



## Penalty Details

Any fighting will result in a 5-minute penalty and a game misconduct (ejection)

Minor penalty-2 minutes in periods 1&2 and 3 minutes in period 3

Major penalty-5 minutes in periods 1&2 and 7 minutes in period 3

### Minor Penalties

8 minutes in penalties – written admonishment

12 minutes in penalties – 2 game suspension

16 minutes in penalties – 5 game suspension

20 minutes in penalties- expulsion from the league

Minor Bench penalties served by a player do not count in the total accumulations (i.e., too many players on the ice, goalie penalties)

### Major Penalties

#### *When a player accumulates... Automatic Disciplinary Action*

- 1 major penalty. . .1 game suspension. The suspension must be noted on the game sheet. And \$25 fine, payable before the next game to be played by the player.
- 2 major penalties. . .5 game suspension. \$25 fine, payable before the next game to be played by the player.

Refer to [http://www.kwwrhl.ca/pdfs/2008\\_Operations\\_Manual.pdf](http://www.kwwrhl.ca/pdfs/2008_Operations_Manual.pdf)

## Penalties

### Boarding:

Violently pushes or checks an opposing player into the boards.

### Charging:

Taking more than two steps or jumps before hitting a player.

### Hitting From Behind:

Hitting a player on the opposing team from behind.

### Tripping:

Tripping a player on the opposing team.

### Elbowing/kneeing:

Hitting an opposing player with your elbow/knee.

### Body Checking:

Making contact with an opposing player with your entire body.

### Checking to the head:

A player who intentionally checks an opponent to the head in any manner.

### Slap Shots:

A back swing above the knee.

### Slashing:

Hitting an opponent with a stick while holding the stick with one or both hands, note you don't have to make contact.

### Interference:

When a player attempts to get in the way of an opposing player not in possession of the puck.

### Hooking:

When the player hooks any part of the opponent's body with her stick.

### Holding:

Occurs when a player grabs and holds onto an opponent with their hands or stick.

### Holding the Stick:

Occurs when a player grabs and holds onto an opponent's stick with their hands or stick.

### Butt Ending:

Occurs when a player uses the shaft of the stick above the upper hand, to check an opposing player in any manner or jabs or attempts to jab an opposing player with this part of his stick.

### But End Hooking:

Occurs when a player uses the shaft of the stick above the upper hand, to hold or hook an opponent

### Biting:

Using your teeth to attack an opposing player.

### Hair Pulling:

Pulling the hair of an opposing player.

### Kicking:

Using your feet to attack an opposing player.

### Spearing:

The action of poking or attempting to poke an opponent with the toe of the blade of the stick while holding the stick with one or both hands.

### Attempt to Injure:

Any player or team official who deliberately attempts to or deliberately injures an opponent, official, team official or spectator in any manner. When your intention is to injure another player.

### Handling the puck:

Any player (except a goaltender) who closes her hand on the puck and while so doing, gains an advantage on her opponents. (if she immediately drops it to the ice without gaining or attempting to gain an advantage play shall continue.)

### Too Many Players on the Ice:

When there is more than the appropriate number of players on the ice.

### Spitting:

Any player or team official who deliberately spits on or at an opponent, official, team official or spectator. You are allowed to spit on the ice but not intentionally on another player.

### Broken Stick:

A stick that in the opinion of the Referee is unfit for normal play (broken, chipped etc) and the player continues to play with it. Dropping the broken stick results in no penalty.

### High Sticking:

Any player who checks, intimidates or makes contact with an opponent while caring her stick above the normal height of her opponent.

### Cross Checking:

The action of using the shaft of the stick between the two hands to check or hit an opponent at any height. When a player holds her stick in both hands and hits a player with it.

### Delay of Game:

When a player/team/team official, intentionally delays the game. Such as shooting the puck outside the playing area, displacing the goal post, leaving the bench to talk to referee etc.

### Arguing with the Referee:

Challenging a referee's call.

### Unsportsmanlike Conduct:

A player, team official acting in a disorderly /unsportsmanlike way. Using inappropriate language towards another player or physically harassing another player or coach.—this other penalties.

### Goaltender Interference:

A player who by means of her stick or her body, interferes with or impedes the movements of the goaltender by actual physical contact.

### Head Butting:

Using your head to hit an opposing player head.

### Sitting on the puck:

When a player sits on a puck it will result in a penalty, also known as Delay of Game. If it is in the goalie's crease, with the goalie on the ice it is a penalty shot. If the goal is not on the ice it is an awarded goal.

Refer to Official case/rule book of Hockey Canada

## Uniforms & Equipment

A common team jersey is provided for all players and must be worn during all league games. Players are to wear the same sweater number all season. Players shall not alter the sweater or sponsorship banner except for the addition of an 'A' to denote assistants. Notations must be made on the game sheet.

All jerseys remain the property of the K-W Women's Recreational Hockey League and must be returned at the end of the season to their respective Coaches. The Coaches will then return them to the Executive. Failure of a player to return a jersey will result in a fine of \$25 payable immediately.

All players must wear CHA mandatory hockey equipment at all games, practices and skills clinics. All equipment must be worn properly.

Any equipment deemed unsafe by the officials will disqualify the player from playing any games until the equipment is properly repaired or replaced.

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## Games

Each game consists of 3 periods. 2 periods each being a 10-minute stop-time (clock stops when play stops). The third period is running time to consume the time left for the 50 minute rental. The last two minutes of the third period will be stop time.

Games will begin with each team having a minimum of six players. If a team wishes to pick up additional players they can ask players (must be registered league players) from the games before or after to play with them. This cannot be prearranged. A team who does not have 6 players will forfeit the game.