



RULEBOOK

[#playDCHL](#)

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CONTENTS

USING THE RULEBOOK	3
PLAYER WAIVERS	3
SECTION 1: PLAYING AREA	3
RINK	3
GOALS	3
BENCHES	3
SECTION 2: TEAMS	3
TEAM:	3
CAPTAIN/ALTERNATE CAPTAIN:	4
STARTING LINE-UP:	4
ROSTER PLAYER MINIMUM:	4
IN GAME INJURY/PLAYER SUBSTITUTION:	4
PRE APPROVED SUBS	4
PLAYOFF ELIGIBILITY:	5
SECTION 3: EQUIPMENT	5
UNIFORMS	5
FLOOR PLAYER EQUIPMENT	6
GOALIE EQUIPMENT	6
UNSAFE EQUIPMENT	6
BALL	6
SECTION 4: PENALTIES	6
TYPES OF PENALTIES	6
PENALTY EXPIRATION:	7
MISCONDUCT:	7
EJECTIONS:	7
GOALKEEPER PENALTIES	7
POWER PLAYS/PENALTY KILLS	8
PENALTY SHOTS	8
EXTRA ATTACKER ON DELAYED PENALTIES	8
SECTION 5: OFFICIALS	9
REFEREES	9

OTHER OFFICIALS	9
GAME TIMEKEEPER/OFFICIAL SCORER	9
ABUSE OF OFFICIALS	9
SECTION 6: LISTING OF FOULS/INFRACTIONS	9
SUBSTITUTIONS:	9
ONSIDES/OFFSIDES (Extended Blue Line).	10
NO BODY CHECKING:	10
GOALIE CREASE, HANDLING THE BALL AND THE STICK:	10
FACE-OFFS	11
BORDER RESTRICTION GUIDELINES	11
INJURIES	12
GOALIE PLAY OUTSIDE THE CREASE:	12
LIST OF PENALTIES	13
ICING	17
STICK LIFTS	18
HAND PASS	19
START OF PENALTY FACEOFFS	19
OTHER FACEOFFS LOCATIONS	19
SECTION 7: GAME FLOW	20
GAME:	20
GOALIE TIME OUT	20
CLOCK STOPPAGE:	20
SCORING	20
MERCY RULE:	20
TIE GAME:	20
SHOOTOUT RULES	21
SECTION 8: STANDINGS AND PLAYOFFS	21
POINT SYSTEM:	21
TIEBREAKER RULES	22
PLAYOFF FORMAT:	22
SECTION 8: MDHL RULES DIFFERENCES	22
CHANGELOG	23

USING THE RULEBOOK

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, the 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 USA Ball Hockey and the discretion of the head official.

Lastly, all rules are subject to change anytime at the discretion of the DCHL Leagues Office.

PLAYER WAIVERS

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. The signing of the waiver is not required for it to be enforced. Choosing to play in any part of our events is the actual full acceptance of the liability waiver by the individual player.

SECTION 1: PLAYING AREA

RINK: Because the DCHL is not necessarily tied to a 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 in height and 6 feet 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 box.

SECTION 2: TEAMS

CAPTAIN/ALTERNATE CAPTAIN: Each team will have one team captain and one alternate captain. The captain and alternate captain will be the only individuals 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) who 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 to 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 woman 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.

IN-GAME INJURY/PLAYER SUBSTITUTION: There might be situations where a player is injured and unable to finish the game. When this happens, a team can use a sub to finish the game if one is available and approved by the senior ref or league official.

PLAYOFF ELIGIBILITY:

D1, D2 – Five 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 three games can play in playoffs. This is meant to help accommodate a player who is unable to play a full season. NOTE: A captain must designate this player before the sixth game is played in that season.

D4, REC – Four games to be played to be playoff eligible..

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 a chance to play the required number of 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 a similar color uniform.

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

FLOOR PLAYER EQUIPMENT:

Mandatory Equipment:

- Hockey Stick

Recommended Equipment: For increased player safety, the following equipment items are recommended:

- Hockey Gloves
- Rubber soled shoes
- Knee and elbow pads
- Shin protectors
- Helmet
- Mouthpiece
- Athletic support

GOALIE EQUIPMENT:

Goalies *must wear at least* the recommended floor player equipment above *and* the following items.

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

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 floor for two minutes during which time no substitute shall be permitted. This also includes bench minors.

Bench Minor Penalty: Whenever a bench minor penalty is to be assessed, if the player guilty

of the actual infraction is identified by the referee (or with the assistance of an off-ice league official), that player shall serve the penalty except when such identified player is already on the penalty bench serving a penalty. If the player is not identified, then the captain of the penalized team shall designate any player of their team on the floor at the time of the infraction to serve the penalty. A bench minor penalty for Unsportsmanlike Conduct shall be assessed to a player on the bench who protests a ruling (verbally, physical gestures, etc.) or who bangs the boards or playing surface with a stick or any other object.

Double Minor Penalty: For a double-minor penalty, any player, other than a goalkeeper, shall be ruled off the ice for four minutes during which time no substitute shall be permitted.

Major Penalty: For a major penalty, the offender, except the goalkeeper, shall be ruled off the ice for five minutes during which time no substitute shall be permitted. In the case of a major penalty, no time shall be removed from the penalty if a goal is scored.

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 who receives multiple penalties must still serve the full minutes as assessed unless a power play goal results.

NOTE: If a coincidental penalty occurs on a woman player, and a team does not have another woman available on their bench, then the team will have to play shorthanded until the woman 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 the goal is scored by the team with a numerical advantage *or 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.

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 misconduct penalty, the penalty can be one or more of the following: 2 minute misconduct penalty, 4 minute misconduct penalty, gross misconduct, or a match penalty. These penalties are subject to review by the DCHL Leagues Office and may receive additional disciplinary action [probation, suspension, and/or ban from the league.

GAME MISCONDUCT: Any player incurring a game misconduct penalty shall be suspended for the remainder of the game, but a substitute is permitted to replace the player on the surface immediately. In situations in which a goalie is found to be deserving of a game misconduct penalty, they will be removed from the game if a substitute goalie is available.

GROSS MISCONDUCT: Any player incurring a gross misconduct penalty shall be suspended for the remainder of the game and a substitute for the penalized player shall be permitted immediately. Gross misconduct penalties include, but are not limited to, using racial or ethnic slurs, 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 game. A total of 10 minutes shall be charged in the records against the penalized player for gross misconduct though no one is required to serve.

MATCH PENALTY: Any player incurring a match penalty shall leave the playing area immediately, for the balance of the game, and will not be permitted to take part in any further games until their case has been addressed by the DCHL Leagues Office. When a match penalty has been assessed, the offending player's team shall be required to send a player to the penalty box for five minutes. The player who serves the five minutes must have been on the floor at the time of the infraction.

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 the penalty was severe in nature may eject a player at any time. *All* ejections and misconduct penalties are reviewed by the DCHL Leagues 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 penalty shall be served by

another member of his team who was on the floor when the offense was committed. This player is to be designated by the Captain of the *offended* team.

POWER PLAYS/PENALTY KILLS:

NOTE: 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.

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; 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, with the following rules:

- 1) The goalie must stay in the crease and avoid playing any ball coming their way.
- 2) If, for some reason, a ball happens to go on goal, the goalie must let it go in the net (as destined).
- 3) If the goalie stops the ball, the opposing team will be automatically awarded an empty net goal.
4. The goalie cannot touch the ball to stop a play. Otherwise they 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 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 is preferred. Referees will also serve as linesmen and perform their duties accordingly.

OFF-ICE OFFICIALS: While not part of the officiating crew, referees are able to consult with others for assistance. This includes the scorekeeper, any league officials, and any referees not currently officiating the game (including those watching from the floor or those recording a game. Under no circumstance will video be used to help make a call.

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, persisting 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.

SECTION 6: LISTING OF FOULS/INFRACTIONS

SUBSTITUTIONS: Free substitution is allowed if 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, 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): Players of the attacking team must not precede the ball into the attacking zone.

i. A Floating "Blue" Line (for terms of explanation) exists in Ball Hockey. Once the attacking team legally crosses the opponent's blue line with the ball, the blue line is eliminated, and the attacking zone is now the area from the center line in.

ii. A player in possession of the ball who shall cross the line ahead of the ball, shall not be considered off-side, providing they are in possession and control of the ball with one foot in the neutral zone before crossing the blue line

Once the ball leaves the offensive zone for the attacking team and enters the neutral zone, the team is considered offside and must clear the zone and re-enter the zone legally. If a team is ruled to be offside *intentionally*, meaning a player moves the ball back into the offensive zone knowingly with a player still offside, 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 in by a teammate. Doing so will be ruled as *intentional* offside. If the offside 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 three seconds during the course of play. This is equivalent of a three 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 designated marked area, the referee can choose to stop the play at his/her discretion IF there has been "significant movement" that will impact the play. Otherwise, play will continue. The ball may *not* be caught by a player at any time while in the crease, but can be swatted down. Hand passes are only allowed in the defensive zone.

FACE-OFFS: 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 eject violators from the faceoff circle at their 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 and are listed as follows:

- 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 stays 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-** When the ball comes in contact with the railing on the second level, play will continue.
- 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/Slack. Note: 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/Slack. Note: These methods of communication may change over time
- 9) **Unforeseen circumstances/Other-** 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: The safety of our players first and foremost. If a player appears injured or likely to be injured in the defensive zone, the 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.

GOALIE PLAY OUTSIDE THE CREASE: A goalie can come out from their 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 come out more than three feet from their crease and just freeze the ball with no attempted save or "impending" opposition pressure. If this violation occurs, a goalie can be called for a Delay of Game penalty.

LIST OF PENALTIES:

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

PENALTY
<p>BOARDING</p> <p>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>
<p>CHARGING</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. 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>CROSS CHECKING</p> <p>The action of using the shaft of the stick between the two hands to forcefully check an opponent.</p>

PENALTY

DELAY OF GAME

Occurs when 1) a player creates an unnecessary stoppage of play, 2) a player deliberately does not move the ball or progress the play, most notably stepping on the ball along the boards or in the corners, 3) delaying the faceoff within a reasonable time (within 20 seconds or so) after stoppage of play and 4) a goalie freezes the ball beyond a 3-foot radius of the net without any save made AND impending pressure.

ELBOWING

Elbowing shall mean the use of an extended elbow in a manner that may or may not cause injury.

GENDER VIOLATION

Occurs when there are too many men on the floor at any point in the game. The correct number will vary by league or division in the league.

GOALIE INTERFERENCE

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.

HIGHSTICKING

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 match penalty (if deemed intentional). 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.

HOLDING

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.

PENALTY

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.

HOOKING

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 ICING

Any team with a two or more goal lead in the third period may NOT ice the ball unless they are shorthanded. A violation will result in a minor penalty in all DCHL divisions with the. Illegal icing will also be called if a player shoots the ball off the ceiling (or anything hanging from it) in the defensive zone in a situation in which an illegal icing penalty would be called.

INTERFERENCE

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.

KICKING/KNEEING

Occurs when a player uses a knee or kicking motion to hit his opponent.

CONTACT FROM BEHIND/OVER AGGRESSIVE 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 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.

PENALTY

ROUGHING

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:

- 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.

SLASHING

Occurs when a player swings his stick carelessly, violently and/or in a dangerous or egregious fashion. 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.

SLIDING/DIVING

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. 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.

SPEARING

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.

THROWING EQUIPMENT

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. A goal shall be awarded to the non-offending team if the goalkeeper has been removed from the floor and the stick or other object is thrown or shot in the direction of the puck and prevents an obvious and imminent goal.

PENALTY
<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. During a change, a player going off the floor is not permitted to take any actions to play the ball. If they are hit with the ball while leaving, no penalty shall be assessed.</p>
<p>TRIPPING</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> <p>As a player is responsible for their own stick, another player stepping on a stick and falling is a tripping penalty.</p>
<p>UNSPORTSMANLIKE CONDUCT</p> <p>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 the captain, not anyone. This penalty can also occur when a player displays poor sportsmanship by tossing/slamming his/her stick, a piece of equipment or anything else deemed inappropriate by the game official. This can also occur if a player <i>mimics</i> an officiating phrase and causes confusion for all involved (at referee's interpretation). The penalty can be a two-minute minor, a misconduct, and/or match penalty. If a player receives 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.</p>

ICING:

The DCHL employs standard no touch icing procedures. Should any player of a team play the ball from behind their blue line beyond the goal line of the opposing team without it being touched by another player, icing shall be called.

There are *four* 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.)

- 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) **Shorthanded/Waive Off** --- If a team that commits an icing infraction is shorthanded (on a penalty kill), icing shall be waived off.
- 4) **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” offending player’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

NOTE: All icing infractions in third period on a team with a two goal lead or more will also carry a Delay of Game penalty (2-minute minor). 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 spirit 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 contact with any part of the opposing player’s body will be penalized as slashing. When in doubt, the stick lifter will be penalized at least. So use it at your own risk. 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).
- 2) 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).
- 3) Prolonged and continuous tying of an opponent's stick in an 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 ball in the air with their hand, but is not allowed to do so twice in a row. Doing so will result in a delay of game penalty. A hand pass will be allowed if the ball is received in the defensive zone. In any other situation, the play will be blown dead and the faceoff will be in the neutral zone.

Players are allowed to catch the ball and allowed to close their hand on the ball. A player must immediately play the ball after catching it for no significant advantage.

START OF PENALTY FACEOFFS: A faceoff to start a penalty will always occur in the defensive zone of the team killing the penalty with two 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 FACEOFF 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 60 second break between periods. Each MDHL game will consist of two 20 minute periods with a 60 second break in between periods. The clock will run continuously during this break. Teams will switch goals at the end of each period. Each team will receive one 30 second timeout per game for DCHL. Due to timing issues, no timeouts will be given to teams in regular season games in MDHL, but teams will receive one in all playoff games. 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.

GOALIE TIME OUT: In a situation in which a goalie is playing back to back games or multiple games in a day, they will be given one time out that can be used at any time of the game. Additional goalie timeouts can be given at the discretion of the referees due to heat or other circumstances.

CLOCK STOPPAGE: The game clock will only stop in the final minute of the third period if the score differential is one goal or less.

SCORING: A goal shall be scored when the entire ball has completely crosses the goal line. The ball may be deflected 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 ten (10) goals, the losing team captain or acting captain can declare “mercy” to the Referee(s) thus effectively ending 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 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:

- 1) **Regular Season:** There will be no overtime in the regular season.
- 2) **Playoffs:** If the game is tied at the end of regulation time, there will be a 10 minute sudden death playoff overtime period. This will be played as a 3 on 3 with a one woman floor player minimum in effect. The first team that scores a goal 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 woman). 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: Women goalies *do not* count towards gender in overtime.

EXCEPTION: Consolation Games will have no overtime or shootout.

SHOOTOUT RULES:

The higher seeded team will have the option of either shooting first or shooting second. Each team will then send three shooters in any order, of which one must be a woman. If teams remain tied after three 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). The rules governing the shootout will be the same as those listed under Penalty Shots.

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 points based on game result as listed below.

Regulation Win:	2 points
Tie:	1 point
Regulation Loss:	0 points

TIEBREAKER RULES: All teams tied in the standings will be ranked via the following tie breaking procedure in order:

1. Number of Wins
2. Head-to-Head Meeting
3. Sportsmanship Points
4. Goal Differential

PLAYOFF FORMAT: Subject to change per season. Please contact the league office for the current season's playoff format.

CHANGE LOG

08/02/2021

For anything not covered in the rulebook, we will defer to the USA Ball Hockey rulebook and the discretion of the head official (Changed from NHL)

Teams: Removed rules requiring 6 players, and 2 women required

Removal of "Sportsmanship points" and required amount of rostered players

Removed "Pre Approved Subs" Section. Will be revisited in the future

Referees are allowed to get input from the scorekeeper, league officials, and any referees spectating a game. Recorded video will not be used for a call.

Removing 8 minute misconduct, adding 2+4 minute misconduct penalties

Clarified penalties section

Removed "Stick Between Opponent's Legs" penalty. This will be rolled into slashing/tripping as a penalty

Attempting to play a ball with a high stick will result in a penalty. Removed the "within 5 foot context"

Players are allowed to catch the ball and close their hand on it, but must immediately play it for no significant advantage. Throwing the ball will result in a play stoppage and a delay of game penalty.

Goalie timeouts can be used any time

Misconduct penalties can be applied to goalies

Removed "Race to the ball" and "attainable pass" criteria for waiving off icing. Icing is now a "race to the goal line"

***Past Revisions**

08/09/2018

Fixed grammatical and typo errors

Added "In game injury/player substitution" rules

Add "Preapproved Subs" rules

Clarified player substitution rules/"Too Many Players" penalty

Removed "Crease Violation" Penalty

Clarified "Delay of Game" Penalty

Removed "Illegal Faceoff" Penalty

Removed "Illegal Slapshot"

Penalty

Clarified "Illegal Icing" Penalty in regards to hitting the roof Fixed wording of "Icing"

Combined "Hand Pass" section and "Closing Your Hand And/Or Grabbing The Ball" section. It was shortened and clarified.

Added "Goalie Timeout" section

Added "Clock Stoppage" section

Removed overtime rules in regular season
Adjusted Win/Loss/Tie points to reflect no overtime in the regular season
MDHL: Added two women rule in effect for D2 division

4/13/18

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