



### Boarding

Checking (shoving) an opponent so that he is thrown violently against the boards.

**Official Signal:** Pounding the closed fist of the non-whistle hand into the open palm of the other hand.



### Charging

Taking more than three skating strides prior to checking an opponent.

**Official Signal:** Rotating clenched fists around one another in front of chest.



### Holding

Holding an opponent from moving with hands or stick or any other way.

**Official Signal:** Clasping the wrist of the whistle hand well in front of the chest.



### Hooking

"Hooking" a stick around an opponent to try to block his progress.

**Official Signal:** A tugging motion with both arms, as if pulling something toward the stomach.



### Checking from Behind

Checking or hitting an opponent whose back is facing you, often into the boards.

**Official Signal:** Non-whistle arm placed behind the back, elbow bent, forearm parallel to the ice surface.



### Cross-Checking

Hitting an opponent with both hands on the stick and no part of the stick on the ice.

**Official Signal:** A forward motion with both fists clenched extending from the chest.



### Icing

Shooting puck from behind the center red line over your opponent's goal line. Icing results in a face-off in the offending team's zone.

**Official Signal:** The referee will raise hand over his head. The back official will move to the resulting face-off spot and give the icing signal.



### Interference

Illegal body contact with an opponent who is not in possession of the puck, or knocking an opponent's fallen stick out of his reach.

**Official Signal:** Crossed arms stationary in front of chest with fists closed.



### Delayed Penalty

When a referee signals that he is about to penalize a player, but will not stop play until the team to be penalized touches the puck.

**Official Signal:** The non-whistle hand is extended straight above the head.



### Elbowing

Using an elbow in any way to foul an opponent.

**Official Signal:** Tapping the elbow of the whistle hand with the opposite hand.



### Penalty Shot

When an attacking player has been clearly pulled down preventing a breakaway shot on the goalie.

**Official Signal:** Crossed arms stationary in front of chest with fists closed.



### Slashing

Hitting an opposing player with the stick or swinging the stick at an opposing player.

**Official Signal:** One chop with the hand across the straightened forearm of the other hand.



### Hand Pass

Player uses hand to direct puck to another player on same team in the offensive or neutral zone. Hand passes allowed in defensive zone.

**Official Signal:** Arm placed straight down and swung forward and up once in an underhand motion.



### High Sticking

Striking your opponent while carrying the stick above shoulder level.

**Official Signal:** Holding both fists, clenched, one immediately above the other, at the side of the head.



### Spearing

Stabbing an opponent with the point of the stick blade while the stick is being carried in one or both hands.

**Official Signal:** A single jabbing motion with both hands together, thrust forward from in front of the chest.



### Tripping

Using a stick, knee, foot, arm, hand, or elbow to cause an opponent to trip or fall.

**Official Signal:** Strike the side of the knee and follow through once.

## Types of Penalties

**Minor Penalty** Any player, other than a goaltender, shall be ruled off the ice for two minutes during which time no substitute shall be permitted. If the shorthanded team is scored upon before the two minutes elapse, the player in the penalty box is automatically released.

**Major Penalty** Any player, except the goaltender, shall be ruled off the ice for four or five minutes during which time no substitute shall be permitted. The player who is serving the major penalty must stay in the penalty box for the full five, regardless if a goal is scored upon their "shorthanded" team.

**Goaltender's Penalties** A goaltender shall not be sent to the penalty box for an infraction, but instead the minor penalty shall be served by another member of his team, who was on the ice when the infraction was committed.

**Penalty shot** No time served. Awarded for a player being fouled from behind and denied a breakaway scoring opportunity. Also called for deliberately displacing the goal post during a breakaway, or can be called when a defending player other than the goalie intentionally falls on the puck, usually around the defensive net area.

**Coincidental minor and/or major penalties** result when players of two opposing teams are simultaneously assessed penalties of equal duration. In this case, the players may be substituted for, but all penalized players must serve their full time in the penalty box and wait for a stoppage of play to come out of the box. Generally, the timekeeper will not post these penalties on the scoreboard and the players will be required to stay in the box for the amount of time assessed and until "the next whistle".

**Misconduct Penalty** Any player, other than the goaltender, shall be ruled off the ice for a period of ten minutes. A substitute player is permitted to immediately replace a player serving a misconduct penalty. A player whose misconduct penalty has expired shall remain in the penalty box until the next stoppage of play. These penalties are often called in tandem with a minor penalty and you may hear it referred to as a "Two and ten". What this means is that the player has committed a foul such as Checking from Behind and his/her team must play shorthanded for 2 minutes but the offending player must then also stay off the ice for an additional 10 minutes. Generally, a team will put two players in the penalty box with one coming out after two minutes.

**Match Penalty** A match penalty involves the suspension of a player for the balance of the game and the offender shall be ordered to the dressing room immediately. A substitute player is permitted to replace the penalized player after five minutes of playing time has elapsed.

**Game Misconduct** A penalty that involves the suspension of a player for the balance of the game. A substitute is immediately permitted to take his place on the ice.

