



SFHC

Senior Falcons Hockey Rules of Play

The Senior Falcons Hockey Club is committed to providing a hockey environment in which all players are treated with respect both on and off the ice. It is expected that all participants shall conduct themselves in a responsible manner and shall refrain from behaviour which is offensive or abusive. In particular, no player shall engage in activity or behaviour which endangers the safety of others.

The **Rules of Play** have been developed by the club Executive and its members with the objective of producing a fun, fast, competitive and non-violent environment. We are a self officiated group of mixed skill and it is the responsibility of the team Captains and club Executives to enforce the rules and settle on ice disputes.

The Senior Falcons Executive reserves the right to eject and/or suspend any player that instigates or displays continuous abusive behaviour in an unsportsmanlike manner.

These **Rules of Play** may be amended from time to time at our Annual General Meeting with the objective of improving the hockey experience for all involved.

Equipment

It is highly recommended all equipment worn by players and goalies be CSA approved. All players must wear a helmet with the chin strap under the chin and securely fastened. It is in a players best interest that helmets be current, as per the expiry date of the CSA sticker. Visors or full cages are not mandatory but once again we encourage our players to wear facial protection. Please be advised that for those wearing a half visor or no visor, a mouth guard is required to qualify for CARHA dental insurance claims.

Body Contact

There shall be no intentional body-checking, bumping or pushing of an opposing player. A player shall make every effort to avoid coincidental contact. Intentional pushing, shoving or body-checking which causes a player to collide with force into the boards is strictly prohibited.

Slapshots

Slapshots, or the action of an intent to make a slapshot, are not permitted. For the purpose of definition, a slapshot will be considered any shot where a player's stick rises above the player's knee or if there is a follow through of the same height.

Stick Infractions

The use of the stick will be limited to playing the puck. Sticks are not to be used to cross-check or slash opponents. Excessive use of force to slash an opponent's stick, slashing the stick out of an opponent's hands or slashing the shaft of an opponent's stick close to the hands is not allowed. Sticks are not to be carried above the shoulders.

Hooking and Holding Infractions

The use of the stick or hands, including holding the opponent's stick, to impede the movement or progress of an opposing player is not allowed. Checking from behind on breakaways can be dangerous. If you are beat on the play, it then becomes the goalies problem.

Goaltender Protection

The Senior Falcons strive to protect our goaltenders with enhanced enforcement of the goaltender interference rules.

First and foremost it is a skater's responsibility, be it an attacking or a defending player, to avoid any contact with the goaltender.

Contact with the goaltender, whether accidental or otherwise, is not allowed. Players are permitted to play a loose puck once it has entered the crease area. Players must not spear the goaltender's glove covering the puck. Any attempt by an attacking player to dislodge the puck once the goaltender has established possession is strictly prohibited. A defending player must not direct an opponent, with his stick or body, into the crease causing contact with the goaltender. An attacking player must not drive to the net and make contact with the goaltender. Players are not allowed to remain within the blue paint of an opponent's goal. In the event of a goal being scored while an opponent is stationed within the crease area, the goal will be disallowed. Should the puck make contact with the goalie's helmet, mask or throat protector the play is stopped and deemed a dead puck. Play is resumed with the defending team in possession. A goal may not be scored off any part of the goalkeeper's head or mask.

General Playing Rules

A game is deemed complete after one team has scored 5 goals. At that time the goalies will change ends.

Any puck that leaves the playing surface, hits the protective mesh above the glass or lands on the back or top of the net, play is stopped and the puck is turned over to the defending team.

Icing the puck will be called whenever a player shoots the puck from inside his own blue line to beyond the goal line of the opposing team. The puck now comes into possession of the defending team and the attacking team must clear the zone and allow the defending team to exit the defensive zone before forechecking resumes.

Upon an offside infraction the puck is turned over to the defending team and all the players on the attacking team must clear the zone prior to reentry.

It is expected that offside and icing infractions be self officiated but on occasion players on the bench shall call out the infraction.

When the puck is frozen by the goaltender the play does not resume until the attacking team clears the zone.

Any infraction of the generally understood rules of hockey will result in a stoppage of play and the offending team must turn the puck over to the opposition.

When a player is injured so that he cannot continue play or go to his bench, the play shall be stopped immediately, regardless of which team has possession of the puck.

Any player suffering a head injury or possible concussion will be dealt with extreme caution prior to allowing that player back on the ice.