



# *Ice Hockey Australia*

[iha@iha.org.au](mailto:iha@iha.org.au)

[www.iha.org.au](http://www.iha.org.au)



INTERNATIONAL  
**ICE HOCKEY**  
FEDERATION

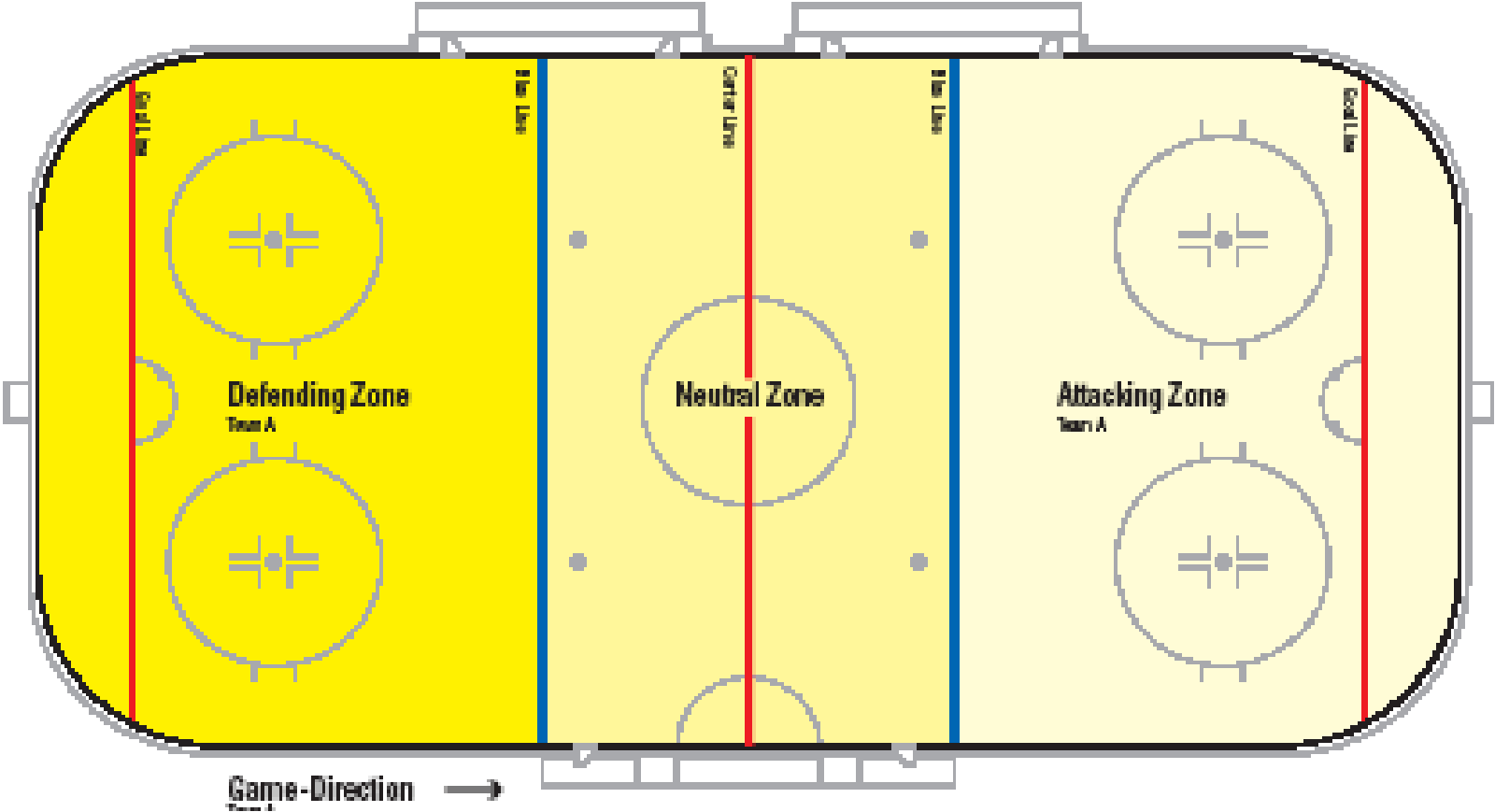
## ICE HOCKEY BASIC RULES REFEREE SIGNALS OFFSIDES & ICING



# **So this is Ice Hockey, But what happens in the Worlds Fastest Team Sport?**

To help you understand some of what is going on and not have to ask the question too often, we have put this guide together to explain some of the more common occurrences and rules of the game.

DIVISION OF ICE SURFACE



**Defending Zone**

**Neutral Zone**

**Attacking Zone**

# THE RINK

You will see that the ice surface is marked with a number of lines and circles. There is a red line that is the centre line. Either side of this is blue lines, which divide the ice into three.

The area between the blue lines is called the Neutral Zone (nothing to do with Star Trek) and the other zones are the attacking and Defending Zones. Naturally, one team's attacking zone is the other team's defending zone.

There is also a thin red line that stretches across the ice at each end that passes through the face of the goal and forms the goal line. It is also used to determine when Icing has occurred as explained in the following pages.

There are 5 circles on the ice and 2 red dots near each blue line. The circles are called face-off circles. The Red dots near the blue lines and the face-off circles are where most of the face-offs will occur during the game.

# Referee and Linesperson

If there are 3 officials on the ice, only the official with the Red armbands is the Referee and only he will call penalty infringements. The other 2 officials are linesman and their job is to call offside and icing infringements and to conduct face-offs. Linesperson do not call penalties.

If there are only 2 officials on the ice, they are both Referees and both can call penalties against players.

Please keep in mind that the officials are all volunteers. It is very demanding job to watch 12 players moving at high speed, make instant decisions about whether a rule has been breached, whether it meets the criteria for calling a penalty, and if so, how severely do you apply the rule. All that while keeping up with the game and trying to keep out of the way of the puck and players.

Often the Referee cannot see all the players as some may be behind him or may be obscured from view by other players. Spectators will often see things that the Referee did not see for these reasons and unless the Referee actually sees an infringement, he cannot call it. Please support these volunteers for without them we wouldn't have the game! The job is tough enough without people harassing and abusing them.

# Stoppage of play

There are two main rules that you will see that will cause a stoppage of play are

**Offside**

And

**Icings.**

# Offside

Put simply, Offside occurs when an attacking team player crosses over the blue line closest to the goal he is attacking before the puck does. Sometimes you will see a linesperson put up its arm but not blow its whistle when a player crosses the line ahead of the puck. This is to give the team the opportunity to leave the attacking zone to cancel the offside, and is called delay offside. This must be done without playing the puck.

Similarly, if the puck leaves the attacking zone crossing over the blue line back into the Neutral Zone, then the attacking team is now offside and must all leave the attacking zone and remain outside the blue line until the puck goes back in.

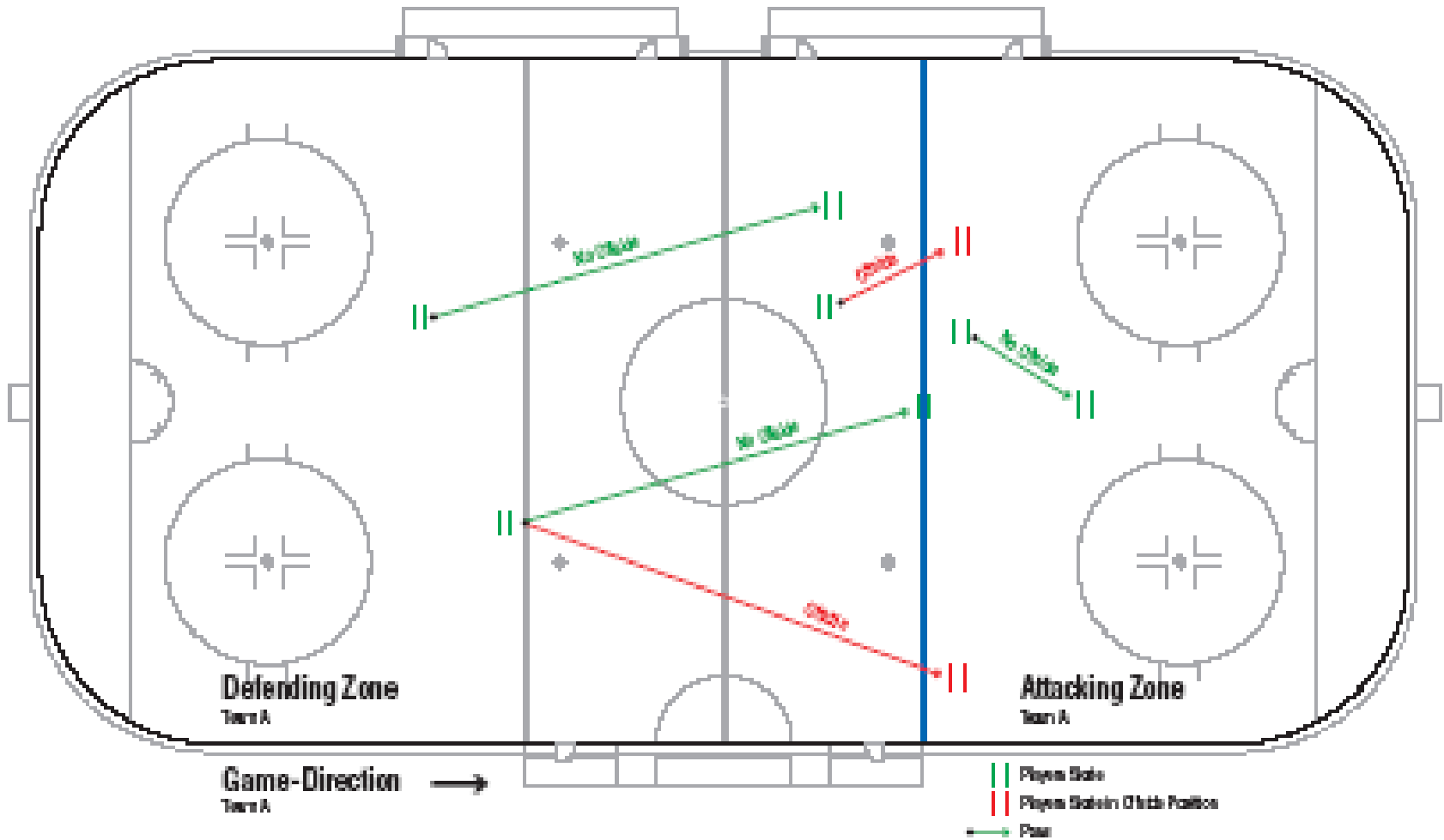
There is of course more to offside than that but this should help with most instances.

The determining factors in deciding an offside are players' skates' position. Player is offside when both skates are completely crosses the attacking blue line before the puck.

An **intentional offside** is made for the purpose of causing a stoppage of play and the face off will result back in the teams defending zone face off dot

# Offside Situations

## OFFSIDE PASS SITUATIONS





# Linesperson's Signals

## Offside

**450 Offside Call** The Official shall first blow the whistle, raise his arm and then extend the arm horizontally pointing along the blue line with the non-whistle hand.



# Delayed Offside

**451 Delayed Offside** If an attacking player precedes the puck into the attacking zone, but a defending player is able to play the puck, the linesperson shall raise his arm to signal a “Delayed Offside”, except if the puck has been shot on goal causing the goalkeeper to play the puck.

The Linesperson shall drop his arm to nullify the offside violation and allow the play to continue: if

1. The defending team either passes or carries the puck into the neutral zone.
2. Or, all attacking players immediately clear the attacking zone by making skate contact with the blue line.



# Icing

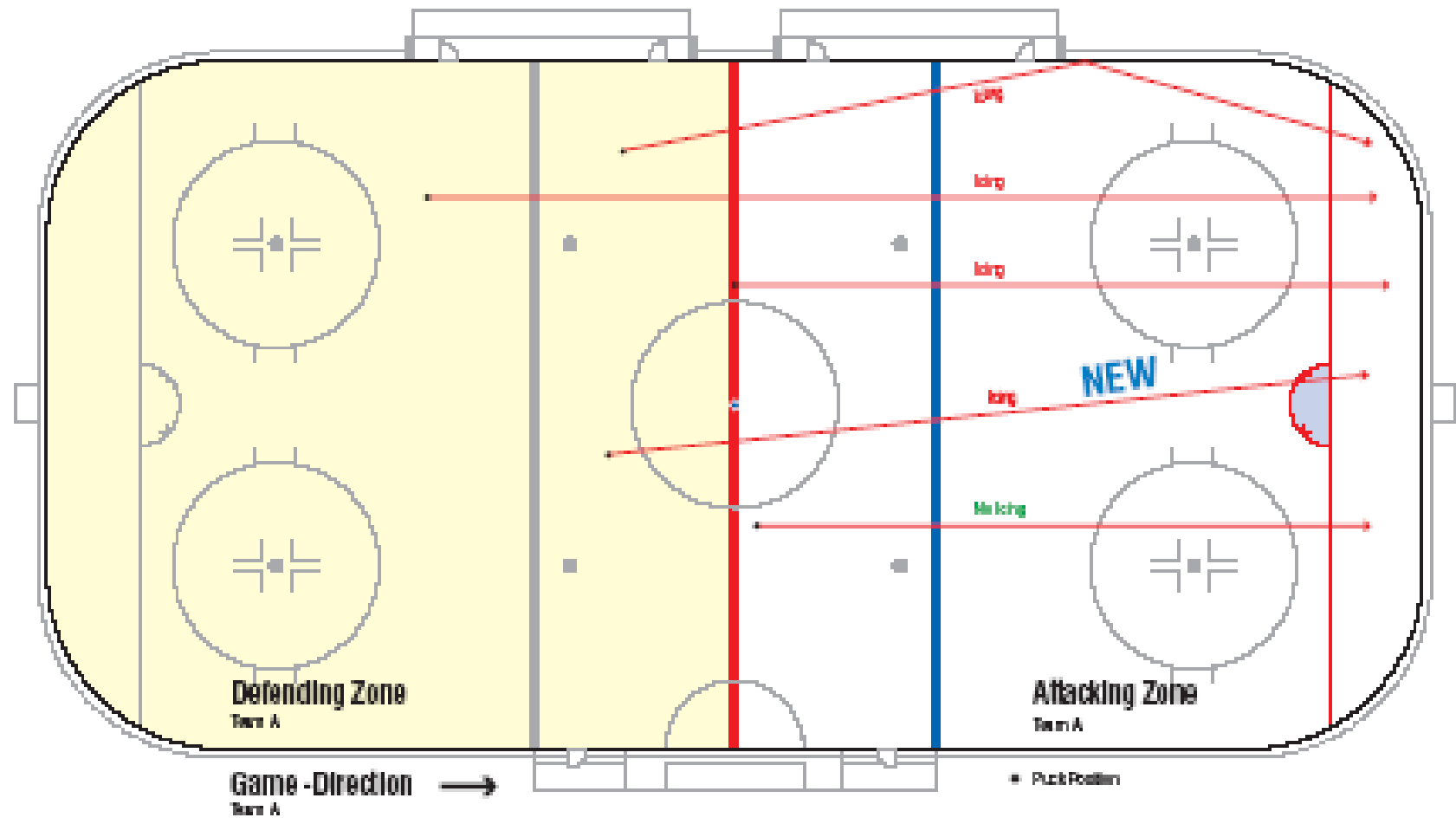
Icing occurs when a team shoots the puck from their own side of the centre line and the puck crosses the far goal line, which extends in a line right across the rink in line with the goal front.

When this happens, the puck will be taken back down the ice to the defending zone of the team that caused the icing. This rule helps prevent the game from becoming like a game of ping-pong.

There are exceptions to the rule however, as follows.

- If the puck enters the goal – the goal is allowed.
- If the team in question has few players on the ice than the opposition, due to a penalty(s), then they are permitted to ice the puck.
- If the puck is touched by, touches, or could have been played by a player from the opposition team, on the far side of the centre line.
- The puck is iced directly from a player participating in a face-off.
- Once the goalkeeper leaves his goal crease or when the goalkeeper is outside his goal crease during icing situation and moves in the direction of the puck.

# Icing the Puck



# Linesperson's Signals

## Icing The Puck

**460 Icing The Puck** The back Linesperson (or Referee in the Two Official System) signal a possible icing, by fully extending either arm over his head. The arm shall remain raised until the front Linesperson or Referee, either blows the whistle to indicate an icing, or until the icing is washed out. Once the icing has been completed, the back linesperson or Referee shall first cross his arms in front on the chest and then shall point to the appropriate face-off spot and skate to it.



# Other Rules or Penalties

Some of the more common penalties you may see called during a game include Tripping, Slashing, Hooking, Charging, Interference and Roughing.

- **Tripping** is much as the name suggests, where the player is brought down using the body or stick.
- **Slashing** is where a player is struck or could have been struck by a deliberate blow from a stick. Usually applied to being struck on the hand, wrist or legs.
- **Hooking** is where the blade of the stick is turned in and used to slow or unbalance a player. A player usually impedes or seeks to impede the progress of an opponent.
- **Charging** is where a player checks, runs or jumps another player violently.
- **Interference** is where a player who interferes or impedes the progress of an opponent who is not in possession of the puck.
- **Roughing** is called for unduly rough play, and is often called in scuffles and minor altercations.

# Other Rules or Penalties

In most instances, a penalty will only be called if the Referee is satisfied that one of the following situations has occurred;

- A player has had a scoring opportunity denied him by the infringement.
- A player is injured or may have been injured.
- A loss of puck possession occurs
- It was blatant breach of the rules.
- **OBI** – Obvious, hit from behind, Injury

Players who commit a penalty can be sent to the penalty box for varying amounts of time depending of the penalty(s) and the severity of the offence and in some situation may be ejected from the game.

# Table of Penalties

Penalty	Player		Goalkeepers		Remarks		
	Player out for	Served on the penalty bench by	Goalkeeper out for	Served on the penalty bench by	Recorded on game sheet	Observations	Coincidental-penalties
<b>MINOR</b>	2 Minutes	Offender	-	Player on the Ice	2 Minutes	May expire on a goal	May apply
<b>BENCH MINOR</b>	2 Minutes	Any player	Not applicable	-	2 Minutes	May expire on a goal	May apply
<b>MAJOR</b>	Balance of the game	Any player except the offender for 5 minutes	Balance of the game	Player on the ice for 5 minutes	5 Minutes	-	May apply
<b>MIS-CONDUCT</b>	10 Minutes	Offender	-	Player on the ice	10 Minutes	-	-
<b>GAME MIS-CONDUCT</b>	Balance of the game	None	Balance of the game	None	20 Minutes	Report	-
<b>MATCH</b>	Balance of the game	Any player except the offender for 5 minutes	Balance of the game	Player on the ice for 5 minutes	25 Minutes	Report	May apply
<b>PENALTY SHOT</b>	-	-	-	-	Penalty shot	-	-



# Referee Signals

As well as vocally calling out what penalty has been committed, the Referees also use hand signals to communicate the penalty or infringement to the players, coaches and other officials.

The following pages show these signals. This should help you follow what is going on even when you cannot hear what is being called.

# Referee Signals and Rule Explanations

**520 Boarding** When a player body checks, elbows, charges or trips an opponent in such a manner that it causes the opponent to be thrown violently in the boards.

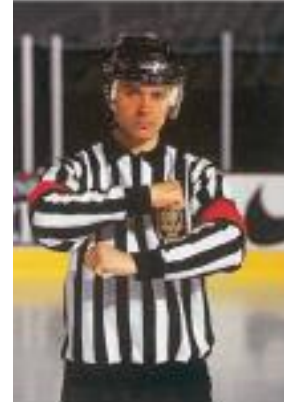


**521 Butt-Ending** A player who attempts or who butt-ends an opponent.



# Referee Signals and Rule Explanations

**522 Charging** A player who runs, jumps or charges an opponent or who runs, jumps or charges the opposing goalkeeper in it crease. Charging shall mean the action of a player who, as a result of distance traveled violently checks an opponent.

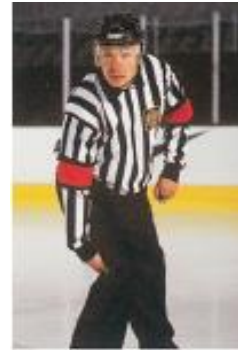


**523 Check From Behind** A check from behind is a check delivered on a player who is not aware of the impending hit and is unable to protect him self and contact is made on the back of the body.

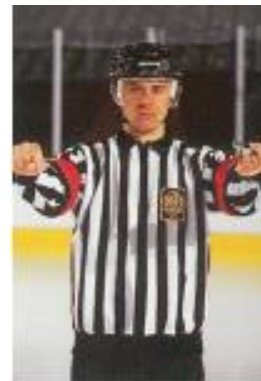


# Referee Signals and Rule Explanations

**524 Clipping** Is the act of throwing the body across or below the knees of an opponent, charging or galling into the knees of an opponent after approaching him behind, side or front.

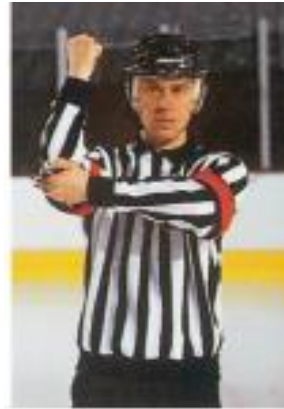


**525 Cross-Checking** A cross-check is a check delivered with both hands on the stick and no part of the stick is on the ice.



# Referee Signals and Rule Explanations

**526 Elbowing** A player who uses his elbow to foul an opponent.



**527 Excessive Roughing** Any player who commits an action not permitted by the rules that may cause or causes an injury to an opponent, to a team or game official.

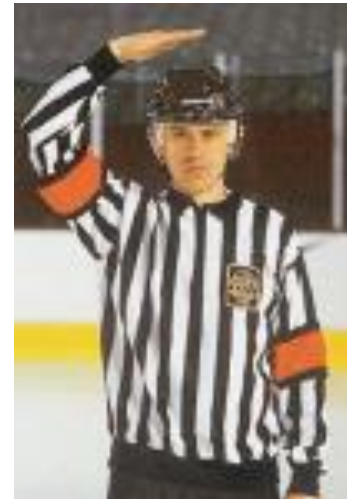


# Referee Signals and Rule Explanations

**528 Roughing** Players who is guilty of unnecessary roughness or fisticuffs.

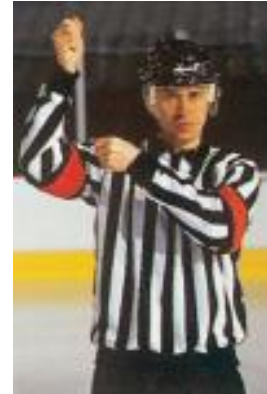


**529 Head-Butting** Any player who attempts to or deliberately head-butts an opponent.

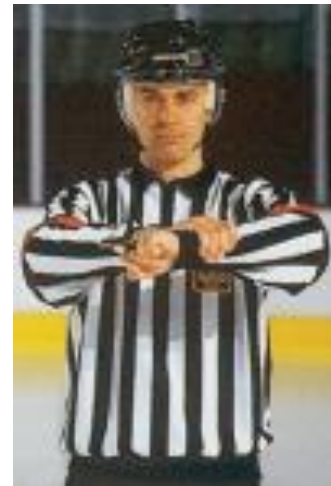


# Referee Signals and Rule Explanations

**530 High Sticking** When a player who carries or holds his stick or any part of it above the height of his shoulders that makes contact with an opponent.

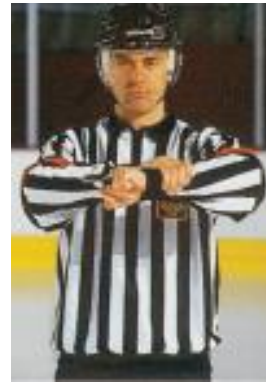


**531 Holding** A player who holds an opponent with hands or stick or in any other way.

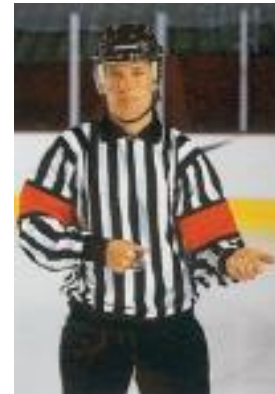
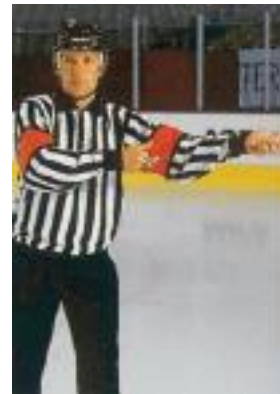


# Referee Signals and Rule Explanations

**532 Holding A Stick** A player who holds an opponent stick with his hand or in any other way.



**533 Hooking** When a player who impedes or seeks to impede the progress of an opponent by hooking him with the stick.



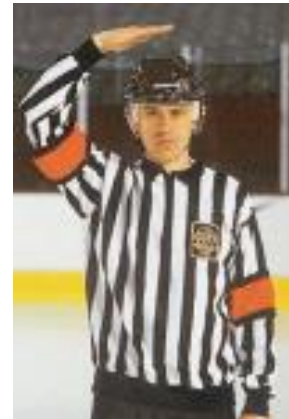


# Referee Signals and Rule Explanations

**534 Interference** Any person interference or impedes the progress of an opponent who is not in possession of the puck.

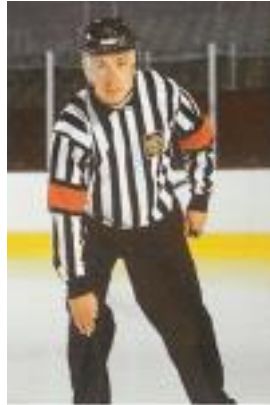


**535 Kicking** Any player who kicks or attempts to kick another player.

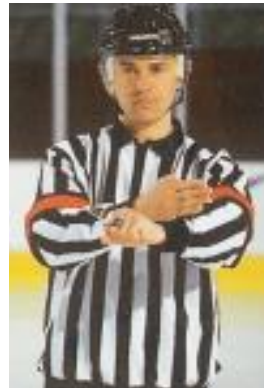


# Referee Signals and Rule Explanations

**536 Kneeing** Any player who uses his knee to foul opponent.



**537 Slashing** Any player who impedes or seeks to impede the progress of an opponent by slashing.

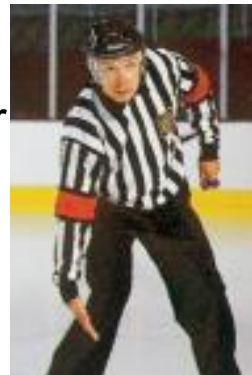


# Referee Signals and Rule Explanations

**538 Spearing** Any player who attempts to spear an opponent. Spearing is the action of stabbing an opponent with the point of the stick blade, whether or not the stick is being carried with one or both hands.



**539 Tripping** Any player who shall place its stick, legs foot, arm, hand, or elbow in such a manner that is shall cause his opponent to trip or fall.



# Referee Signals and Rule Explanations

**540 Checking To The Head and Neck Area** Any player who directs a check or blow, with any part of his body, to the head and neck area of an opposing player or “drives” or “forces” the head of an opposing player into the protective glass on boards.



**541 Women Body-Checking** In women’s ice hockey, if a player makes a direct body-check.

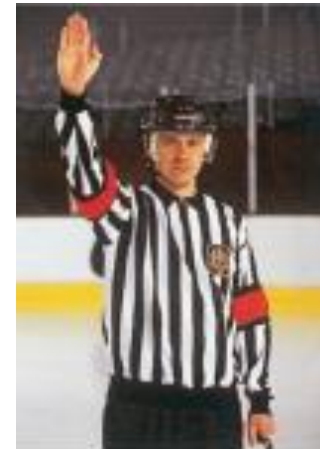


# Referee Signals and Rule Explanations

**576 Diving** Any player who, at the discretion of the Referee, flagrantly imitates a fall, a reaction, or feigns an injury in an attempt to draw a penalty. (No Signal)



**412 Change of Players Procedure During Stoppage of Play** The Referee allows a five second period to the visiting team to make a player(s) change. After the five seconds, the Referee shall raise his arm which indicates that the visiting team shall no longer change any player and the home team has five seconds to change players



# Referee Signals and Rule Explanations

**422 Time Out** Each team shall be permitted one 30 second time-out during the course of regular time or during overtime.



**514 Calling Of Penalties** Referee delaying calling of penalty and calling of penalty.



# Referee Signals and Rule Explanations

**470 Definition Of A Goal** Puck in the Net, Goal scored.



**490 Hand Pass** A player shall be permitted to stop or bat the puck in the air with the open hand or push it along the ice with his hand, unless in the opinion of the Referee, the player has deliberately directed the puck to a team-mate in the neutral zone or attacking zone



# Referee Signals and Rule Explanations

## **504, 505, 550 & 551 Misconduct Penalties or Game Misconduct Penalties**

When a player is assessed a Minor or Major Penalty and a Misconduct penalty at the same time, the penalized team shall immediately put a substitute player on the penalty bench to serve the Minor or Major Penalty with change. If a game Misconduct penalty is assessed, the player is removed from the game.

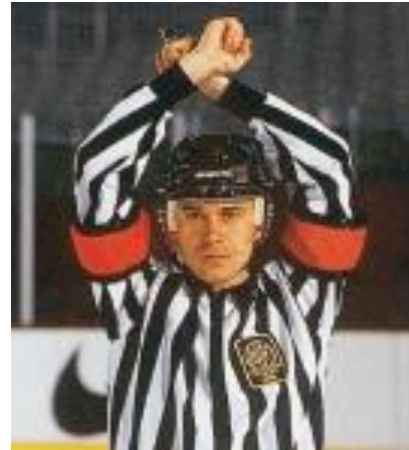
**507 Match Penalty** Any player, including the goalkeeper, shall be ruled off the ice and ordered to the dressing room for the balance of the game.





# Referee Signals and Rule Explanations

**508 Penalty Shot** Any foul upon which the Penalty Shot is based occurred during actual playing time. The team can have any non-penalized player who shall take the shot.



**Wash Out** By the Referee to signal “no goal”, “no hand pass”, and “no high sticking the puck”. By the Linesperson to signal “no icing” and, in certain situations, “no icing”.



# Linesperson's Signals

## 573 Too Many Players On The Ice

Any time during the play a team has more than the number of players on the ice to which they are entitled.



# Fair Play and Respect

Between all Game Officials, Players, Coaches and Spectators.



# For Further Information

For further information of the International Ice Hockey Rule Book, the rule book may be purchased from the office of Ice Hockey Australia [iha@iha.org.au](mailto:iha@iha.org.au) or [www.iihf.com/education/rulebook.htm](http://www.iihf.com/education/rulebook.htm).

If you would like to become a member of Ice Hockey Australia, for further information as a player, coach, officials or volunteer, Please contact your local State or Territory Ice Hockey Association on how to be become a member of the Worlds Fastest Team Sport or contact Ice Hockey Australia at [iha@iha.org.au](mailto:iha@iha.org.au) for further information.

