

HNIR Rule Book

TEAM REPRESENTATIVE MEETING

Prior to each season, HNIR League Managers will facilitate one (or more) Team Representative meeting(s) to discuss expectations, review any rule or policy changes, introduce staff members, field questions, and to distribute a preliminary schedule. Attendance by the designated Team Rep (or Alternate) is MANDATORY. All Team Representatives must pick up and sign for their Team Representative package which will be distributed by the HNIR League Manager.

Rules will follow USA Hockey Guidelines with the additional local amendments added below.

SECTION ONE - THE ARENA

1.1 ARENA PROPERTY

Any damage to the Arena property will be paid for by the individual(s) responsible, prior to participation in any further League games. Noncompliance constitutes automatic indefinite suspension from the League and possible legal action. If the individual(s) responsible for the damage cannot be identified, the Team will be removed from the schedule until the damages are paid in full.

1.2 ALCOHOL, CONTAINERS & SMOKING POLICIES

Alcoholic beverages and / or glass containers are prohibited. Failure to comply with this policy will result in disciplinary action against the offending individual(s), including possible suspension from the League. This rule applies to the dressing rooms and playing area.

HNIR Rule Book

Smoking and or smoke less tabacco is not permitted in any of our facilities, due to State laws.

Any player or teams in violation of this alcohol and smoking policy will be given a written warning for the first offence; a two (2) game suspension(player) or four (4) points deducted (team) for the second offence and should a third offence occur, the player or team will be immediately expelled from the League (no refunds will be issued). We remind all HNIR members that the consumption of alcohol in unlicensed locations is against the law and that serious liability issues may arise from this action.

Teams are to be out of the dressing rooms after their games in the specified time period as outlined in the facility.

1.3 ILLICIT DRUG USE

Illicit drug use in any facility is strictly prohibited. Teams or Individuals found in violation of this policy will be expelled from the League. ***No refund will be issued.***

1.4 PERSONAL PROPERTY

The League accepts no responsibility for lost or stolen personal property. We strongly suggest that no valuables be taken into the Arena. Locks are not provided for dressing room doors so it is the Team's responsibility to lock their dressing room before going on the ice.

HNIR Rule Book

1.5 NOTICES

All Players should check the League website for any postings concerning game changes, standings and League news. Team Representatives are encouraged to check in with the League office before each scheduled game and communicate all concerns to the League Manager.

1.6 ACCIDENTS

All accidents and injuries must be reported to the League Manager and to the Arena Management, immediately after an incident has occurred.

SECTION TWO - LEAGUE ADMINISTRATION

2.1 ELIGIBLE PLAYERS

ALL PLAYERS MUST SIGN THEIR OWN NAMES ON EACH OFFICIAL GAME ROSTER.

Only Players registered with the League may participate.

It is the responsibility of the Team Representative/Captain to ensure all Players have initialed their names on the game roster and that all Players are eligible for participation in the game.

Players arriving before the start of the last period of regulation time will be permitted to participate once they have signed the official game roster. Players who enter a game without signing the game roster may be assessed a two-minute minor penalty for Delay of Game. Players must be dressed and ready to play before the start of the last period of regulation time. Any Player arriving after the last period of regulation time has begun will not be permitted to participate.

HNIR Rule Book

All Players participating in an HNIR League game must be age of majority (18) or older.

2.2 PLAYER REGISTRATION

All Players participating in the HNIR are required to complete the HNIR online registration process at www.richmondskating.com.

2.4(A) PLAYOFF ELIGIBILITY - PLAYERS

For a Player to be eligible for playoff competition, he / she must MEET or EXCEED a minimum of 33% of regular season games played. Players that also play as Goaltenders for a Team (as required) must exceed a minimum combined total of 33% of regular season games to be eligible for playoffs.

Example 1: Player participates in 10 of 32 regular season games = 31.25% and is therefore ineligible for playoff participation.

Example 2: Player participates in 10 of 30 regular season games = 33% and is therefore eligible for playoff participation.

The only exception to this rule is in the case of severe Player injury. If a Player misses several regular season games due to a serious injury, a valid doctor's certificate will be required that specifically indicates the date the injury was reported. THE DOCTOR'S CERTIFICATE MUST BE SUBMITTED TO THE HNIR LEAUGUE MANANGER BEFORE THE PLAYER RETURNS TO THE ICE. The HNIR League Manager will then subtract the games missed due to injury from the Team's total games, and the Player will be deemed eligible if they have played in at least 33% of the games that were not covered in the doctor's

HNIR Rule Book

certificate.

Players shall NOT receive credit for games towards playoff eligibility while under suspension.

A Team found guilty of using an ineligible Player during the playoffs will be assessed a default loss for that game. If an ineligible Player is discovered after the second game of double elimination playoff series, the offending Team will be summarily disqualified.

To be eligible for playoffs, Players must be age of majority (18) or older by December 31st of the current season.

2.4(B) PLAYOFF ELIGIBILITY – GOALTENDERS

For a Goaltender to be eligible for playoff competition, he / she must MEET or EXCEED a minimum of 25% of regular season games played.

2.4(C) PLAYOFF ELIGIBILITY – BACKUP GOALTENDERS

For a backup Goaltender to be eligible for playoff competition, he / she must MEET or EXCEED a minimum of 15% of regular season games played.

2.4(D) PLAYOFF ELIGIBILITY – SPARE GOALTENDERS

In the playoffs, a Team may enlist any PLAYOFF ELIGIBLE Goaltender as a spare so long as they are currently registered with another HNIR Team playing at the same level / category (i.e. 1, 2, 3 or 4) they are playing at (or lower). Spare Goaltenders must meet or exceed a minimum of 25% of games played to be playoff eligible (refer to HNIR Rule 2.4 (B) for clarification).

HNIR Rule Book

Note: The spare Goaltender can only be used by the Team if their full-time Goaltender (Rule 2.4B) or eligible backup Goaltender (Rule 2.4C) is unavailable.

Any Goaltender that qualifies for playoffs on two Teams in different Divisions is considered a higher Division Goaltender for the purposes of sparing. This Goaltender is still allowed to play on their own lower ranking Team provided he / she meets the minimum eligibility requirements and meets the requirements of HNIR Rule 2.13 (B).

2.5 SUBSTITUTE GOALTENDERS – REGULAR SEASON

During the regular season Teams may use any consenting Goaltender from the HNIR that is of the appropriate skill level. HNIR League Management reserves the right to approve substitute goalies during the Regular Season.

2.6 GOALTENDER INJURY

If a Goaltender goes to the Players' bench due to an injury, he shall retire from the ice and his place shall be taken by an alternate Goaltender and no warm-up will be permitted. Team may continue with six skaters, or default the game. During playoff games, time allotted for Goaltender replacement is at the discretion of the Referees or League Management.

If a Player starts a game as a substitute / alternate Goaltender or injury replacement, he may be substituted and return as a skater.

HNIR Rule Book

2.7 GOALTENDER EJECTION

If a Goaltender is ejected from a game for incurring a Game Misconduct, Major (except accidental high sticking) or Match penalty, the game will be defaulted if there is no backup Goaltender
Note: under this scenario a substitute Goaltender is permitted to join the game after the conclusion of the second period of play (see Rule 2.1 above).

2.8 TEAM JERSEYS

All Players must wear matching (color) jerseys, which must be uniquely numbered. Jerseys without numbers are not permitted. In the event of a conflict of Team colours (the Visiting Team Representative and / or Referees will determine if there is a conflict), the VISITING TEAM will wear their alternate jerseys or the League jerseys (cover-ups), provided they are available and requested.

Each Team is strongly encouraged to assign one Captain and up to two (2) Alternate Captains. The Captain's "C" and Alternate "A" must be clearly identified on the sweater.

2.9 ROSTER LIMIT

Each Team is permitted to dress a maximum of 20 Players (including Goaltenders) for an HNIR regular season and playoff games. The number of persons on the bench for any HNIR game shall not exceed 21 (including coaches and / or trainers).

Each Team is permitted to register a maximum of 21 Players (including Goaltenders) on their roster. If a Team chooses to register more than the allowable 21 Players, there will be an additional one time fee of fifteen (\$15) dollars for each additional Player.

HNIR Rule Book

SUSPENDED PLAYERS ARE NOT PERMITTED ON / OR BEHIND THE BENCH WHILE UNDER SUSPENSION.

2.10 SIGNING OF GAME ROSTERS

Due to insurance and eligibility requirements, official game rosters must be initialed by each Player prior to every game. **ALL PLAYERS MUST INITIAL THEIR OWN NAMES ON EACH OFFICIAL GAME ROSTER.**

Any persons behind the bench must also sign the official Game Roster for insurance purposes.

2.11 TIES IN STANDINGS – 2 OR MORE TEAMS

In the event of a tie in the standings at the conclusion of the regular season or after a playoff round robin, the following steps (a-f) will be used to break the tie:

Note 1: if there are still Teams tied after a step (no single Team is advanced), only the tied Teams from that step move on to the next step of the procedure.

Note 2: each time one Team has been advanced (tie has been broken) using this method the remaining Teams that are tied will revert back to 2.11 a) to break the remaining tie(s).

Note 3: goal differential shall not exceed +5 in any playoff game.

Note 4: if all tied Teams have not played head-to-head, 2.14 a) will be skipped and the process will begin with 2.14 b).

- a) Best record in head-to-head games amongst the tied Teams
- b) Most Wins
- c) Largest Goal Differential (Goals For minus Goals Against)

HNIR Rule Book

d) Least Goals Against

e) Least Penalty Minutes (Average per Game)

f) Coin Toss

Final regular season standings and playoff rankings will be determined by a Team's winning percentage (WinPCT) against Teams in their current Division.

2.12(A) SUSPENSIONS

All infractions occurring before, during and after any scheduled game are subject to review by League Management. HNIR Management has the authority to levy suspensions in accordance with the minimum standards and, at their discretion, increase or decrease suspensions due to extenuating circumstances.

A PLAYER RECEIVING A SUSPENSION IS SUSPENDED FROM ALL TEAMS UNTIL THEIR SUSPENSION IS COMPLETED (i.e. their return date is achieved). For example, a Player is playing for Team 'A' and Team 'B.' The Player receives a 3 game suspension for Fighting while playing for Team 'A.' The Player must sit out three of Team 'A's' games before he / she is eligible to play again for Team 'A' or Team 'B.' Therefore, if Team 'B' has 2 games in that period of time, the Player will sit out a total of 5 games for the original penalty infraction.

Players are not permitted on the bench (or near the bench) area during games while under suspension.

OFFENSE MINIMUM RECOMMENDED HNIR SUSPENSION

Game Ejection Balance of Game

Game Misconduct Balance of Game and Review by League Manager

Game Misconduct (last 10 minutes of regulation) 1 Game and Review by League Manager

HNIR Rule Book

Major Penalty (First Offense) 1 Game and Review by League Manager

Major Penalty (Second Offense) 2 Games and Review by League Manager

Major Penalty (Third Offense) 3 Games and Review by League Manager

Fighting (First Offense) 3 to 5 Games (depending on severity, instigator, aggressor, Ref's report, etc.)

Fighting (Second Offense) Balance of Season

Match Penalty Automatic indefinite suspension pending review by League Manager

2.12(B) SUSPENSIONS - APPEALS

A Team Representative, on behalf of a Player, may appeal a suspension of three (3) or more games by filing a written submission with the HNIR League Manager. The appeal letter must be submitted to the HNIR League Manager within thirty (30) days of the suspension's issue and hearing will be organized. A suspension appeal may only be made by the Team Representative. The letter must outline the basis for the appeal (e.g. Player's penalty history, comparable suspension length for a similar incident, etc.) The HNIR League Manager will convene a hearing with an odd number of Team Representatives (minimum three) currently registered with the League at the facility. The committee will examine League evidence, review the appeal letter, and allow an opportunity for the suspended Player to address the panel.

2.13 MANAGEMENT RIGHTS

HNIR Management reserves the right to suspend or remove Players or Teams that are not displaying the appropriate behaviour and / or sportsmanship that reflects the image of the HNIR League.

The HNIR League Manager or League Official (Convenor or Designate) makes the final decision on whether a game is defaulted due to one

HNIR Rule Book

of the Teams not having enough Players to play. Referees are to consult the League Official for a determination at the time of the instance.

2.14 REFEREE QUALIFICATIONS

Every HNIR Referee will be required to be USA Hockey Level II or its equivalent.

2.15(A) GAME PROTESTS – REGULAR SEASON

A Team Representative may protest a regular season game by filing a written submission with the HNIR League Manager within 24 hours of the conclusion of the scheduled regular season game.

The letter must outline the basis for the protest (e.g. ineligible Player, rule interpretation, etc.) and include a registered charity of choice. Game calls such as a missed penalty, offside, icing or a disallowed goal are not eligible grounds for a protest.

The League Manager will convene a hearing with the Team Representative, another League Official (if the League Manager deems their participation necessary), a neutral party, and at least one of the Referees involved in the game. Attendance by the opposing Team Rep is optional.

2.15(B) GAME PROTESTS – PLAYOFFS

Protests during the playoffs must be made IMMEDIATELY after the conclusion of the scheduled playoff game. It is the responsibility

HNIR Rule Book

of the Team Representative to verbally notify the HNIR League Manager of a protest immediately following the playoff game.

The letter must outline the basis for the protest (e.g. ineligible Player, rule interpretation, etc.) and include a registered charity of choice. Game calls such as a missed penalty, offside, icing or a disallowed goal are not eligible grounds for a protest.

The HNIR League Manager will convene a hearing with the Team Representative, another League Official (if the League Manager deems their participation necessary), a neutral party, and at least one of the Referees involved in the game. Attendance by the opposing Team Rep is optional.

SECTION THREE - PROTECTIVE EQUIPMENT

3.1 GOALIE MASKS

Goaltenders may not wear homemade masks. HNIR strongly recommend the use of HECC approved helmets and masks. If a Goaltender chooses to use non-HECC approved equipment, a waiver will have to be signed by that Player prior to the first scheduled game, absolving the HNIR League and Frozen Pond Investments, LLC of any responsibility for any injury incurred.

3.2 HELMETS

Helmets are mandatory and must be worn by all Players and Referees. Helmets must be HECC approved (no Gretzky / Jofa shell

HNIR Rule Book

helmets) with properly fastened chinstraps. A Minor penalty will be called should any Player not have his / her helmet chin strap fastened properly. This rule will be enforced by the Referees and League Officials for all games.

3.3 FACIAL EQUIPMENT

Face shields or visors are strongly recommended for all Divisions of within the HNIR. If a Player has removed the visor from his helmet, the visor hooks on the sides and front of the helmet must also be removed as a safety measure. Offending Players will be ordered off the ice and may not return until the hooks have been removed.

3.4 NECK GUARDS

Neck guards are recommended for all Players in all Divisions. Goaltenders are strongly recommended to wear a HECC approved neck guard in all HNIR games.

3.5 GOALTENDER SKATES

An Official or Player, other than a Goaltender, shall not be permitted to use Goaltender skates.

3.6 MOUTH GUARDS

Mouth guards are strongly recommended for all Players in all Divisions

HNIR Rule Book

SECTION FOUR - PLAYING RULES

4.1 ICING

Icing the puck is completed the instant the puck crosses the goal line of the non-offending Team. All icing calls will be initiated by any Team, equal or superior in numerical strength, shooting, batting or deflecting the puck into the defending zone from behind the center red line. If a Goaltender leaves the crease area to play the puck, the icing will be nullified.

4.2 OFFSIDE PASSES

The center red line is not in play for offside passes.

4.3 STICK & EQUIPMENT MEASUREMENTS

Stick and equipment measurements will NOT be permitted. However, if in the opinion of an Official, any stick or equipment poses a threat to the safety of other Players, the Player will be asked to remove it from the game.

4.4 DEFAULTED GAMES

The following situations will result in a defaulted game:

- a) If either Team does not have a minimum of 6 players on the ice by ten (10) minutes after the scheduled start of the game.
 - b) If a Player who has been ejected from the game for any reason does not leave the ice in a timely manner (discretion of Referee or off-ice Official).
- It is the Team's responsibility to ensure an ejected Player leaves the ice surface and returns to their assigned dressing room (see Rule 5.22).

HNIR Rule Book

- c) If a Goaltender is ejected from the game and is not replaced within the ten (10) minutes allotted.
- d) If a Team chooses not to continue the game after an injury to their Goaltender (see Rule 2.6).
- e) If either Team cannot field the minimum number of Players at any point during the game due to Players being ejected.
- f) If either Team refuses to continue the game for any reason other than safety concerns agreed to by the Referees and League Official.
- g) If either Team fails to meet the financial payment terms of the League.

The Team that the default was committed against will get the game ice slot for their use for a scrimmage or practice. Referees and Timekeepers will not stay on the ice once the game has been declared a default. The game result will be listed as a 5-0 win for the non-offending Team. The game will not be rescheduled.

HNIR Management will outline the facility's defaulted game policy at the Team Representative meeting. In a situation where both Teams default, the game will be cancelled and both Teams will receive a loss.

4.5 PROCEDURE FOR START OF GAMES

The following procedure will be in place for the start of all HNIR games:

At the start of the scheduled ice time or once the ice resurfacer doors close (whichever comes last), the warm-up time (3:00) will start running down.

In situations where one or both Teams are unable to field the minimum 6 Players at the end of the warm-up or are not ready for the face-off, the following procedure will apply:

HNIR Rule Book

- a) The game will start as long as the offending team(s) have a minimum of four (4) players.
- b) After ten (10) minutes if the offending team(s) do not have six (6) players the game will be declared a forfeit.
- c) If the offending team(s) have less than four (4) players at the start of the game the game clock will run but the game will not commence. If after ten (10) minutes have elapsed and the team(s) do not have six (6) players the game will be declared a forfeit.
- d) After ten (10) minutes have elapsed: the game will be defaulted (see Rule 4.4).

4.6 TIME OUTS

Each Team is permitted one thirty (30) second time out per game.

Both Teams are not permitted to take their time out during the same stoppage in play.

Note: Teams may use their time out during the overtime period of playoff game (provided it was not used during regulation time)

4.7 GOAL CREASE

Players in the offensive zone are not permitted to enter the crease area under any circumstance before the puck enters the crease area. If a Player's skate(s) enters the crease voluntarily in any manner, the Referee has the discretion to blow down the play, and a face-off will take place at the nearest spot in the neutral zone.

Only if, in the opinion of the Referee, the defending Team has clear possession and control of the puck, with a clear path to moving out of the zone, the Referee shall allow play to continue.

4.8(A) OVERTIME – REGULAR SEASON

Should the game remain tied following the conclusion of the game, a shootout will be conducted to determine a winner.

HNIR Rule Book

For the shootout the following will occur:

- a) Goalies do not change ends
- b) 3 Shooters per Team
- c) Any penalty in the overtime period, that has not expired, will eliminate the penalized Player from shootout participation
- d) The Home Team will choose which Team shoots first
- e) Once a player has attempted his shot, they shall move to the side of the rink opposite the players' bench.
- f) Referees use USA Hockey procedures for penalty shot.

4.8(B) OVERTIME – PLAYOFFS

The format for overtime will be a 5 on 5, sudden victory, five (5) minute running time period (last minute stop time). Any players ejected from a game will not be permitted to return for any overtime period(s) under any circumstances.

4.8(C) OVERTIME - SHOOTOUT

Should the game remain tied following the conclusion of the overtime period in a playoff game (regular season excluded) a shootout will be conducted to determine a winner. For the shootout the following will occur:

- a) Goalies do not change ends
- b) 3 Shooters per Team
- c) Any penalty in the overtime period, that has not expired, will eliminate the penalized Player from shootout participation
- d) The Home Team will choose which Team shoots first
- e) Once a player has attempted his shot, they shall move to the side of the rink opposite the players' bench.

HNIR Rule Book

f) Referees use USA Hockey procedures for penalty shot.

If the game remains tied following the first three shooters, sudden victory will decide the game winner (i.e. one Team scores, the other does not). All Players must shoot before any Player takes a second shot. The deciding factor will be the smaller bench strength, before a Player takes a second shot.

In the event that a game is being played in an unsafe manner, the Referee or League Official (Manager, Convenor or Designate), at his/her discretion, can end the game at any point. A full report must be forwarded to the League Office.

4.9 15-SECOND FACE-OFF RULE

After each stoppage in play, the 15-second face-off rule will be used. The Referee will use the following procedure: ten (10) seconds following any stoppage in play, the Referee administering the face-off will blow his / her whistle to indicate that in five (5) seconds the puck will be dropped. Teams should line up at the face-off location accordingly.

4.10 PLAYER INJURY – BLOOD DRAWN

If a Player is cut during a game and blood is drawn, the Player must leave the ice to clean and bandage the wound prior to being allowed to return.

HNIR Rule Book

4.11 FACEOFFS

All faceoffs will take place one of the nine faceoff locations on the ice nearest the last legal stoppage of play.

SECTION FIVE - PENALTIES

If an infraction of the rules is committed by a player of the side in possession of the puck, the appropriate on-ice official shall blow the whistle immediately and a referee shall assess the penalties.

The resulting faceoff shall be held in the non-offending team's attacking zone, unless the penalties are coincidental (e.g., one minor penalty on each team). If the penalties are coincidental, the faceoff shall be held at the nearest faceoff spot in the zone the stoppage occurred.

As there is a human factor involved in blowing the whistle to stop play, the referee may intend for the play to be stopped slightly before the whistle actually being blown. For example, the fact that the puck may come loose or cross the goal line before the sound of the whistle has no bearing if the referee determined that the play had stopped.

5.1 BODY CHECKING / BOARDING / CHARGING

A minor, a Double Minor penalty or, at the discretion of the Referee, a Double Minor and a Game Ejection, or a Major penalty and a Game Misconduct penalty shall be assessed any Player who body checks / boards / charges or attempts to body check / board / charge an opponent.

If injury results, a Major penalty and Game Misconduct penalty shall be assessed, depending on the intent of the offending Player.

If the infraction is deemed to be accidental, a Major penalty and Game Ejection penalty will be assessed. Any incidental collisions or accidental contact will be judged by a Referee based on the USA Hockey definition of checking.

HNIR Rule Book

A Match penalty shall be assessed any player who deliberately injures or attempts to injure an opponent by body checking / boarding / charging. Deliberate body checking / boarding / charging is not permitted anywhere on the ice.

Body checking / boarding / charging calls will be cumulative: ANY TEAM RECEIVING THREE (3) BODY CHECKING AND / OR BOARDING AND / OR CHARGING PENALTIES IN ONE GAME WILL SERVE THE THIRD (AND ANY SUBSEQUENT PENALTIES) AS FIVE (5) MINUTE MAJORS.

Any Player receiving a 2nd Major penalty for body checking / boarding / charging in one season will receive an automatic two (2) game suspension and must attend an interview with League Management before returning to play.

5.2 BUTT-ENDING

A minor, a Double Minor penalty or, at the discretion of the Referee, a Double Minor and a Game Ejection, or a Major penalty and a Game Misconduct penalty shall be assessed any Player who butt-ends or attempts to butt-end an opponent.

If injury results, a Major penalty and Game Misconduct penalty shall be assessed, depending on the intent of the offending Player. If the infraction is deemed to be accidental, a Major penalty and Game Ejection penalty will be assessed.

A Match penalty shall be assessed any player who deliberately injures or attempts to injure an opponent by butt-ending.

HNIR Rule Book

5.3 CHECKING FROM BEHIND, CHECKING TO THE HEAD & SLEW-FOOTING

A Double Minor penalty or, a Double Minor and a Game Ejection, or a Major penalty and a Game Misconduct, or at the discretion of the referee, a Match penalty shall be assessed any Player who checks from behind, checks to the head or slew-foots an opponent.

Any Player that persists in committing these infractions will be removed from the League.

5.4 CROSS-CHECKING

A minor, a Double Minor penalty or, at the discretion of the Referee, a Double Minor and a Game Ejection, or a Major penalty and a Game Misconduct penalty shall be assessed any Player who cross-checks an opponent.

Any Player who strikes an opponent above the normal height of his shoulders with a cross-check shall be assessed a Major penalty and a Game Misconduct penalty, whether or not injury results.

A Match penalty shall be assessed any player who deliberately injures or attempts to injure an opponent with a cross-check.

5.5 DELAY OF GAME

A Minor penalty shall be assessed a Team which, in the opinion of the Referee, is deliberately delaying the game in any manner.

If any Player(s) enters the ice surface before the resurfacer doors are closed their Team will be issued a Minor penalty for Delay of Game.

Players who enter a game without intinialing the game roster may be

HNIR Rule Book

assessed a two-minute minor penalty for Delay of Game.

5.6 ELBOWING & KNEEING

A minor, a Double Minor penalty or, at the discretion of the Referee, a Double Minor and a Game Ejection, or a Major penalty and a Game Misconduct penalty shall be assessed any player who fouls an opponent in any manner with his elbow or knee.

If injury results, a Major penalty and Game Misconduct penalty shall be assessed, depending on the intent of the offending Player. If the infraction is deemed to be accidental, a Major penalty and Game Ejection penalty will be assessed.

A Match penalty shall be assessed any player who deliberately injures or attempts to injure an opponent by elbowing or kneeing.

5.7 HIGH STICKING

A Minor, A Double Minor penalty or, at the discretion of the Referee, a Double Minor and a Game Ejection, or a Major penalty and a Game Misconduct penalty shall be assessed any Player who contacts an opponent above the normal height of his shoulders with a high stick.

If injury results, a Major penalty and Game Misconduct penalty shall be assessed, depending on the intent of the offending Player. If the infraction is deemed to be accidental, a Major penalty and Game Ejection penalty will be assessed.

A Match penalty shall be assessed any player who deliberately injures or attempts to injure an opponent by high sticking.

HNIR Rule Book

IT IS THE RESPONSIBILITY OF ALL PLAYERS TO BE IN CARE AND CONTROL OF THEIR STICK AT ALL TIMES DURING THE GAME.

5.8 HOLDING / HOLDING THE STICK

A Minor penalty, or at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed any player who holds an opponent or the opponents stick with his hands, stick or any other manner.

5.9 HOOKING

A Minor penalty, or at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed any player who impedes or seeks to impede the progress of an opponent by “hooking” or “butt-end hooking” with his stick.

5.10 INTERFERENCE

A Minor penalty, or at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed any player who:

- a) Interferes with or impedes the progress of an opponent who is not in possession of the puck, or
- b) Deliberately knocks the stick out of an opponents hand, or
- c) Prevents an opponent who has lost or dropped his stick from regaining possession of it.

5.11(A) ROUGHING

A Minor penalty, A Double Minor penalty or, at the discretion of the Referee,

HNIR Rule Book

a Double Minor and a Game Ejection, or a Major penalty and a Game Misconduct penalty shall be assessed any player who is guilty of unnecessary rough play.

If injury results, a Major penalty and Game Misconduct penalty will be assessed.

A Match penalty shall be assessed any player who deliberately injures or attempts to injure an opponent by roughing.

Any Player with cumulative rough play penalties will be reviewed by League Management and may be suspended.

5.11(B) ROUGHING - AFTER THE WHISTLE

The Player first identified of engaging in rough play after the whistle shall be penalized. If retaliation occurs, then the Player first identified as causing the unnecessary rough play after the whistle may be assessed six minutes (three for roughing and three for unsportsmanlike conduct) while the retaliator is assessed a Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty.

If injury results, a Major penalty and Game Misconduct penalty will be assessed.

A Match penalty shall be assessed any player who deliberately injures or attempts to injure an opponent by roughing after the whistle.

HNIR Rule Book

5.12 SLASHING

A minor, a Double Minor penalty or, at the discretion of the Referee, a Double Minor and a Game Ejection, or a Major penalty and a Game Misconduct penalty shall be assessed any player who swings their stick at an opponent (whether out of range or not, whether actually striking him or not) or who, on the pretext of playing the puck, makes a wild swing at the puck with the aim of intimidating their opponent.

A Double Minor penalty, or at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed any player who impedes or seeks to impede the progress of an opponent by slashing with his / her stick.

If injury results, a Major penalty and Game Misconduct penalty shall be assessed, depending on the intent of the offending Player. If the infraction is deemed to be accidental, a Major penalty and Game Ejection penalty will be assessed.

A Match penalty shall be assessed any player who deliberately injures or attempts to injure an opponent by slashing.

5.13 SPEARING

A minor, a Double Minor penalty or, at the discretion of the Referee, a Double Minor and a Game Ejection, or a Major penalty and a Game Misconduct penalty shall be assessed any player who pokes or jabs (or attempts to jab) an opposing Player with the toe of the blade of the stick.

A Match penalty shall be assessed to any Player who deliberately spears or deliberately attempts to spear by jabbing forcefully

HNIR Rule Book

with the toe of the stick blade, or who injures an opponent by any spearing action.

5.14 TRIPPING

A Minor penalty, or at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed any player who trips an opponent.

5.15 UNSPORTSMANLIKE CONDUCT

A minor penalty shall be assessed to any Player or Team Official who challenges or disputes the rulings of any Official during the game or who displays unsportsmanlike conduct. If a Player persists, he shall be assessed a Misconduct penalty and any further disputes will result in a Game Misconduct penalty being assessed to the offending player.

A Misconduct penalty shall be assessed on any player who:

- a) Uses obscene, profane or abusive language or gestures to any person.
- b) Persists in disputing or shows disrespect for the ruling of an Official
- c) Intentionally knocks or shoots the puck out of reach of an Official who is retrieving it.

Note: If the Referee is unable to identify the person(s) responsible for the use of obscene, profane or abusive language, a Bench Minor shall be assessed the offending Team.

5.16(A) FIGHTING

If a Player or Players drop their glove(s) and do not continue an altercation, an automatic Game Ejection will be assessed. Removing

HNIR Rule Book

the gloves is subject to further review by HNIR League Management and may result in suspension.

All first offence Fighting Majors will result in a minimum one (1) game suspension and review by the HNIR League Manager. A second Fighting Major will result in the repeat offender(s) being suspended for five (5) games. A third Fighting Major will result in the repeat offender(s) being suspended for the Balance of the HNIR season (minimum of ten (10) games) and may result in permanent suspension.

5.16(B) FIGHTING – OFF THE PLAYING SURFACE

A Major penalty plus Game Misconduct penalty shall be assessed to any Player who is involved in a fight with another Player off the playing surface. The HNIR will not tolerate this behaviour and an indefinite suspension of all Players involved will occur, pending a review by the HNIR League Manager.

5.17 GAME EJECTION

A Player incurring a Game Ejection penalty in accordance with the rules shall be ordered to the dressing room for the remainder of the game.

Any Player receiving four (4) Minor penalties in one game will receive a Game Ejection penalty. If a Goaltender receives a Game Ejection for penalties, the Goaltender will be allowed to stay in the game, and will be suspended for the next scheduled game. A repetition in Game Ejections for any Player or Team can result in suspension.

HNIR Rule Book

5.18 MISCONDUCTS

Any Player, except a Goaltender, incurring a Misconduct penalty, shall be ruled off the ice for a period of ten (10) minutes actual playing time. A substitute for the penalized Player shall be permitted immediately. A Player serving a Misconduct penalty shall remain on the penalty bench until the first stoppage of play following the expiration of their penalty.

Any Player who is assessed a second Misconduct penalty in the same game shall automatically be assessed a Game Misconduct penalty. An automatic (minimum) one (1) game suspension will be assessed.

All Misconduct penalties are subject to review by the League Manager. No Player shall be required to serve a Misconduct penalty for another Player.

5.19 GAME MISCONDUCTS

Any Player or Team Official incurring a Game Misconduct penalty shall be ordered to the dressing room for the remainder of the game and shall be reported to League Management for further action.

All Game Misconduct penalties are subject to review (and possibly further suspension) by the League Manager.

5.20(A) GAME MISCONDUCTS – TAUNTING

Any Player or Team Official who engages in verbal or non-verbal taunts, insults or intimidation based on discriminatory grounds (race, ethnicity, religion, gender, sexual orientation, language) shall be assessed a Game Misconduct and be suspended according to the rules

HNIR Rule Book

of the League.

There will be no tolerance for this type of behaviour and the League will be very harsh with their assessment of suspensions. Should the Player committing the offense not be discovered, the TEAM REPRESENTATIVE will be automatically indefinitely suspended, pending a review by League Officials and / or Facility Management.

5.21(A) MATCH PENALTIES – INVOLVING A PLAYER

This penalty will be assessed when any Player physically abuses another Player with INTENT TO INJURE (whether or not injury occurs). A Match penalty will result in an automatic indefinite suspension from the League. There is no minimum suspension.

An attempt to injure is an automatic Match penalty, regardless of whether it causes injury or not, and will be reviewed by the HNIR League Manager. The results of the injury will be considered by the HNIR League Manager when determining the length of the suspension and whether additional penalties are to be handed out.

5.21 (B) MATCH PENALTIES – INVOLVING A LEAGUE OFFICIAL

This penalty will be assessed when a Player, Coach or Team Official verbally or physically threatens or abuses any League Official (Managers, Referees, Timekeepers, etc.). A Match penalty will result in an automatic indefinite suspension from the League. There is no minimum suspension.

HNIR Rule Book

5.22 DISQUALIFIED / EJECTED PLAYERS

Any player that receives a 2nd Misconduct (same game), Game Ejection, Game Misconduct, or Match penalty shall be ordered to the dressing room for the remainder of the game. Teams are responsible for ensuring that Players who are disqualified or ejected from an HNIR game, for any reason, immediately leave the playing surface and retire to the Team's dressing room.

The Team Representative or Captain is additionally responsible for ensuring the ejected Player REMAINS IN THE DRESSING ROOM FOR THE BALANCE OF THE GAME (unless otherwise permitted to watch the remainder of the game by League Management).

Ejected Players who remain at rink side or who refuse to retire to the dressing room will be subject to further suspension and / or possible expulsion from the League. In this situation, HNIR Officials can end the game prematurely and charge the offending Team with a default.

Any Player who has been ejected from a game that returns to the ice surface will face an automatic indefinite suspension pending review by HNIR Management.

5.23 INDIVIDUAL PENALTY MINUTE INITIATIVE

Each Player's accumulated penalty minute total will be subject to the following guidelines:

a) After a Player has participated in 30% of their Team's advertised regular season games, League Management will identify and issue a first warning letter to all Players that meet or exceed an average of three (3) penalties per game. The letter will stipulate that a

HNIR Rule Book

second offence will carry an automatic one (1) game suspension.

b) After a Player has participated in 45% of their Team's regular season games, League Management will identify and issue a second warning letter to all Players that have received the first notice but continue to exceed an average of three (3) penalties per game.

The offending Player will be assessed an automatic one (1) game suspension. This letter will also stipulate that a third offence will carry an automatic suspension from the balance of the Season (including Playoffs).

c) After a Player has participated in 60% of their Team's regular season games, League Management will identify and issue a season-ending suspension letter to all Players that have received both previous notices yet continue to exceed an average of three (3) penalties per game. This letter will inform the Player that this is their third offence and that they have forfeited their right to participate in the remainder of the HNIR season (Regular Season & Playoffs). The Player will require League Management's approval before they may register for another HNIR season.

Note: each HNIR season contains a regular season and playoff component. The regular season begins at game number one and now includes games previously considered to be a separate "tiering" or "exhibition" season.