



RULEBOOK

#Is It Sunday Yet?

(Updated 04/10/2018)



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All participants are required to complete a waiver of liability form prior to playing. All participants in intramural sport activities assume the risk of injury. DCHL, its employees and agents (such as Rockville Sportsplex) shall not be liable for injury to person or the loss or damage to personal property arising from or in any way resulting from participation in the intramural sports activities.

A detailed video demonstration of all the DCHL Leagues penalties along with certain rules that can be aided with further visual explanations will be added to this rulebook. At this time this video is under production and unavailable.

Please note that in this manual, the terms “Referee” and “Official” are interchangeable. Anything not explicitly covered in this manual will follow the guidance of the Official Rules of the National Hockey League.

SECTION 1: PLAYING AREA

RINK: Because the DCHL is not NECESSARILY tied to any specific venue, the exact specifications of the playing surface, including but not limited to the dimension of the rink, the division of the surface, and surface markings are subject to change.

GOALS: Although goals will differ by venue, every attempt will be made to ensure the opening is consistent with NHL standards (4 feet or 48 inches in height and 6 feet or 72 inches in width) as measured from the inside of the posts.

BENCHES: Each team will have a player bench area that will accommodate their team and equipment. The specifications of the player benches will depend on the venue. Unless the venue can accommodate a separate area for the penalty bench, each player bench will also serve as the team’s penalty bench.

SECTION 2: TEAMS

TEAM: Each team shall consist of FIVE players on the floor (**NOT** including the goalie). A minimum of **TWO** females must be on the floor at all times; one female may be a goalie.

CAPTAIN/ALTERNATE CAPTAIN: Each team will have one team Captain and Alternate Captain. The Captain or Alternate Captain will be the **ONLY** individual allowed to discuss with the Officials any questions relating to the rules (NO JUDGMENT DISPUTES). Any player other than the captains (on the bench or on the court) whom makes a protest or interferes with play in any way is subject to a penalty and/or ejection. NOTE: For educational purposes and at the discretion of the official, an official can explain his/her ruling to another player or the team as a whole.

STARTING LINE-UP: **A MINIMUM OF FOUR** total players, consisting of three floor players (at least one being female) and one goalie, are required to begin the game. If a team cannot field the required number of players (to include one female player) at the scheduled game start time, that team will forfeit the game and the opposing team will be awarded a win unless the opposing captain is willing to allow for exceptions.

ROSTER PLAYER MINIMUM: **A MINIMUM OF SIX** total rostered floor players (this does not count sub players not on the roster) are required from each team for every game. If a team does not have at least six rostered players, they will be assigned a forfeit. However, to avoid a forfeit, the opposing captain can still allow the team in

question to get subs from PREAPPROVED list only if they have less than 6 of its own roster players. In the case of the offending team winning, they will be deducted a SPORTSMANSHIP point in the standing, and the opposing team will get one sportsmanship point. In short, even if the team that had less than 6 of its own players win with preapproved subs, they can only get one point in standings.

PLAYOFF ELIGIBILITY:

D1, D2, D3 – 5 games to be played to be playoff eligible. However, each team can designate one PART TIME PLAYER Exemption in which a player who has played at least 3 games can play in playoffs. This is a great tool for a captain who has a player who for some reason will have hard time making at least 5 games.

NOTE: A captain must designate this player before their first game is PLAYED this season. A list of each team's exempted player will be sent to BoG for public record.

D4, REC – 4 games to be played to be playoff eligible. Because the threshold is lower in these two divisions, they do not get any PT player exemption.

DCHL Leagues will not grant any exemptions unless there was a long term injury or if a new player joined the league late and did not have opportunity to play 5 games.

SECTION 3: EQUIPMENT

UNIFORMS: Players will wear the same color top, preferably with a unique number for each player displayed on the back. The league reserves the right to require a team to wear a different color should they play an opponent with similar color uniform.

All DCHL teams and their players must bring a white shirt along with their normal team shirt/color every week. Make it a habit. In case there ends up being a shade of color or color blindness conflict, the ROAD team will be asked to change to white.

If a player does not have a white shirt and the captain does not have a backup white shirt for his team (and moreover if the team that played before does not have a white shirt for player or players out of compliance), then that team will lose a SPORTSMANSHIP POINT. ZERO TOLERANCE.

MANDATORY EQUIPMENT: The only mandatory equipment item required by DCHL is a hockey stick.

HIGHLY RECOMMENDED EQUIPMENT: For increased player safety, the following equipment items are recommended:

- Hockey Gloves
- Rubber soled shoes
- Knee and elbow pads
- Shin protectors
- Helmet (cheaper annual liability insurance if you wear a helmet)
- Mouthpiece
- Athletic support

GOALIE EQUIPMENT: Goalies **MUST WEAR AT LEAST** the equipment recommended above AND the following items:

- Chest protector
- Baseball or catching glove worn on the opposite hand of the stick
- Blocker
- Helmet

UNSAFE EQUIPMENT: League officials have the authority to deem any piece of equipment unsafe or unfit for play. If this occurs, the official will order the player off the surface. If the player attempts to reenter the playing surface without correcting the infraction, a bench minor will be assessed.

BALL: The ball will be made of durable plastic and be orange in color (unless orange is unavailable or the surface dictates another color more visible).

SECTION 4: PENALTIES

TYPES OF PENALTIES

MINOR PENALTY: For a minor penalty, any player, other than a goalkeeper, shall be ruled off the ice for two (2) minutes during which time no substitute shall be permitted. This also includes bench minors.

MAJOR PENALTY: For a major penalty, the offender, except the goalkeeper, shall be ruled off the ice for five (5) minutes during which time no substitute shall be permitted.

DOUBLE MINORS: For a double-minor penalty, any player, other than a goalkeeper, shall be ruled off the ice for four (4) minutes during which time no substitute shall be permitted.

COINCIDENTAL PENALTIES: When coincidental minor or major penalties of equal duration are imposed against players of both teams, the players can be replaced on the floor so there is no numerical advantage for either team as a result of the penalty. Players are eligible to play as soon as the penalty expires.

MULTIPLE PENALTIES: If there are multiple penalties that involve both teams, the net difference which results in a power play situation immediately starts with the drop of the next whistle. In other words, we do not delay the onset of the power play and/or play 4 on 4 hockey when avoidable. The player(s) who receive(s) the multiple penalties must still serve the full minutes as assessed unless a power play goal results.

NOTE: If, because of the coincidental penalties, a team does not have enough female players on the floor, then the team will have to play shorthanded until the female player who is serving her penalty is released from the box.

PENALTY EXPIRATION: All minor penalties that result in a numerical disadvantage expire as soon as A) goal is scored by the team with a numerical advantage OR B) as soon as the two minute expires. However, a penalty cannot expire during a stoppage of play. If such a situation occurs, the penalty will expire at the start of the next play (faceoff).

MISCONDUCT: ANY penalty or infraction can also receive a misconduct penalty if, in the Referee's opinion, the nature of the infraction was egregious and/or violent. This includes but is not limited to intentionally injuring a player, acting with the intent to injure, or abusing an Official verbally or physically. Depending on the

degree/severity of the penalty, the misconduct penalty assessed in addition to the minor/major penalty can be one or more of the following: 8-minute misconduct penalty, a match penalty in which the player is suspended for the balance of the game, probation, suspension, and/or ban from the league (see EJECTIONS). The Referees will decide at the time of the penalty which type of misconduct penalty to assess. However, probations, suspensions, and bans will be the final decision of the DCHL League Office.

EJECTIONS: If a player receives one major penalty or four minor penalties in one game they may be ejected from that contest at the official's discretion. If a player commits five penalties in a game, he/she is automatically ejected. Any Official who feels any penalty was severe in nature may eject a player at any time. ALL ejections and game misconducts are reviewed by the DCHL League Office and subject to probation, suspension, and/or ban from the league. *NOTE: Fighting will be an automatic ejection and may lead to further disciplinary action!*

GOALKEEPER PENALTIES: A goalkeeper shall not be sent to the penalty bench for an offense which incurs a minor or major penalty, but instead, the minor penalty shall be served by another member of his team who was on the ice when the offense was committed. This player is to be designated by the Manager or Coach of the **OFFENDED** team through the playing Captain or acting captain and such substitute shall not be changed.

POWER PLAYS/PENALTY KILLS:

**For all discussion of power plays, the goalie is assumed present, and not included in discussion.*

Minor penalties will result in two-minute power plays. Major penalties will result in five-minute power plays. If a team commits a minor penalty, the opposing team will receive a 5-on-4 power play. If the same team commits a second penalty while short-handed, we will play 5-on-3. If a team is already shorthanded and commits another delayed penalty, then any goal scored before the whistle can be blown will finish off the first penalty being served and the second penalty will be assessed immediately.

If a delayed penalty call is pending and the team projected to receive the power play scores with an extra player as a resulting of pulling its goalie, the penalty will be recorded and the goal will be scored as a power play goal.

PENALTY SHOTS:

When a penalty shot is being taken, the players on both teams must stand to the sides of the floor behind their own defensive line. The ball shall be placed at the center of this line. A player must proceed with the ball in a forward motion and during the process the ball cannot go backwards at any time. If the ball goes backwards or stops its forward motion, the play is whistled dead and the penalty shot opportunity is over. Only one shot allowed - no rebound shots.

The goalie must remain in the crease until the ball is touched. The goalie may not throw his stick or glove – a goal shall be scored if he is in violation. If during a penalty shot, any player on the opposing team causes a distraction or interference, a second penalty shot shall be awarded (providing the first attempt was unsuccessful).

EXTRA ATTACKER ON DELAYED PENALTIES:

If a team is the impending beneficiary of a power play due to a delayed penalty call, that team can put an extra player on the floor immediately without having the goalie come off the floor. Here are the caveats - goalie must stay in crease and avoid playing any ball coming his or her way. If for some reason a ball happens to go on goal the goalie must let it go in the net (as destined). If the goalie stops the ball, the opposing team will be automatically awarded an empty net goal. Also, the goalie cannot touch the ball to stop a play. Otherwise he or she will be given a TOO MANY PLAYERS on the floor penalty.

SECTION 5: OFFICIALS

REFEREES: The Referees shall have general supervision of the game and shall have full control of all game officials and players during the game, including stoppages; and in case of any dispute, their decision **SHALL BE FINAL**. At a minimum, one Referee will officiate each game; two Referees are desired. Referees will also serve as linesmen and perform their duties accordingly. **NOTE:** As there is a human factor involved in blowing the whistle to stop play, the Referee may deem the play to be stopped slightly prior to the whistle actually being blown. This is known as the act of blowing the whistle. The fact that the ball may come loose or cross the goal line prior to the sound of the whistle has no bearing if the Referee has ruled that the play had been stopped prior to this happening.

OTHER OFFICIALS: While not part of the officiating crew, referees are able to consult with the scorekeeper and/or league officials taping any games for input and perspective on a call. The final decision rests with the referees, but other input can be gathered.

GAME TIMEKEEPER/OFFICIAL SCORER: The timekeeper/scorer is responsible for the official game and penalty clocks, as well as recording all statistical data related to the game as required by the league.

ABUSE OF OFFICIALS: A player, goalkeeper, Coach or non-playing person shall not challenge or dispute the rulings of an official before, during or after a game. A player, goalkeeper, Coach or non-playing person shall not display unsportsmanlike conduct including, but not limited to, obscene, profane or abusive language or gestures, comments of a personal nature intended to degrade an official, or persist in disputing a ruling after being told to stop or after being penalized for such behavior. The severity of the infraction will determine the type of penalty assigned for this behavior. (See also MISCONDUCT, EJECTIONS, and Unsportsmanlike Conduct)

SECTION 6: LISTING OF FOULS/INFRACTIONS

SUBSTITUTIONS:

Free substitution is allowed as long as the floor player is within a reasonable distance (five feet) of the team's bench AND clearly steps to the board to quickly avoid play and walk off. A violation of this will result in the offending player receiving a two-minute penalty for TOO MANY PLAYERS ON THE FLOOR.

If a ball accidentally hits the player coming off the floor and the player is clearly not involved in the play and not making a playing while attempting to get off the floor, no penalty shall be assessed. However, if the player deliberately plays the ball while coming off the floor and the player's sub is already on the floor, a TOO MANY PLAYERS ON THE FLOOR will be assessed.

ONSIDES/OFFSIDES (Extended Blue Line):

The ball must precede the attacking player's entry into the OFFENSIVE ZONE (YELLOW LINE). Once this is done, the OFFENSIVE ZONE extends back to center ice line (WHITE LINE). Once the ball gets out past center line, you need to vacate the zone and reset/regain zone at the original offensive entry line (YELLOW LINE).

Our offensive entry zone line is colored YELLOW. Our center ice zone line is colored WHITE.

With EBL comes modified icing which can only occur from your defensive zone (not the EXTENDED offensive zone). Once this is done, the attacking team is considered onsidess and can continue play within this zone as long as the ball stays within the zone. Once the ball leaves the offensive zone for the attacking team and enters the neutral zone, the team is considered offsidess and must clear the zone and re-enter the zone legally. If a team is ruled to be

offsides INTENTIONALLY, meaning a player moves the ball back into the offensive zone knowingly with a player still offsides, the Referee will blow the whistle and faceoff will occur in the attacking team's defensive zone. An offensive player cannot touch the ball in the offensive zone once it has clearly come outside of the zone and brought back into by a teammate. Doing so will be ruled as INTENTIONAL offsides. If the offsides is ruled to be unintentional, then the faceoff will be held outside the attacking team's offensive zone.

If a defensive player KNOWINGLY and WILLINGLY brings the ball back into his/her defensive zone, any trapped opposing players in the offensive zone will be ruled ONSIDES.

NOTE: For hand pass purposes, once the expanded offensive zone has been established the defensive zone for the defending team also becomes expanded. Thus, hand passes are allowed in the EXPANDED defensive zone under this circumstance.

NO BODY CHECKING- This is a no intentional contact league. This is a finesse league. Contact should be avoided at all costs. Any intentional and/or unavoidable moderate to heavy contact with the body or stick will be penalized by the Official at the referee's discretion.

GOALIE CREASE, HANDLING THE BALL AND THE STICK:

The goalkeeper may use either hands or stick to clear the ball away from the goal. The goalie is not exempt from penalties when they go outside the goal box to play the ball. Any freezing of the ball by the goalie outside of the crease may result in a DELAY OF GAME Penalty at the Referee's discretion. The goalie has only one second to play the ball from the crease once they have full and controlled possession if he/she chooses to keep the play going.

Goalie Crease will be marked by a rectangular box that extends out from the goal line.

No offensive player or his/her stick may "park" his/her self in the crease at any time for more than 3 seconds during the course of play. This is equivalent of a 3 second call violation in the paint in basketball. Exception: If the ball has already entered the crease, the offensive player may enter the crease to pursue a rebound opportunity. However, the player may not intentionally make contact with the goalie and/or hinder the goalie's ability to make a save without being subject to a goalie interference penalty.

If the goal becomes dislodged from the designed marked area, the Referee can choose to stop the play at his/her discretion IF there has been "significant movement" that will severely impact the play. Otherwise, play will continue. The ball may NOT be caught by a player at any time. It can be swatted down. Hand passes are only allowed in the defensive zone. With the Extended Blue Line, the defensive zone is can extend to the center line.

FACE-OFFS:

Shooting directly off the faceoff drop is prohibited. This will eliminate injuries to elbows, shins, and hands. Moreover, you may not run through an opponent in a faceoff situation resulting in contact that is deemed unnecessary by the game official. Also, restricting an opponent in a faceoff circle will be penalized as interference.

A faceoff is considered complete once the ball is dropped and hits the floor and one attempt is made by either player at the ball. After a complete faceoff, a player can shoot or move forward with the ball. The Referee can choose to toss violators from the faceoff circle and/or call a penalty for Illegal Faceoff at his/her discretion.

If a stoppage of play in the defensive zone results because a defensive player deflected the ball out of play or due to an injury suffered by a member of the defending team, faceoff will stay in that said defensive zone. If a stoppage of play in the defensive zone results because the ball gets deflected out of the zone as a result of an offensive player touching it last or due to an injury suffered by a member of the offensive team, faceoff will come out of that said defensive zone.

BORDER RESTRICTION GUIDELINES:

The only possible restrictions we have are the highly elevated basketball backboards (very rare a ball will hit this) and the curtains to the side. If the ball strikes the basketball boards or frame or becomes lodged in the curtains, play is whistled dead and a faceoff will occur at the nearest faceoff circle.

There are several restrictions that result from playing at the Michael and Sons Sportsplex in Rockville, Maryland. These issues will be addressed below:

- 1) **Curtains-** The staff does their best to keep the curtains pulled to the side and out of play, but there will be instances in which the ball will come in contact with them. The curtains will be treated in play except for situations in which the ball becomes stuck. Play will be blown dead and a faceoff will occur in the zone in which the ball was last touched.
- 2) **Curtain Chains-** When the ball makes contact with the chains attached to the curtains, play will be blown dead and a faceoff will occur in the zone in which the ball was last touched.
- 3) **Basketball Rims/Backboards/Support-** When the ball comes in contact with any part of the basketball rim, backboard, or support structure, the play will be blown dead and a faceoff will occur in the zone in which the ball was last touched.
- 4) **Nets-** When the ball comes in contact with the basketball netting, play will continue. The exception to this is if the ball does stay in the netting and fails to drop. In this situation, the play will be blown dead and a faceoff will occur in the zone in which the ball was last touched.
- 5) **Railing-** Up for DCHL BOG Vote. Will add when rule is decided.
- 6) **Ceiling/Pipes/Rafters-** When the ball makes contact with the ceiling or anything hanging from/supporting the ceiling, play will be blown dead and a faceoff will occur in the zone in which the ball was last touched.
- 7) **Rain/Water issues-** There have been instances in which water/condensation have built up on the playing surface due to rain leaks or humidity. All decisions to play or cancel games will be made by the Commissioner in conjunction with the Michael and Sons Sportsplex management. In the event of cancellation, league officials will notify players through communication channels, such as email/**Facebook post/Twitter post**. These modes of communication may change over time.
- 8) **Games cancelled due to weather-** Games are only cancelled at the discretion of the Michael and Sons Sportsplex when their operations staff determine to close down the Sportsplex. When DCHL Leagues officials are informed, they will notify players through communication channels, such as email/**Facebook post/Twitter post**. These methods of communication may change over time
- 9) **Unforeseen circumstances catch all.** Any situations that arise involving the physical surface of the rink that are not covered will be dealt with by DCHL officials with a focus on player safety.

INJURIES:

Safety comes first and foremost. If a player seems injured or likelihood of being injured in the defensive zone, Referee has the discretion of blowing the play dead immediately if he/she thinks the injury is serious or wait for the defensive team to touch the ball (just like a penalty) to stop the play if the injury does not seem severe or needs immediate attention.

CLOSING YOUR HAND AND/OR GRABBING THE BALL:

A player cannot grab the ball out of air especially (close his hand) at any time. Doing so in the crease of his/her own defensive zone will result in a penalty shot. Doing so outside the crease is subject to either:

- 1) A faceoff in the defensive zone if the referee deems it was not egregious
- 2) A Delay of Game penalty IF the player does not IMMEDIATELY drop the ball and/or “gains a significant advantage” such as shift the ball or move the ball from one side of body to another. You must immediately drop the ball to avoid the penalty!

In either case play will be stopped and one of the two consequences listed above will occur if a player does grab the ball (closes hands on the ball).

Swatting the ball is allowed but is subject to the Hand Pass Rule.

GOALIE PLAY OUTSIDE THE CREASE:

A goalie can come out from his/her defending goal line to the imaginary line that connects the two faceoff circles in the goalie’s defending zone in order to make a save and then freeze it with “impending” opposition pressure.

Otherwise, a goalie cannot just come out more than 3 feet from his or her crease and just FREEZE the ball with no attempted save and “impending” opposition pressure. If this violation occurs a goalie can be called for a Delay of Game penalty.

PENALTIES:

The current list of penalties that can be called in the DCHL displayed in the table on the following pages.

PENALTY	DESCRIPTION
BOARDING (NHL Video Demo - http://video.nhl.com/videocenter/console?id=92366)	A boarding penalty shall be imposed on any player who checks or pushes a defenseless opponent in such a manner that causes the opponent to hit or impact the boards violently or dangerously. The severity of the penalty, based upon the impact with the boards, shall be at the discretion of the Referee. There is an enormous amount of judgment involved in the application of this rule by the Referees. The onus is on the player applying the check to ensure his opponent is not in a defenseless position and if so, he must avoid or minimize contact. However, in determining whether such contact could have been avoided, the circumstances of the check, including whether the opponent put himself in a vulnerable position immediately prior to or simultaneously with the check or whether the check was unavoidable can be considered. This balance must be considered by the Referees when applying this rule. Any unnecessary contact with a player playing the puck on an obvious “icing” or “off-side” play which results in that player hitting or impacting the boards is “boarding” and must be penalized as such. In other instances where there is no contact with the boards, it should be treated as “charging.”

<p><u>CHARGING (NHL Video Demo --- http://video.nhl.com/videocenter/console?id=92370)</u></p>	<p>A minor or major penalty shall be imposed on a player who skates or jumps into, or charges an opponent in any manner. Charging shall mean the actions of a player who, as a result of distance traveled, shall violently check an opponent in any manner. A “charge” may be the result of a check into the boards, into the goal frame or in open ice.</p> <p>A minor, major or a major and a game misconduct shall be imposed on a player who charges a goalkeeper while the goalkeeper is within his goal crease. A goalkeeper is not “fair game” just because he is outside the goal crease area. The appropriate penalty should be assessed in every case where an opposing player makes unnecessary contact with a goalkeeper. However, incidental contact, at the discretion of the Referee, will be permitted when the goalkeeper is in the act of playing the puck outside his goal crease provided the attacking player has made a reasonable effort to avoid such contact.</p>
<p><u>CREASE VIOLATION</u></p>	<p>Occurs when a player's body COMPLETELY and CLEARLY enters an opposing goalie's crease without the presence of the ball and he/she stays in it for 3 seconds and/or makes contact with goalie's ability to make a save.</p>
<p><u>CROSS CHECKING (NHL Video Demo --- http://video.nhl.com/videocenter/console?id=92327)</u></p>	<p>The action of using the shaft of the stick between the two hands to forcefully check an opponent.</p>
<p><u>DELAY OF GAME</u></p>	<p>Occurs when 1) a player creates an unnecessary stoppage of play, 2) a player deliberately does not move the ball or progress the play (especially late in the game if such player's team is winning), 3) a player grabs the ball (see section on closing hand of ball for more details), 4) delaying the faceoff within a reasonable time (within 20 seconds or so) after stoppage of play and/or 5) a goalie freezes the ball beyond a 3 foot radius of the net without any save made AND impending pressure.</p>
<p><u>ELBOWING (NHL Video Demo --- http://video.nhl.com/videocenter/console?id=92386)</u></p>	<p>Elbowing shall mean the use of an extended elbow in a manner that may or may not cause injury.</p>
<p><u>GENDER VIOLATION</u></p>	<p>Occurs when the number of male player EXCEED the maximum allowed during whatever situation the game may be in at the moment. In other words, there are not enough women players on the floor.</p> <p>If a team is short of women players and decided to play with one less player it is considered a Gender Violation penalty because a male player is not taking the female player's spot.</p>
<p><u>GOALIE INTERFERENCE (NHL Video Demo --- http://video.nhl.com/videocenter/console?id=92118)</u></p>	<p>Occurs when a player uses his/her stick and/or body to make contact with an opposing goalie who is in the goalie crease thus hindering or inhibiting the goalie from making a save or making a play.</p>

HIGH STICKING	Occurs when a player CLEARLY plays the blade of his/her stick above his/her own shoulder level AND while within the 5 feet radius presence of another player (teammate or opponent) and/or ball. Any high stick that results in contact with a player (accidental or not) and results in a cut or severe bruise will be considered at least a DOUBLE MINOR and possibly a MAJOR penalty (if deemed intentful). If a player plays the ball with his/her stick CLEARLY above the shoulder and no one is within 5 feet, the play will be blown dead and faceoff will come outside the zone (if in offensive zone) or in the neutral zone.
<u>HOLDING (NHL Video Demo --- http://video.nhl.com/videocenter/console?id=92281)</u>	Occurs when a player grabs and holds onto an opponent with his/her body or stick thus impeding or restricting an opponent's progress or movement.
HOLDING THE STICK	Occurs when a player intentionally uses his/her stick to impede/block an opponent's stick from making a play at referee's discretion. Also occurs when a player intentionally grabs an opponent's stick thus impeding or restricting its movement or ability to make a play.
<u>HOOKING (NHL Video Demo --- http://video.nhl.com/videocenter/console?id=92299)</u>	Occurs when a player attempts to impede the progress of another player by hooking any part of the opponent's body with the blade of his/her stick in a downward "hook" and restrain movement.
ILLEGAL FACEOFF	Occurs when a player shoot directly from the faceoff or use a forward sticking motion in an egregious manner to win a faceoff. Also occurs when a player runs through an opponent in a faceoff situation resulting in contact that is deemed unnecessary by the game official.
ILLEGAL ICING	Any team with a 2 goal lead or more in the third period may NOT ice the puck/ball unless they are shorthanded. A violation will result in a minor penalty (See also ICING explanation). Illegal icing will also be called if a clear from the defensive zone while with a 2 goal or more lead hits the roof or anything hanging from it.
ILLEGAL SLAPSHOT	Occurs when a player CLEARLY winds up and/or follows through the full blade of his/her stick above his/her head level when attempting a slap shot. Any slap shot within 5 feet of any player is considered illegal.
<u>INTERFERENCE (NHL Video Demo --- http://video.nhl.com/videocenter/console?id=92305)</u>	Occurs when a player attempts to impede the motion of an opponent not in possession of the ball. This includes leaning or posturing or using any body part or stick to leverage. A player is, however, allowed the ice he/she is standing on (body position) and is not required to move in order to let an opponent proceed.
<u>KICKING/KNEEING (NHL Video Demo --- http://video.nhl.com/videocenter/console?id=92410)</u>	Occurs when a player uses a knee or kicking motion to hit his opponent.
CONTACT FROM BEHIND/OVERAGGRESSIVE PLAY	Occurs when a player makes unnecessary contact from behind or plays over aggressively and recklessly in the opinion of the official thus putting players (including his or her self) at risk of injury.
PLAYING WITH A BROKEN STICK	Occurs when a player breaks his/her stick and does not IMMEDIATELY drop the stick and/or head off the floor to get a new stick instead of choosing to continue to play with the broken stick.

<p>ROUGHING (NHL Video Demo --- http://video.nhl.com/videocenter/console?id=92412)</p>	<p>Occurs when a player engages in an unnecessary physical confrontation or contact with an opponent that is deemed excessive at the discretion of the game official. Examples include but are not limited to:</p> <ul style="list-style-type: none"> • Deliberate physical contact with an opponent with no effort to legally play the puck. • Overt hip, shoulder or arm contact with the opponent to physically force them off the puck. • Physically impeding the progress of the opponent with hips, shoulders or torso without establishing legal body contact and having no intent of playing the puck.
<p>SLASHING (NHL Video Demo --- http://video.nhl.com/videocenter/console?id=92350)</p>	<p>Occurs when a player swings his stick carelessly, violently and/or in a dangerous or egregious fashion resulting in contact with either the opponent's body or stick. Contact with the ball does not make the slash "legal". It is the dangerous slashing motion which determines if a penalty is deemed and applies to egregious sticklifts.</p>
<p>SLIDING/DIVING</p>	<p>Occurs when a player INTENTIONALLY leads with his/her body in a sliding motion to block a shot or a pass. Also occurs when a player leads with his/her body in a diving motion to retrieve the ball or attempt to poke it and/or shoot/pass it. Players may squat down to block a shot/pass. However, we highly discourage this as we see it as dangerous to player safety. Sliding or leading with a body, face or any body part is strictly forbidden and will result in a penalty UNLESS IT WAS done for safety reasons (avoid another player, net, etc.) at the sole judgement of the referee.</p>
<p>SPEARING (NHL Video Demo --- http://video.nhl.com/videocenter/console?id=92359)</p>	<p>Occurs when a player illegally jabs, or even attempts to jab the point of his stick blade into an opponent's body. If judged to be intentional, this will result in an ejection.</p>
<p>STICK BETWEEN OPPONENT'S LEGS</p>	<p>Occurs when a player INTENTIONALLY and either AGGRESIVELY or CONSISTENTLY/REPEATEDLY plays his/her stick between an opponent's leg in an attempt to play/retrieve the ball.</p>
<p>THROWING EQUIPMENT</p>	<p>Occurs when a player throws his/her stick or equipment at a ball or player or in general frustration. This penalty will result in a penalty shot if the stick is thrown at a ball or player in a clear attempt to impede the play.</p> <p>A goal shall be awarded to the non-offending team if the goalkeeper has been removed from the ice and the stick or other object is thrown or shot in the direction of the puck and prevents an obvious and imminent goal.</p>
<p>TOO MANY PLAYERS ON THE FLOOR</p>	<p>Occurs when a team has exceeded the allotted number of players allowed on the floor and actively engaged in play. The offended team's captain chooses who serves the penalty in this case.</p>
<p>TRIPPING (NHL Video Demo --- http://video.nhl.com/videocenter/console?id=92315)</p>	<p>A player shall not place the stick, knee, foot, arm, hand or elbow in such a manner that causes his opponent to trip or fall.</p>

UNSPORTSMANSHIP LIKE CONDUCT

Occurs when a player displays poor sportsmanship by engaging in a verbal altercation with an opponent and/or referee. A player cannot question judgment calls made by the referee....only incorrect application of the rules --- and even this must be done by captain, not anyone. This penalty can also occur when a player displays poor sportsmanship by tossing/slaming his/her stick, a piece of equipment or anything else deemed inappropriate by the game official. This can also occur if a player MIMICKS an officiating phrase and causes confusion for all involved (at referee's interpretation). The penalty can be a two minute minor, ten minute misconduct, and/or game misconduct. If a player gets 5 penalties in a game, he/she is automatically ejected as a game misconduct. This penalty can be listed as a game misconduct where applicable.

ICING:

The DCHL employs hybrid no touch icing procedures. NOTE: This is NOT the NHL version of hybrid icing. The center white line will divide the floor into two halves. Should any player of a team play the ball from his own half of the floor beyond the goal line of the opposing team without it being touched by another player, icing shall be called.

There are SIX cases where icing shall be WAIVED OFF:

- 1) **LET UP/WAIVE OFF** --- If an opponent, in judgment of the officials, could reasonably have made the effort or played the ball before it crosses his/her goal line, icing shall be waived off. (NOTE: Actual attempt and reasonable effort (does not have to be full speed) is required from the opponent. Travel speed of the ball is a consideration because it factors into whether an opponent could have reasonably gotten to the ball or made an effort to reach the ball before it crossed the goal line.) Here is a NHL Video Demo of Let Up/Waive Off --- <http://video.nhl.com/videocenter/console?id=92083>
- 2) **GOALIE CREASE/WAIVE OFF** --- If the ball enters the opposing goalie crease without it being touched, icing shall be waived off. (NOTE: The goalie does not have to play it nor does it have to be a direct shot on goal. For purposes of this exception, a shot into the crease is considered a shot on goal though it does not count as a shot on goal.) If a goalie comes out of the goalie crease to play the ball, icing will be waived off.
- 3) **ATTAINABLE PASS/WAIVE OFF** --- The officials shall have discretion to wave off apparent icing infractions on attempted passes if those passes are deemed reasonably receivable (attainable). The idea is here to limit icing to cases where clearly the offender is making no attempt to make a reasonable pass and is clearly just sending the ball out of the zone with no pass in mind. Here is a NHL Video Demo of Attainable Pass/Waive Off --- <http://video.nhl.com/videocenter/console?id=92087>
- 4) **SHORTHANED/WAIVE OFF** --- If a team that commits an icing infraction is shorthanded (on a penalty kill), icing shall be waived off.
- 5) **DEFLECTION/WAIVE OFF** --- If the ball is deflected or touched by an opposing player any time during the icing process before it reaches the opposing goal line, icing shall be waived off. This also applies if the "potential" icer's stick or motion is hindered in some way thus clearly not giving the player the control of where the ball is heading. Ball being banked off the board does not count as a deflection.
- 6) **WINNING THE RACE/WAIVE OFF** --- If the player of the team that ices the ball is deemed by the officials to be **CLEARLY** the closest player to the ball in a theoretical race to the imaginary line connecting the two faceoff circles in their offensive zone, icing shall be waived off. DCHL defines "clearly" as 2-3 feet of separation between the two opposing players. Due to the fact that the officials may not always have the best angle because the league does not have any linesmen, if there is doubt as to the amount of separation between the two opposing players the officials should err on the side of the caution as all "ties" and/or "non-clear" winners are to be judged in the defender's favor and ruled icing. The officials shall be patient when

determining this as they have to wait for someone to get to the said imaginary line. Play shall continue until a player reaches this imaginary line or until such time when a winner and/or non “clear” winner is determined in the eyes of the officials. This is the DCHL variation on hybrid icing. It follows the NHL principle except that we need to see a “clear” winner. However, the race is over once the ball crosses the goal line.

NOTE: All icing infractions in third period on a team with 2 goal lead or more will also carry a Delay of Game penalty (2 minute minor) for Illegal Icing with the exception of D1. This is to ensure that teams do not get a lead and then just “sit back” and dump the ball killing the rolling clock. This is not within the spirits of the game.

STICK LIFTS:

The lifting of an opponent's stick with your own stick will be allowed as long as the lift does not break the opponent's stick.

- 1) A stick lift that results in an injury to the opposing player will be penalized as high sticking. When in doubt, the stick lifter will be penalized at least. So use it at your own risk.
- 2) Any injuries that result from a stick lift will result in a suspension as determined by the Commissioner at his discretion. (subject to as long as the injury takes to heal for the opponent).
- 3) Stick broken as a result of a stick lift will be at least a double minor penalty for slashing if not a major penalty (at Referee's discretion).
- 4) Prolonged and continuous tying of an opponent's stick in attempt to lift the stick (stick lifter pushes up while stick liftee is pushing down and side in order to avoid it) can be called as holding or holding the stick or interference penalty.

HAND PASS:

A player shall be permitted to “swat” a puck in the air with his/her hand but cannot grab the ball. However, if such legal action is directed to a teammate who is the next to touch the ball outside of his/her defensive zone, a hand pass will be called and play will be blown dead. Hand Pass is not a penalty but any occurrence in the offensive zone will move the faceoff outside the zone. Any occurrence in the neutral zone will create a draw one faceoff zone closer to the defensive zone of the team that committed the violation. Hand pass in the defensive zone is allowed as long as the totality of the play occurs fully in the defensive zone. A hand pass that goes on net of the opposing team will result in a faceoff OUTSIDE THE OFFENSIVE ZONE with the team needing to re-gain entry into the zone.

START OF PENALTY FACEOFFS:

A faceoff to start a penalty will always occur in the defensive zone of the team killing the penalty with 2 exceptions.

- 1) The penalty was called simultaneously with an icing call on the team that will receive the power play. In such a case, faceoff will be at center ice.
- 2) The penalty was called simultaneously with an offside on the team that will receive the power play. In such a case, faceoff location will be governed by the offside rule.

OTHER FACEOFFS LOCATIONS:

- 1) A faceoff resulting from a stoppage of play due to injury will stay in that zone UNLESS the injury occurs in the offensive zone in which case the faceoff comes outside the zone.
- 2) A faceoff resulting from an inadvertent whistle shall be at center ice.

SECTION 7: GAME FLOW

GAME:

Each DCHL game will consist of three 15-minute periods with a 90 second break between periods. It may vary in other leagues such as MDHL or RHL. The clock will run continuously during this break. Teams will switch goals at the end of each period. Each team will receive one 20 second time out per game. A time out can only be called during a stoppage of play. A face-off will be used to begin play each time play is stopped or to begin a period. Players must be outside the restraining circle on a face-off. Officials may stop play for injuries or extenuating circumstances.

The game clock will only stop in final minute of third period IF the score differential is ONE goal. Otherwise, the clock runs on all other situations (including injuries). IF the team leading in the third period purposely tries to delay play and run the clock off, the Referee at his/her discretion can penalize the team for DELAY OF GAME. The purpose is to keep the game flowing and moving.

SCORING:

A goal shall be scored when the entire ball has completely crossed the goal line. The ball may deflect off a player or a piece of equipment but cannot be kicked, thrown, or deliberately diverted into the goal by means other than the stick.

MERCY RULE: *When the scoring margin reaches double digits (10 or more), the losing team captain or acting captain can declare “mercy” to the Referee(s) thus effectively end the game. Stats entry will end at this point. Floor time will still be given for the remainder of time on the clock for either practice time or pickup games within the team or amongst both teams. Hopefully, this will put the onus on the winning captain in trying to discourage their players from continuing to pile on while still playing hard and in a fun and enthusiastic way. And hopefully, this will put the onus on the losing captain whether they really want “mercy”.*

TIE GAME:

Regular Season: Game tied at the end of regulation will result in a 3 on 3 overtime that lasts 2 minutes, in which there is a ONE female floor player minimum in effect. This is currently a one season test of rules to see how it impacts game play and standings.

Playoffs: If the game is tied at the end of regulation time then there will be a 10 minute sudden death playoff overtime period. This will be played as a 3 on 3 with a ONE female floor player minimum in effect. This is currently a one season test of rules to see how it impacts game play. The first team that scores a goal ends/wins the game. If the game is still tied after the first sudden death period, it will go to a shootout. If a penalty occurs during overtime or carries over, it will convert into a 4v3 power play (only one player on the floor is required to be a female). After the penalty expires, the offending team will be able to send out another player, and play will continue 4v4 until there is a play stoppage, and it will then revert back to 3v3.

NOTE: Female goalies do NOT count towards GENDER in OVERTIME!

EXCEPTION: Consolation Games will have no overtime or shootout.

SHOOTOUT RULES:

The higher team (in points or rankings) will call the coin toss and decided whether they decide to a) shoot first or b) shoot second. Each team will then send three shooters in any order of which one must be a female. If teams remain tied after 3 rounds, the shootout will continue until we have a winner. All players on the roster must shoot if needed before a player who has already shot can shoot again. After all players on a team have taken one shot, the team will now be able to send any player to shoot any remaining shots (Olympic Shootout Rule)

SECTION 8: STANDINGS AND PLAYOFFS

POINT SYSTEM:

There are two parts to the point system: Result Point(s) and Sportsmanship Point. The culmination of these two will be known as Total Points.

(Result Points – A team is awarded point or points based on game result as listed below.)

This has been changed for the Spring 2018 season

Regulation Win = 3 points

Overtime Win = 2 points

Tie = 1 point

Regulation Loss = 0 point

Overtime Loss = 1 point

(Sportsmanship Points –This is a behavioral/sportsmanship grade determined by the officials after the game and is not based on amount of penalties but could be based on type of penalties. Aggressive or unnecessary rough playing style or behavior will be considered. The deduction of a sportsmanship point is determined by the Referee(s) and/or Commissioner after the game.)

- -1 point – For Not Meeting the Minimum Expected Sportsmanship Guideline and Code of Conduct of a DCHL team as stated in the Code of Conduct Directory
- -2 point – For Egregiously Violating the Sportsmanship Guideline and Code of Conduct of a DCHL team as stated in the Code of Conduct Directory

Please note that any one individual's behavior can cost his/her team points even if the rest of the team meets or exceeds the required guideline. Thus, if you are not showing sportsmanship you are hurting not only yourself but your team as well. This will encourage self policing within the team of rampant individuals who do not follow our rules and Code of Conduct.

TIEBREAKER RULES:

All teams tied in the standings will be ranked via the following tiebreaking procedure in order. In multiple team tiebreakers, if one team has beaten ALL the teams they are tied with, then we use #2 on this list. Otherwise, we skip #2 and jump to #3 in those situations.

1. Sportsmanship Points
2. Number of Wins
3. Head to Head Meeting
4. Goals Against
5. Goals For

PLAYOFF FORMAT:

SUBJECT TO CHANGE PER SEASON. PLEASE EMAIL THE LEAGUE OFFICE FOR THE CURRENT SEASON'S PLAYOFF FORMAT!

SECTION 8: MDHL RULES DIFFERENCES

- 1) A minimum of ONE female must be on the floor at all times. This change was made as a result of a declining female player pool, but the league is actively working on increasing the number to TWO again. This will be done at the discretion of the Commissioner and this rule will hopefully become removed.
- 2) There will be TWO halves that will last 20 minutes each. Each team will start on the floor on the side opposite their bench in the first half of the game.
- 3) Illegal icing will be enforced if a team has a two or more goal lead in the remaining 10 minutes of the second half.
- 4) Female goalies in MDHL do NOT count towards GENDER in MDHL.

***All rules subject to change anytime at the discretion of the DCHL Leagues Office.**

***Last revision 4/13/2018**

***Changelog:**

Grammatical and typo fixes

6 Roster Player rule added

Playoff Eligibility rules added

Penalty Shot Rule "The backward and forward arc of the stick during the swing of his shot must be kept below the waist." was removed

Added "Referees can consult with scorekeeper/commentary crew on calls"

Added "Border Restriction Guidelines" (What happens when the ball hits something

Added "No illegal icing in D1"

Updated Points system to account for new Overtime rules

Added new Overtime rules

Added Olympic shootout rule

Added MDHL rule differences section