

# Nanaimo Adult Hockey Rule, Crack Down

## -High Stick (Rule # 62)

A – A Minor penalty shall be assessed to any player who checks an opponent or intimidates an opponent while carrying their stick above the waist height of their opponent.

*Crack Down* Anytime a stick makes contact with an opponent above the waist and below the neck; a minor penalty will be assessed.

B – A player who accidentally or intentionally contacts an opponent above the normal height of his shoulders with a high stick shall be assessed a Major penalty, whether or not injury results.

(Note) A player who is assessed a Major penalty for intentionally contacting an opponent with a height stick shall also incur a Game Misconduct under Rule # 30. The Game Misconduct penalty shall not apply to players assessed with a Major penalty for an accidental high stick, except when injury results, then the Game Misconduct penalty shall be assessed.

C – A Match penalty shall be assessed to any player who deliberately attempts to injure or deliberately injures an opponent with a high stick.

## -Cross-checking (Rule # 54)

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

B – Any player who strikes an opponent above the normal height of the opponents shoulders with a cross-check shall incur a Major penalty and Game Misconduct, whether or not injury results.

C – A major penalty and Game Misconduct shall be assessed to any player who crosschecks a goalkeeper while he is in his crease, or who injures an opponent as a result of a cross-check.

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

*Crack Down* If a player places their stick on an opponent and does not push or extend their arms, a cross-checking penalty shall not be called, however if the stick makes contact with their opponent above the waist, a High sticking penalty will be called.

### **Slashing** (Rule # 80)

A – A Minor or Major penalty, at the discretion of the Referee, shall be assessed to any player who impedes or seeks to impede the progress of an opponent by “slashing” with his stick.

*Crack Down* Anytime a player uses their stick to slash down on an opponent’s stick, with force; a minor penalty will be called. If the player, using a downward motion makes contact with an opponent’s stick more than one foot above the blade of the opponent’s stick, no matter the amount of force used, a minor penalty will be called.

Anytime a player, slashes, hits, taps an opponent with his stick, above the height of the opponent’s knee a minor penalty will be called.

Note: If it is not a play on the puck, but a play on the opponent’s body with the stick, it is a Minor penalty.

B – Injury to an opponent by “slashing” shall incur a Major penalty

C – A “slashing” penalty shall be assessed to any player who swings his stick at an opponent (whether in or out of range) without actually striking him or, when on the pretext of playing the puck, makes a wild swing at the puck with the object of intimidating his opponent.

D – A Match penalty shall be assessed to any player who deliberately attempts to, or deliberately injures an opponent with a slash.

### **Hooking** (Rule # 64)

A – A minor penalty shall be assessed to any player who impedes or seeks to impede the progress of an opponent by hooking with his stick.

*Crack Down* When a player makes contact with the hands of an opponent, (if the player has both hands or only one hand on his own stick, is irrelevant), either a hooking or a slashing penalty will be called.

When a player turns the blade of his stick so that the toe of the stick is pointing down toward the ice and hooks it over the stick of his opponent, a minor penalty will be called.

### **Roughing** (Rule # 59)

C – A Minor penalty shall be assessed any player who, in the Referee’s judgement, is (are) guilty of unnecessary rough play.

*Crack Down* If a player pushes or shoves an opposition player after the whistle, a minor penalty for “roughing after the whistle”, will be called.

### **Head Contact** (Rule # 50)

Note: If a stick is used on contact this infraction falls under Rule #62 – High Sticks

A – A Minor penalty shall be assessed to any player who accidentally contacts an opponent in the head, face or neck with any part of the player’s body or equipment other than a stick.

B – A Double Minor penalty or a Major penalty and a Game Misconduct penalty, at the discretion of the Referr and based on the degree of violence of impact, shall be assessed to any player who intentionally contacts an opponent in the head, face or neck with any part of the player’s body or equipment other than a stick.

(Note) The Double Minor penalty assessed under this rule shall count as two penalties in the application of the three penalty rule.

C – A Match penalty shall be assessed to any player who deliberately attempts to injure or deliberately injures an opponent under this rule.

*Crack Down* Any intentional contact to the head, this includes a face wash, will result in a double minor penalty. If in the official’s opinion, the player was too aggressive, a Major penalty and a Game Misconduct will be accessed.

## **Goalkeeper Interference**

B – A Minor penalty for interference with the goalkeeper shall be imposed on a player who, by means of his stick or his body, interferes with or impedes the movement of the goalkeeper by actual physical contact.

NAHA Rule – If a player has any contact with the goalkeeper, while they are in the goal crease, a minor penalty will be called.

If the defending player causes the attacking player to make contact with the goalkeeper, the attacking player will be assessed a Minor Penalty and the defending player will be assessed a Minor Penalty for interference and an Un-sportsmanlike Minor Penalty.

## **Abuse of Officials, Unsportsmanlike Conduct / Misconduct (Rule #46)**

A – Should a player or team official challenge the rulings of an official or display unsportsmanlike conduct, he must be assessed a minor for unsportsmanlike conduct, followed by a misconduct or game misconduct if he persists.

B – A misconduct penalty shall be assessed to any player or team official who:

- 1) Uses obscene, profane or abusive language or gestures to any person;
- 2) Persists in disputing or shows disrespect for the ruling of any official;
- 3) Intentionally knocks or shoots the puck out of the reach of an official who is retrieving it.
- 4) A player or team official who, after receiving a Misconduct penalty, persists in any of the actions of (B) above shall be assessed a Game Misconduct penalty.

D – If the Referee is unable to identify the person responsible for use of obscene, profane, or abusive language, a Bench Minor penalty shall be assessed to the offending team.

E – A Misconduct penalty shall be assessed to any player who does not proceed immediately and directly to the penalty bench when they have been penalized. Where the penalized player causes any delay by returning for their equipment (gloves, sticks,

etc.), the Misconduct penalty shall apply. The equipment shall be delivered to them on the penalty bench by a teammate on the ice at the time of the infraction.

F – A Misconduct penalty shall be assessed any player who, after ONE warning by the Referee, persists in any course of conduct (including threatening, abusive language or gestures, or similar actions) designated to incite an opponent into incurring a penalty.

G – Any player or team official who engages in verbal taunts, insults or intimidation based on discriminatory grounds (race, ethnicity, religion, gender, sexual orientation, language) shall be assessed a Gross Misconduct penalty.

H – A Misconduct penalty may be assessed to any player or players who, except for taking their position on the penalty bench, enter or remain in the Referee's crease while the Referee is reporting to or consulting with any game official.

J – A Bench Minor penalty shall be assessed to a team when any player or team official on the bench bangs the bench or ice surface with a stick or any other object in protest of an official's ruling.

*Crack Down*      **Absolutely zero tolerance for abuse of Officials.**

-Hooking

-Goalkeeper Interference