player, other than the player facing-off, fails to maintain the proper position, the Referee can issue a verbal warning.
- (f) For a second violation of any of the provisions of this rule, a minor penalty shall be assessed to the player who commits the second violation.

- (g) No substitution of players shall be permitted until the face-off has been completed and play has been resumed except when any penalty is assessed during the face-off.
- (h) At the conclusion of the line change procedure, the Referee conducting the face-off shall blow his whistle. This will signal each team that they have no more than five seconds to line up for the ensuing face-off.
- (i) If, after a warning by the Referee, either of the players fails to take the proper position for the face-off promptly, the Referee shall be entitled to conduct the face-off regardless of such default.
- (j) During the conduct of any face-off, no player shall make any physical contact with an opponent except in the course of playing the puck after the face-off has been completed.

For a violation of this rule the Referee shall assess a minor penalty to the player whose action caused the physical contact.

- (k) When a stoppage of play occurs between the end zone face-off spots and near the end of the rink, the ensuing face-off shall take place at the end zone face-off spot on the side where the stoppage occurred, unless otherwise provided in these rules.
- (l) When a violation of a rule has been committed, or a stoppage of play has been caused by any player of the attacking team in the Attacking Zone, the ensuing face-off shall take place at the nearest high zone face-off spots. This includes a stoppage of play caused by a player of the attacking team shooting the puck onto the back of the defending team's goal without any intervening action by the defending team.
- (m) When a violation of a rule has been committed, or a stoppage of play has been caused by players of both teams, or when the game is stopped for any reason not specifically covered in these official rules, the puck must be faced off at the nearest face-off spot where the puck was last played.
- (n) When a violation of a rule has been committed, or a stoppage of play has been caused by any player of the defending team in the Defending Zone, the ensuing face-off shall take place at the nearest end zone face-off spot.
- (o) When a violation of a rule has been committed, or a stoppage of play has been caused by any player of the attacking team in the Attacking Zone, the ensuing face-off shall take place at the nearest high zone face-off spot.

- (p) When a goal is legally scored, the ensuing face-off shall be conducted at the center face-off spot.

5.12 Falling on the Puck

- (a) A minor penalty shall be assessed to a player, other than a goalkeeper, who deliberately falls on or gathers the puck into the body or who holds the puck against any part of the goal or the boards.
Any player who drops to block a shot shall not be penalized if the puck is shot under the player or becomes dislodged in any clothing or equipment. A minor penalty shall be assessed to any player who uses the hands to obtain such a stoppage.
- (b) A minor penalty shall be assessed to a goalkeeper who falls on or gathers the puck into the body, when the body is entirely outside the boundaries of the privileged area or who falls on or gathers the puck into the body, when the body is entirely outside the goal crease and the puck is behind the goal line.
A minor penalty shall be assessed to a goalkeeper who holds the puck against any part of the boards.
- (c) No defending player, except the goalkeeper, shall be permitted to fall on the puck, hold the puck, or gather a puck into the body or hands when the puck is within the goal crease.
For a violation of this rule, play shall be immediately stopped and a penalty shot shall be awarded to the non-offending team. However, if the goalkeeper has been removed from the playing surface when the infraction occurs, a goal shall be awarded to the non-offending team in lieu of the penalty shot.

5.13 Fighting

- (a) A major plus a 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. Any player receiving a major plus a game misconduct penalty for fighting shall automatically be suspended for the next game if it is their first altercation. (See 4.12 – “3 Strikes Rule” for further information.)
- (b) A minor or a double minor penalty shall be assessed to a player who, having been struck, retaliates, provided the player does not throw a punch. However, at the discretion of the Referee, a major plus a game misconduct penalty shall be assessed if the player continues the altercation.

The Referee is provided with a very wide latitude in regard to the penalties which may be assessed under this rule. This is done to enable the Referee to differentiate between the obvious degrees of responsibility of the

participants either for starting the fight, or persisting in continuing the fight.

Referees are directed to employ every means provided by these rules to prevent “brawling.”

- (c) A game misconduct penalty shall be assessed to any player or goalkeeper who intervenes in a fighting altercation already in progress. This penalty is in addition to any other penalty incurred in the same incident.
- (d) A game misconduct penalty shall be assessed to a goalkeeper who leaves the immediate vicinity of the goal crease during an altercation. This penalty shall be in addition to any penalty incurred during the altercation.
- (e) A game misconduct penalty shall be assessed to any player who leaves the bench during an altercation. This penalty shall be in addition to any penalty incurred during the altercation.
- (f) A game misconduct penalty shall be assessed to any player or goalkeeper who resists the Game Official in the discharge of their duties during an altercation.

5.14 Goals and Assists

(Note: It is the responsibility of the Referee to award goals and assists, and such decision is final.)

- (a) A goal shall be scored when the puck has been put between the goal posts by the stick of a player of the attacking team from in front, below the crossbar and entirely across the goal line, before playing time expires.

A goal shall be credited in the scoring records to a player who shall have propelled the puck into the opponent’s goal. Each goal shall count as one point in the player’s record.

An assist shall be credited to the player or players taking part in the play immediately preceding the goal, but no more than two assists can be credited on any goal.

Only one point can be credited to any one player for any one goal scored.

- (b) A goal shall be scored if the puck is put into the goal in any way by a player of the defending team. The player of the attacking team who last played the puck shall be credited with the goal, but no assist shall be awarded.

- (c) If an attacking player kicks the puck and the puck goes directly into the goal or is deflected into the goal by any player, including the goalkeeper, the goal shall not be allowed.
- (d) If the puck is deflected into the goal from the shot of an attacking player by striking any part of any player, the goal shall be allowed. The player who deflected the puck shall be credited with the goal. The goal shall not be allowed if the puck has been kicked, thrown, or otherwise deliberately directed by an attacking player into the goal by any means other than a stick.
- (e) If a goal is scored as a result of a puck being deflected directly into the goal off a Referee, the goal shall not be allowed.
- (f) Should a player legally propel the puck into the goal crease of the opposing team and the puck becomes loose in the goal crease and available to a player of the attacking team, any goal scored on the play shall be allowed.

5.15 Gross Misconduct

- (a) A Referee may suspend from the game any Player or Team Official guilty of gross misconduct of any kind by assessing a Match Penalty and must report the incident to the Hockey Director. Such gross misconduct includes, but is not limited to, using racial or ethnic slurs or obscene gestures, biting or spitting on another person, deliberately inflicting physical harm to a Game or Team Official, or behaving in any manner which is critically detrimental to the conduct of the game.

5.16 Handling Puck with Hands

- (a) If a player, other than a goalkeeper, closes the hand on the puck, play shall be stopped and a face-off shall follow. However, if the puck is dropped immediately, play shall be allowed to continue. If a goalkeeper holds the puck with the hand for more than three seconds, play shall be stopped and a face-off shall follow. However, after an initial warning by the Referee, a goalkeeper who holds the puck unnecessarily shall be assessed a minor penalty for delaying the game.
- (b) A goalkeeper shall not intentionally drop the puck into the pads or onto the goal net, nor deliberately pile obstacles at the goal that, in the opinion of the Referee, would tend to prevent the scoring of a goal.
- (c) The goalkeeper may not leave a stick, part thereof or any other piece of equipment in front of his/her goal. If he/she does and the puck hits the obstruction, thereby preventing an obvious and imminent goal while the goalkeeper is on the surface, but in the act of leaving the surface, or off the

surface, the Referee shall stop play and award a goal to the non-offending team.

- (d) If a goalkeeper throws the puck forward toward the opponent's goal and it is first played by a teammate, play shall be stopped and the ensuing face-off shall be conducted at the nearest end zone face-off spot of the offending team.
- (e) If a defending player, other than the goalkeeper, picks up the puck in the goal crease from the playing surface with the hands, or holds the puck while it is in the goal crease, the play shall be stopped immediately and a penalty shot shall be awarded to the non-offending team.
If the above situation occurs while the goalkeeper is off the playing surface, a goal shall be awarded to the non-offending team.
- (f) A player shall be permitted to stop or "bat" the puck in the air with the hand, or push it along the playing surface with the hand, and play shall not be stopped unless the puck has been directed to or from a teammate in the Attacking Zone, in which case the play shall be stopped and the puck faced off at the nearest high zone face-off spot to where the "hand pass" originated from.
No territorial advantage can be gained from a team illegally batting the puck with the hand.
- (g) A goal that is scored as the result of the puck being propelled by the hand of an attacking player and entered the goal either directly or after deflecting off any player including the goalkeeper, shall not be allowed.

5.17 High Sticks

- (a) The carrying of the stick above the normal height of the shoulders is prohibited. The Referee shall assess a minor or double minor penalty to any player who strikes an opponent with a stick so carried.
- (b) If a player is struck above the shoulders by an accidental high stick, the offending player shall receive a minor penalty. A player should not be penalized if their stick is at normal height and makes contact with another player above the shoulders who is on the ground, unless in the opinion of the Referee, the offending player had sufficient time and ability to avoid the contact.
- (c) In the event where a player is struck and blood is drawn from the result of an accidental high stick, the offending player shall receive a double-minor penalty.

- (d) In the event a player injures or attempts to injure another player with the use of a high stick, the offending player shall receive a match penalty under rule 5.13 (Attempt to Injure).
- (e) A goal scored by an attacking player who strikes the puck with the stick which is carried above the height of the goal frame crossbar, shall not be allowed.
- (f) Batting the puck above the normal height of the shoulders with the stick is prohibited and when it occurs play shall be stopped and the ensuing face-off shall take place at an end zone face-off spot of the offending player's team unless:
 1. The puck is batted to an opponent, in which case the play shall continue.
 2. A player of the defending team shall bat the puck into the player's own goal, in which case the goal shall be allowed.

5.18 Holding an Opponent

- (a) A minor penalty shall be assessed to a player who holds an opponent with the hands, legs, feet, stick, or in any other way.
- (b) A minor or major penalty shall be assessed to any player who grabs or holds the face mask of an opponent with the hand.
- (c) When a player injures an opponent as the result of "holding the face mask", the Referee shall assess a major plus a game misconduct penalty to the offending player.

5.19 Hooking

- (a) A minor or major penalty, at the discretion of the Referee, shall be assessed to a player who impedes or seeks to impede the progress of an opponent by hooking with the stick. This includes hooking of the opponent's body, hands, arms or stick.
- (b) When a player injures an opponent as a result of "hooking", the Referee shall have no alternative but to impose a major plus a game misconduct penalty to the offending player.

5.20 Interference

- (a) A minor penalty shall be assessed to any 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 opponent's hand, prevents a player who has a dropped stick or any other piece of equipment from regaining possession of it, or shoots a stick or other object toward an opponent.

The last player to touch the puck shall be considered to be the player in possession.

- (b) A minor penalty shall be assessed to any player on the players' or the penalty bench who, by means of the stick or body, interferes with the movements of the puck or an opponent on the playing surface during the progress of play.
- (c) A minor penalty shall be assessed to any player who, by means of the stick or body, interferes with or impedes the movements of the goalkeeper while the goalkeeper is in the goal crease area.
- (d) Unless the puck is in the goal crease area, a player of the attacking team may not stand on the goal crease line or in the goal crease or hold the stick in the goal crease. If the puck should enter the goal while such a condition prevails, a goal shall not be allowed and the ensuing face-off shall take place at the nearest high zone face-off spot.
This rule shall not apply when the goalkeeper is out of the goal crease.
- (e) If a player of the attacking team has been pushed or otherwise physically forced into the goal crease by an opposing player, and the puck should enter the goal while the player so interfered with is still in the goal crease, the goal shall be allowed.
- (f) When the goalkeeper has been removed from the playing surface and any member of the same team not legally on the playing surface interferes by means of the body, stick, or any other object with the movements of the puck or an opposing player, the Referee shall immediately award a goal to the non-offending team.

(Note) The attention of Referees is directed particularly to three types of offensive interference which shall be penalized.

1. 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 forecheckers.
2. When a player facing-off obstructs an opponent after the face-off when the opponent is not in possession of the puck.
3. When the puck carrier makes a drop pass and follows through so as to make body contact with an opposing player.

5.21 Interference by Spectators

- (a) In the event of a player being held or interfered with by a spectator, the Referee shall immediately stop play, unless the team of the player being interfered with is in possession of the puck at the time, in which case play shall be allowed to be completed. The ensuing face off shall take place in the zone where the puck was last played, at the high zone face-off spot if it

is the non-offending team's Defending Zone or at the end zone face-off spot if it is the non-offending team's Attacking Zone.

If any spectator enters the player area (either the playing surface, team benches or penalty benches), to enter into or start an altercation, play shall be stopped immediately and the spectator will be asked to leave the facility. If at any point the spectator attacks or injures a player or Dry Ice staff member, or refuses to leave the facility when asked, the local authorities shall be notified immediately.

- (b) Any player who physically interferes with a spectator shall be assessed a game misconduct penalty and the circumstances shall be reported to the League Authorities for further action.
- (c) In the event that objects are thrown onto the playing surface which interfere with the progress of the game, the Referee shall stop play and the ensuing face-off shall take place at the nearest high-zone face off spot where the puck was last played.

5.22 Kicking Player

- (a) A minor penalty or a major plus a game misconduct penalty, at the discretion of the Referee, shall be assessed to any player who kicks an opponent. If, however, at the discretion of the Referee, in an attempt to free the puck, a player unintentionally kicks or appears to kick another player, no penalty shall be assessed.
- (b) When a player injures an opponent as a result of the "kick" the Referee shall assess a major plus game misconduct penalty.
- (c) Kicking may also be treated as a match penalty under attempt to injure or deliberate injury to an opponent.

5.23 Kicking Puck

- (a) Kicking the puck shall be permitted in all zones; however, a goal that is scored as the result of the puck being kicked by an attacking player and it enters the goal either directly or after deflecting off any player including the goalkeeper, shall not be allowed.

In order for a goal to be disallowed under this rule, an intent to redirect the puck must be present.

5.24 Leaving Player or Penalty Benches

- (a) No player may leave the players' bench or penalty bench at any time during an altercation or for the purpose of starting an altercation. Substitutions made prior to the altercation shall not be penalized under this rule provided the players so substituting do not enter the altercation.

For a violation of this rule, a major plus a game misconduct penalty shall be imposed on any player who leaves the players' bench or penalty bench during an altercation.

- (b) Except at the end of each period, or on expiration of a penalty, no player may at any time leave the penalty bench.
- (c) A penalized player who leaves the penalty bench before their penalty has expired, whether play is in progress or not, shall incur an additional minor penalty after serving the unexpired penalty.
- (d) If a player leaves the penalty bench before the penalty is fully served, the Scorekeeper shall note the time and verbally alert the Referee who will stop play when the offending player's team has or gains possession and control of the puck.
- (e) In the case of a player returning to the playing surface before their time has expired through an error of the Scorekeeper, they are not to serve an additional penalty, but must serve the unexpired time.
- (f) If a player of an attacking team in possession of the puck shall be in such a position as to have no opposition between him and the opposing goalkeeper, and while in such a position he shall be interfered with by a player of the opposing team who shall have illegally entered the game, the Referee shall impose a penalty shot against the offending player's team. The penalty shot shall be taken by a player selected by the Coach or Captain of the non-offending team from all non-penalized, non-injured players, excluding goalkeepers, on the team. Such selection shall be reported to the Referee and cannot be changed.
- (g) If a Coach steps onto the playing surface after the start of any period and before that period is completed, without the permission of the Referee, the Referee shall assess a bench minor penalty to the team of the offending Coach.
- (h) If a penalized player returns to the playing surface from the penalty bench before their penalty has expired by their own error or error of the Scorekeeper, any goal scored by his/her own team while they are illegally on the playing surface shall be disallowed, but all penalties imposed on either team shall be served as regular penalties.
- (i) During any face-off, if a team starts with fewer players than entitled to, any player subsequently entering the game shall not be eligible to play any puck coming from the Defending Zone while the player is in the Attacking

Zone unless the puck is first played by another player in the Attacking Zone.

For a violation of this rule play shall be stopped and a face-off shall be conducted at the point where the puck was last legally played.

5.25 Off-Sides

- (a) Dry Ice uses a modified Off-Sides rule. In the event of off-sides, the Referee will signal with his/her arm that the play is off-sides. Play shall be stopped immediately if an off-sides player makes contact with the puck in the Attacking Zone.
- (b) Players may not pass the puck from the Defending Zone into the Attacking Zone across the center red line. The puck must be carried into the Attacking Zone before a player may pass the puck to their teammate.
- (c) The puck may be passed over the red center line back into the Defending Zone at any time from any player.
- (d) If a player is in the Attacking Zone when the puck is passed from the Defending Zone into the Attacking Zone, off-sides can be waived off under the following circumstances:
 - 1. The off-sides player comes back into the Defending Zone before re-entering the Attacking Zone and before touching the puck.
 - 2. A player from the opposing team touches the puck first.
 - 3. Any player in the Defending Zone entering the Attacking Zone after, or at the same time as the puck, touches the puck before an off-sides player does.
- (e) The center red-line shall serve as the only “Neutral Zone Area” on the rink. If any part of a player’s body or stick is touching the center red-line, any pass to or from that player from anywhere else on the rink shall be considered legal.
- (f) If a player is off-sides and their teammate in the Defending Zone dumps or shoots the puck into the Attacking Zone, making first contact with the goalkeeper and resulting in a shot on net, play shall be stopped immediately and the ensuing face-off shall take place at the offending team’s high zone face-off spot.
- (g) On all off-sides infractions, the ensuing face-off shall take place at the offending team’s high zone face-off spot on the side closest to where the pass or shot originated from.

5.26 Puck Must be Kept in Motion

- (a) The puck must be kept in motion at all times. Play shall not be stopped because the puck is frozen along the boards by two or more opposing players, unless one of the players falls onto the puck. If one player freezes the puck along the boards or if a player deliberately falls on the puck, a minor penalty shall be assessed for delaying the game. However, the Referee may stop the play along the boards if allowing play to continue shall lead to unnecessary contact surrounding the puck.

5.27 Puck or Player Out of Bounds or Unplayable

- (a) When the puck goes outside the playing area or strikes any obstacles above the playing surface other than the boards or glass, it shall be faced-off at the high zone face-off spot nearest to where the puck was last played if a player on the attacking team was the last to make contact with the puck or at the end zone face-off spot if the defending team was the last to make contact with the puck.
- (b) When the puck becomes lodged in the netting on the outside of the goal or if it is frozen between opposing players, the Referee shall stop play and face-off the puck at the nearest face-off spot to where it was last played unless, in the opinion of the Referee the stoppage was caused by a player of the attacking team, in which case the ensuing face-off shall be conducted at the nearest high zone face-off spot. The defending team and/or the attacking team may play the puck off the net at any time. However, should the puck remain on the net for longer than three seconds, play shall be stopped and the face-off shall take place at the nearest end zone face-off spot, except when the stoppage is caused by a player of the attacking team, in which case the ensuing face-off shall be conducted at the nearest high zone face-off spot. If the puck comes to rest on top of the goal frame, the play shall be stopped immediately.
- (c) A minor penalty shall be assessed to a goalkeeper who deliberately drops the puck on the goal netting to cause a stoppage of play.
- (d) If the puck comes to rest on top of the boards surrounding the playing area, it shall be considered to be in play and may be played legally by the hand or stick.

5.28 Puck Out of Sight and Illegal Puck

- (a) Should a scramble take place, or a player accidentally falls on the puck and it is out of the sight of the Referee, play shall be stopped immediately. The ensuing face-off shall take place at the nearest face-off spot where the puck was last played, unless otherwise provided for in the rules.
- (b) If, at any time during play, a puck other than the one officially in play shall appear on the playing surface, which interferes with the progress of the game, the play shall be stopped immediately.

5.29 Puck Striking a Referee

- (a) Play shall not be stopped because the puck touches a Referee anywhere on the rink.

5.30 Refusing to Start Play

- (a) If, when both teams are on the playing surface, one team for any reason shall refuse to play when ordered to do so by the Referee, the Captain shall be warned and the team so refusing shall be allowed 15 seconds to begin the game or resume play. If, at the end of that time the team shall still refuse to play, the Referee shall assess a bench minor penalty to the offending team.

The Referee shall then warn the Captain a second time and allow 15 more seconds to begin the game or resume play. If at the end of that time the team shall still refuse to play, the Referee shall have no alternative than to suspend the game and assess a match penalty to the offending team's Coach, Captain, or Team Official.

5.31 Slashing

- (a) A minor or major penalty, at the discretion of the Referee, shall be assessed to any player who slashes or attempts to slash an opponent with the stick.

Slashing is the act of a player swinging his/her stick at an opponent, whether contact is made or not. Non-aggressive stick contact to the pant or front of the shin pads, shall not be penalized as slashing. Any forceful or powerful chop with the stick on an opponent's body, stick, or near the opponent's hands that, in the judgment of the Referee, is not an attempt to play the puck, shall be penalized as slashing.

- (b) When a player injures an opponent as the result of "slashing", the Referee shall have no alternative but to impose a major plus a game misconduct penalty to the offending player.
- (c) Any player who swings the stick at another player during the course of an altercation shall be subject to a match penalty, and the circumstances shall be reported to the League Authorities for further action.
- (d) A minor penalty shall be assessed to any player who makes stick contact with the opposing goalkeeper, in the goal crease, who has covered or caught the puck, regardless of whether or not the Referee has stopped the play.

5.32 Spearing

- (a) A major plus a game misconduct penalty shall be assessed to any player who spears an opponent.
A minor penalty or a major plus a game misconduct penalty, at the discretion of the Referee, may be assessed to a player who attempts to spear an opponent but makes no contact. An attempt to spear shall include all cases in which a spearing gesture is made.
- (b) Spearing may also be treated as a match penalty under attempt to injure or deliberate injury to an opponent.

5.33 Start of the Game and Periods

- (a) The game shall start at the time scheduled by a face-off at the center face-off spot and shall be promptly resumed for the following periods in the same manner.
- (b) Each team shall defend the goal closest to its players' bench to start the game. The teams shall change ends after each period so that the third period is again played defending the goal closest to its players' bench.
- (c) During the pre-game warm-up and before each period, each team shall confine its activity to its own end of the rink. All players must wear full equipment during warm-ups and during the handshake following the game.
- (d) When a team fails to appear on the playing surface without a proper justification, a Referee shall warn the team that it must enter the playing surface immediately. If the team fails to do so promptly, the Referee shall assess a bench minor penalty for Delaying the Game.

5.34 Throwing the Stick

- (a) When any player or Team Official of the defending team deliberately throws or shoots a stick or any other object at the puck in the Defending Zone, the Referee shall allow the play to be completed and if a goal is not scored, a penalty shot shall be awarded to the non-offending team. The penalty shot shall be taken by a player selected by the Coach or Captain of the non-offending team from all non-penalized, non-injured players, excluding goalkeepers, on the team. Such selection shall be reported to the Referee and cannot be changed.
If, however, the goal is unattended and the attacking player has no defending player to pass and has a chance to score on an "open goal", and a stick or any other object is thrown or shot at the puck by a member of the defending team, thereby preventing an obvious and imminent goal, a goal shall be awarded to the non-offending team.
For the purpose of this rule, an open goal is defined as one from which a goalkeeper has been removed for an additional attacking player.

- (b) A minor penalty shall be assessed to any player on the playing surface who throws or shoots a stick or any other object in the direction of the puck in any zone except when such an act has been penalized by a penalty shot or an awarded goal.
When a player discards a broken stick by tossing it to the side of the rink in such a way that shall not interfere with play or an opposing player, no penalty shall be assessed.
- (c) A misconduct penalty shall be assessed to any player who throws a stick or any part thereof outside the playing area. A game misconduct penalty shall be assessed to any player who deliberately throws a stick or any part thereof outside the playing area at or in the direction of any spectators.

5.35 Time of Match and Time-Outs

- (a) A game shall consist of three 17 minute periods, running time.
If the score is within two goals, stop time shall be played during the last two minutes of play. If play is stopped prior to the two minute mark, the clock shall continue to run until the two minute mark arrives, at which time the clock shall be stopped until play has resumed.
A 30 second – 1 minute rest period shall be permitted between periods (based upon the amount of time designated to complete the game), after which the team shall change ends.
- (b) The team scoring the greater number of goals during the game shall be declared the winner, and shall be credited with two points in the standings.
- (c) The Referee may order the game to be suspended anytime the playing area is deemed to be in an unsafe condition. The game shall remain suspended until such condition is corrected. Referees are particularly cautioned about wet playing surfaces and should take the overly-cautious approach when determining whether or not playing conditions are safe.
- (d) If there are any unusual delays during the game or player incidents where the Referees believe that the continuation of the game would be unsafe, they shall notify the Hockey Director or Manager on Duty who will make a decision as to continue, temporarily suspend, or cancel the game.
- (e) Each team shall be permitted to take one time-out of a one minute duration which must be taken during a stoppage of play. The clock shall be stopped during a time-out and restarted upon the conducting of the ensuing face-off. Only a player on the surface of the rink or a Coach is permitted to call the time-out.

During a time-out, all players on the playing surface may proceed to their respective players' bench. Any penalized players must remain in the penalty bench during the time-out.

5.36 Tied Games

- (a) If, at the end of the third period, the score is tied, the game shall be declared a tie. No overtime period shall be played unless it is necessary to determine a winner.
- (b) In playoff and championship games in which it is necessary to determine a winner for advancement, the following shall take place:
 - 1. No rest period will be allotted between the last period and the overtime period.
 - 2. The teams shall not change ends.
 - 3. A sudden-death, overtime period shall be played 5 minutes in length.
 - 4. The numerical strength of each team shall be 3 skaters and 1 goalkeeper (minus any penalized players).
 - 5. The game shall terminate upon the scoring of a goal and the team scoring the goal shall be declared the winner.
- (c) A team shall be permitted to pull their goalkeeper in favor of an additional skater in the overtime period. Once the goalkeeper has been removed, he/she must wait for the next stoppage of play before returning to his/her position. The goalkeeper may not return to their position “on the fly.” If they do, a bench minor shall be assessed for illegal goalie substitution.

If, at the end of regulation play, there are penalties that have not expired, play will continue with the same man advantage the penalties resulted in within regulation time. If one team has a two-man advantage at the end of regulation time, over-time will commence with 4 on 2. Once the penalties have been reduced to a 1 man advantage and after a stoppage of play, over-time will continue with the allotted 3 players creating a 3 on 2 power play for the non-offending team.

At no time will a team have less than 2 skaters on the floor.

- (d) There shall be no stop time during sudden-death overtime.
- (e) If after the 5 minute sudden-death overtime period, neither team has scored a goal, the teams will proceed to a 3 person shootout. The rules governing the shootout shall be the same as those listed under Rule 4.7 – Penalty Shot.

During the shootout, the following shall take place:

- 1. No rest period will be allotted between the overtime period and the shootout.
- 2. Teams shall not change ends for the shootout.
- 3. No warm up shall be permitted for a substitute goalkeeper.

4. The Home Team shall have the choice of shooting first or second.
5. Teams shall alternate shots.
6. 3 players from each team shall participate in the shootout.
7. After each team has taken three shots, if the score remains tied, the shootout will proceed to a “sudden death” format. In the sudden death format, each team will be given an equal number of chances to score. If the home team shoots first and scores, the away team will be given one final chance to answer the scored goal.
8. No player shall shoot twice until everyone who is eligible has shot.
9. **Shootout Player Eligibility**
All players are eligible to participate in the shootout unless they are serving a penalty (minor, major or misconduct).
When a goalkeeper has been assessed a penalty, the player designated to serve the penalty becomes ineligible for the shootout. If the penalty is assessed to the goalkeeper during the course of the shootout, the player designated to serve the misconduct penalty must be a player who has yet to shoot and thus becomes ineligible to shoot.

- (f) During the shootout, no shots on goal, goals against or goals scored by players will be recorded on the personal statistics of the player or goalkeeper.

5.37 Tripping

- (a) A minor or major penalty shall be assessed to any player who places the stick, leg, knee, foot, arm, hand, or elbow in such a manner that it causes an opponent to trip or fall.
If, in the opinion of the Referee, a player is unquestionably poke-checking the puck and obtains possession of it, thereby tripping the opposing player, no penalty shall be assessed.

Accidental trips that occur simultaneously with the face-off shall not be penalized.

Any player who deliberately dives onto the playing surface, except to block a shot, contacts an opponent and causes the player to trip or fall, shall be assessed a minor penalty.

- (b) A major plus a game misconduct penalty shall be imposed on any player who injures an opponent as a result of a foul committed by tripping.
- (c) When a player, in possession and control of the puck in the Attacking Zone and having no opponent to pass other than the goalkeeper, is tripped or otherwise fouled directly or diagonally from behind, thus preventing a reasonable scoring opportunity, a penalty shot shall be awarded to the non-

offending team. The Referee shall not stop play until the attacking team has lost possession and control of the puck to the defending team.

The intent of this rule is to restore a reasonable scoring opportunity which has been lost by reason of a foul from behind when the foul is committed on the opponent's side of the center red line.

"Possession and control" of the puck means the act of propelling the puck with a stick. If, while it is being propelled, the puck is touched by another player, hits the goal or goes free, the player shall no longer be considered to be "in possession and control" of the puck.

- (d) If, when the opposing goalkeeper has been removed from the playing surface, a player in possession and control of the puck is tripped or otherwise fouled with no opposing player to pass, thus preventing a reasonable scoring opportunity, the Referee shall immediately stop play and award a goal to the non-offending team.

5.38 Unnecessary Roughness (Roughing)

- (a) At the discretion of the Referee, a minor or double minor penalty may be assessed to any player who uses unnecessary roughness against an opponent.
- (b) A minor or double minor penalty for unnecessary roughness must be assessed every time an opposing player makes unnecessary physical contact with the player in possession of the puck. It is not the intent to penalize incidental contact between two opposing players who are actively in pursuit of the puck. The act of riding an opponent off the puck shall not be considered to be roughing. However, this does not allow the player without the puck to throw their body into the opponent to achieve possession.

APPENDIX

Summary of Rule Differences

Section:	Dry Ice 2010	Old Dry Ice	USA Inline
BUILDING / RINK	Goal nets are ~11' from boards	Goal nets were ~12.5' from the boards.	No regulations
TEAMS	<p>Player Substitution Rules (Rule 2.3) regarding non-rostered subs. See Rule Book for complete rule.</p> <p>Players must be within 5' of the boards before a player can change. (Rule 2.6)</p>	<p>Same as new regulations.</p> <p>Players must be within 10' of the boards before a player can change.</p>	<p>No regulations.</p> <p>Same as new regulations.</p>
EQUIPMENT	<p>All players must wear HECC Certified helmets (Rule 3.1 & 3.3)</p> <p>If an adult player chooses to wear face protection, it cannot be altered in any way from the manufacturer.</p> <p>Sticks – players may carry a new stick to the goalkeeper who has broken their stick provided that they do not</p>	<p>No regulations.</p> <p>No regulations.</p> <p>Players could not carry a stick to the goalie.</p>	<p>Same as new regulations.</p> <p>No regulations.</p> <p>Same as new regulations.</p>

Section:	Dry Ice 2010	Old Dry Ice	USA Inline
	<p>participate in play. (Rule 3.2)</p> <p>Black tape is not permitted anywhere on the rink. (Rule 3.2c)</p> <p>Uniforms – highly recommend matching jerseys. (Rule 3.4)</p>	<p>No regulations.</p> <p>No regulations.</p>	<p>No regulations.</p> <p>Players must have matching jerseys with numbers.</p>
PENALTIES	<p>Major penalties now include an automatic game misconduct. (Rule 4.3)</p> <p>Supplementary Discipline – Further discipline can be assessed after a game pending an investigation into the circumstances of the incident whether it was initially penalized or not. (Rule 4.11)</p> <p>3 Strikes Rule – Any player who receives 3 game misconducts in any 12 month period will be facing a minimum 1 season</p>	<p>Major penalties were 5 minutes in the penalty box.</p> <p>No regulations.</p> <p>No regulations.</p>	<p>Same as new regulations.</p> <p>Same as new regulations.</p> <p>No regulations.</p>

Section:	Dry Ice 2010	Old Dry Ice	USA Inline
	<p>suspension to be determined by the Disciplinary Committee. (Rule 4.12)</p> <p>Progressive Penalty – the penalty for a game misconduct increases based on prior offenses. (Rule 4.12)</p> <p>Penalty Cap – Adults – 4 penalties, Youth – 3 penalties. (Rule 4.12)</p>	<p>No regulations.</p> <p>Same as new regulations.</p>	<p>No regulations.</p> <p>No regulations.</p>
PLAYING RULES	<p>All face-offs should occur at a face-off dot. No exceptions. (Rule 5.11)</p> <p>Fighting – Major penalty is assessed which automatically comes with a game misconduct. (Rule 5.13)</p>	<p>Some face-offs were conducted at the imaginary line connecting the end zone and high zone face-off dots.</p> <p>Fighting – Major penalty assessed. Player may have been ejected from the remainder of that game. Evaluated for further penalty.</p>	<p>Allows for some face-offs to be conducted at the imaginary line connecting the end zone and high zone face-off dots.</p> <p>Same as new regulations.</p>

Section:	Dry Ice 2010	Old Dry Ice	USA Inline
	Fighting includes instigating a fight or intention to fight, even if no gloves are dropped or punches thrown. (Supplementary)	Fighting generally only included if punches were thrown and/or gloves dropped.	Does not specifically define fighting outside of punches being thrown.
	Hand passes are permitted in the defensive zone. (Rule 5.16)	Hand passes not permitted anywhere on the rink.	Same as new regulations.
	A player shall not be penalized for high stick if their stick is at normal playing height and it makes contact with another player who is on the ground, provided the contact is accidental and cannot be reasonably avoided. (Rule 5.17)	Not specified.	Not specified.
	Drawing blood by an accidental high stick results in a double minor penalty. (Rule 5.17)	Same as new regulations.	Injury by a high stick carries an automatic misconduct penalty.
	If a spectator enters the playing surface during an altercation, or	Not specified.	No regulations.

Section:	Dry Ice 2010	Old Dry Ice	USA Inline
	refuses to leave when asked, the local authorities shall be notified immediately. (Rule 5.21)		
	Dry Ice uses a modified off-sides. (Rule 5.25)	Same as new regulations.	No off-sides.
	Rest Period – after each period, there shall be a 30 second – 1 minute rest period, depending on how late the games are running. (Rule 5.35)	Rest period between periods is 1 minute.	Same as new regulations.
	Playoffs – Sudden Death OT is 3 vs 3 (unless penalties prevent it). If no one scores, game goes to a 3 person shoot-out. (Rule 5.36)	4 vs. 4, 5 person shoot-out.	Same as new regulations.