

Basic Referee Material

Produced by the
International Floorball Federation
Referee Committee

Forewords

The Sport of Floorball is continuing to grow and in order to speed up this development it has become essential to put together a basic education material for the referee sector, in order to share information of what the referees need to know about Floorball and what the referees need to be used to, the game itself and the basic functions of being a referee. This material has been put together using the existing national referee material, from a number of IFF countries and the IFF Development Seminar materials.

The material gives a good basic knowledge about the rules, how to place oneself and move on the field of play as well as the right signs for refereeing Floorball. Additionally it gives guidance into the role of being a Game Leader and the philosophy behind this concept. Leading different types of persons may be very challenging at times and requires a strong personal involvement and a even stronger wish to succeed.

A model for a physical test for referees has been included in the material. Acting as a Floorball referee requires a good basic physical condition, a good moving technique and all the different physical elements related to this. The test has been created in order to act as a motivator for moving and enhancing your own condition and moving skills.

A fact is that referees are expected to be always neutral. Some thoughts of the ethical principles of acting as a referee have also been included into the material.

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International Floorball Federation

Referee Committee



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Introduction

This Basic Referee Material gives you information and answers on how you as a Floorball Referee can in the best possible way start to referee and thereafter develop your refereeing skills. Like each athlete, also a referee starts from the beginning. As the experience increases, the technical and tactical know-how increases as well. This way the target level for refereeing can be raised. No one can ever be totally ready, but everyone can become much better.

There is a vast section covering Floorball rules in this material, which the referees can use in order to educate themselves or others. Acting as a referee doesn't restrict only to the activities inside and during the game, but also as a constant development of yourself and as an attempt to answer to the changing environment surrounding us. These are the main reasons for including a part on how to lead people and the material also gives some basic information about Leadership, Collaboration, Sports Psychology, Communication as well as how one prepares for a Floorball Game.

The aim of this material is to raise questions and to enhance the perception of refereeing for new referees or referees who only have refereed for some years.

In the part concerning movement and placement on the field, the material tries to give one global generic model for how referees should move on the field of play. It is essential that in a very fast sport such as Floorball, the referees can move in accordance with the requirements of the sport and own the needed skills, with which they can both see the situations better and judge them swiftly and correctly. The physical test included to the material, has been included to motivate the referees to practise as the athletes are doing, in order to enhance their own physical condition and strive to learn the right movement techniques.

A major part of the respect referees gain from the players, comes from how trustworthy as a neutral and impartial element of the game they can be. Therefore it is extremely important, that the referees have and follow strict ethical values when acting as the judge in the Sport of Floorball. These values have also been included into the material and they have to be respected and followed by all Floorball referees.

Chapter 2

Basic Referee Material

Referee's Role as a Leader

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Definition of leadership

”To make a group of People perform and move towards the same direction”

Referees role as a leader



1. Knowledge

- Rules of the game
- Knowledge about the law
- Knowledge about children's and youths development

The Referee shall always know the Rules , as well as the interpretations and advises given in it, because this is one of the basic requirements for a good referee and thereby also for a smooth game.

It is useful to have information about the playing teams, but without any prejudice. It is important to know how the teams are playing and what the match looked like the last time the teams played against each other.

Due to the fact that a number of the matches which the referee referees, are matches where juniors and children play, it is important for the referees to know –
– about the development of children and youth.

2. Ability to lead

➤ Leading role

Referee is a leader. Still the referee does not dominate the field but leads and helps the teams to play the match in the best possible way by at the same time trying to be as invisible as possible.

The duty of the match leader is to have the match played within the rules of the game and other regulations. By winning the confidence of the players the referee creates the possibilities to make the match a positive experience for the players and the spectators.

The referee obtains trust and respect:

- ...by being the right kind of a leader figure
- ...by being determined but humble on his duty
- ...by being clear and objective
- ...by making quick decisions
- ...by obtaining a good sense of humor
- ...by being a good example

2. Ability to lead

➤ Consistency

Consistency is partly the ability to make similar choices in new situations and partly the ability to interpret the rules at the same way when similar situations occur on the match.

The teams understand that the referee can make a mistake or misinterpret some situations. For them the most important thing is that the referee is neutral and objective. The referee shall never compensate the mistake made because this leads to more mistakes, and this causes the teams to lose their trust in the referee.

The consistent actions of the referee also develops the self-confidence to adapt the rules and the ability to solve different situations during the game.

2. Ability to lead

➤ Judgement

The referee must get rid of all possible pre-assumptions of the teams and the players.

The referee should prepare for the match in the same way as the players do. The referee can't underestimate the match regardless of the level or the type of the match. All the matches have the same importance to the players.

3. Communication

➤ **Body language**

In many cases the body language can have a bigger effect, than the things you actually say verbally. Therefore, be aware of the effects of your attitude and your presence. Try to learn to understand what your body language means to the players and officials.

Make sure that...

- ... you look confident and show charisma
- ... you show that you like your duty
- ... you use clear and proper signs and signals

3. Communication

➤ Conversation and relations

The referee shall keep in mind that a part of the successfully conducted match is based on a good relationship with players and officials. Therefore, the referee should communicate with the players and officials in an understanding and a respectful way.

Make sure that...

- ... you avoid long conversations with some players' "meeting clubs"
- ... you are able to admit that you have misunderstood a rule or a situation
- ... you don't swear to players or officials and instead act calmly and properly

Self control is a virtue!

4. Physical character

➤ Physical character

Floorball is an intensive sport and the referees are taking part in the match without having the possibility to rest even for a minute. This – besides the fact that everyone expects the referees to make the correct decision in every situation - leads to the fact that the referees must have a good physical stamina and be fit.

A referee with bad physical condition will easily lose concentration during the match and the calls can therefore be affected and performance as a referee weakens.

The referee needs good physical condition in order to stay close to the game situations during the entire match. Additionally the physical stamina helps to maintain the needed psychical balance under pressure.

The physical character of the referee correlates with skills and ability to move correctly in the field.

5. Psychological character

Psychological character

The Referee is an important factor in the match and performance in the match is determined by readiness and the level of preparedness. These things are clearly dependent on practice.

This is the reason why a referee should train systematically and with a clear plan. The referee should be as well prepared as possible to meet all situations that might emerge during the game.

Sport psychology offers some techniques for this:

Motivation: Gives you energy.

Self confidence: Makes you believe that you can handle the task.

Handling the pressure: Control of the stress and pressure.

Concentration: Centralization of your attention.

Goal setting: Setting the goals which affects your motivation and concentration to the task.

Visualization: The controlled guidance of your inner images.

Breathing technique: Getting relaxed and focus ones concentration by controlling the rhythm of ones breathing.

6. Understanding the game

➤ Understanding the game

Understanding of the game means the ability to read the tactical and technical aspects of the game. This means that the referee must understand when to whistle quickly and when to give the advantage letting the players go on with the game without whistling.

7.Co-operation

Co-operation

Referee pair

The co-operation between the two referees in the field must be fluent.

Match Secretary

The referee and the match secretary must form a team which together do their utmost best to conduct the match. Therefore, the referees must always take care that the contact and communication with the match secretary is excellent. Do not lose your nerves if the match secretariat is asking for something obvious. This way one avoids the possibility of misunderstanding.

Colleagues

Within the group of referees (regional & nation wide)

Mandatory equipment

- ✓ Clothes decided by regional, national or international federation:
jersey, shorts and socks and dressed up properly (shirts not hanging, socks pulled up and so on.....)
- ✓ Shoes for indoor sports, preferably black
- ✓ Whistle for indoor (middle size whistle)
- ✓ Measuring tape
- ✓ Red card
- ✓ The rules of the game
(not to be used during the game, only during the intermissions)

Optional equipment

- ✓ Track suit, without any club symbols and according to the possible sponsor deals
- ✓ Pencil and paper
- ✓ Tape for goal cages and/or substitution zones
- ✓ Tool to measure the hook of the stick
- ✓ Water and other refreshments

Preparations for the match

1. Before the match starts
2. During the match
3. After the match

Before the match starts

Arrival

Be relaxed and in good condition and prepared with a calm psychological state of mind.

Leave early enough to the arena. The arrival to the arena should be at least 30/60 minutes before the match starts.

Arrive with neutral civilian clothes.

Inform the home team of your arrival and find out the place of the dressing room.

Present yourself to the teams and show that there is a human underneath the referee outfit.

Before the match starts

Routines in the arena

Check the playing field, the lines, the goals and any possibly dangerous materials close to the rink. These have to be taken care of well in advance of the match start, since fixing them might take longer than planned

(Note: It is the responsibility of the home team/organiser to fix any irregularities on the field – not the referee's.)

The goal cages have to be checked after the end of warm-up.

If a paper version of the match record is used, check the Match Record. Close all the columns that have not been filled out by the teams, by drawing a line over them. One Official has to sign the Match Record before the match starts. Check that the goalkeeper and captain of the teams are correctly marked.

Warm-up, but not on the field of play.

Before the match starts

➤ Inspection of equipment

Make sure that the players are not wearing any articles that might damage themselves or their opponents.

It might be necessary to remove or tape any necklaces or ear rings etc.

During the match

Referee's role as a leader

Be precise in your actions. Show that you know what you are doing.

Don't forget the eye contact with your referee partner.

Be Positive.

Show that you are a human being, if that is what the situation demands.

Stay alert and use common sense.

Don't seek for mistakes in the teams.

Avoid mass gatherings on the field.

During the match

Communication

Be calm, firm and stay to the point in your comments

If somebody else than the captain of the team asks a question: Give a short answer. If a longer is needed, the discussion shall take place in the corridor during the intermission.

Avoid mass gatherings on the field

During the match

Whistlings, movements and signs

Whistle clearly.

Show the signs clearly.

Don't walk and whistle, run! However, use common sense in the field, don't use all your energy for running around.

During intermissions

Discussions

Performance

Dressing room

Don't stay on the field standing, go to the locker room in order to rest and change scenery.

Never sit on the rink.

Don't talk to the audience.

Don't discuss with the players or other team officials on the field – if needed, do it elsewhere.

Discuss the played periods with your referee partner.

After the match

Performance

Match record

Discussions

Pose yourself to the ending ceremonies.

Observe the teams for possible conflicts and rumble

Mark possible shortages to the match record (shortage of match secretary persons, shortage in the player's equipment and other shortages), assuming the paper version of Match record is in use.

Sign the match record after everything else is taken care of. Thank the match secretariat!

If needed, sign the match record in the locker room.

Chapter 3

Basic Referee Material

Referee Signs

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Referee Signs

Referee signs are one essential part of leading the game. A good game leader knows all the signs and knows how to show them and when to show them.

Signs help teams and spectators to understand why the referee made a decision. However, too many signs or signs that are not shown technically the right way, can also make players and coaches confused and irritate them.

A basic rule is to always show the direction first and only then the sign, if needed or asked by the teams. In the conjunction of a penalty the sign can be shown, if there's no speaker in the venue, who announces the reason for the penalty/penalties.

Referee Signs

**All the referee signs can be found
from here:**

**[https://www.dropbox.com/sh/8hlwrc
9xrmvpuo5/AAD6_1uEcysRNse5LK_SH
vtUa?dl=0](https://www.dropbox.com/sh/8hlwrc9xrmvpuo5/AAD6_1uEcysRNse5LK_SHvtUa?dl=0)**

Chapter 4

Basic Referee Material

Referee's Movement and Placement

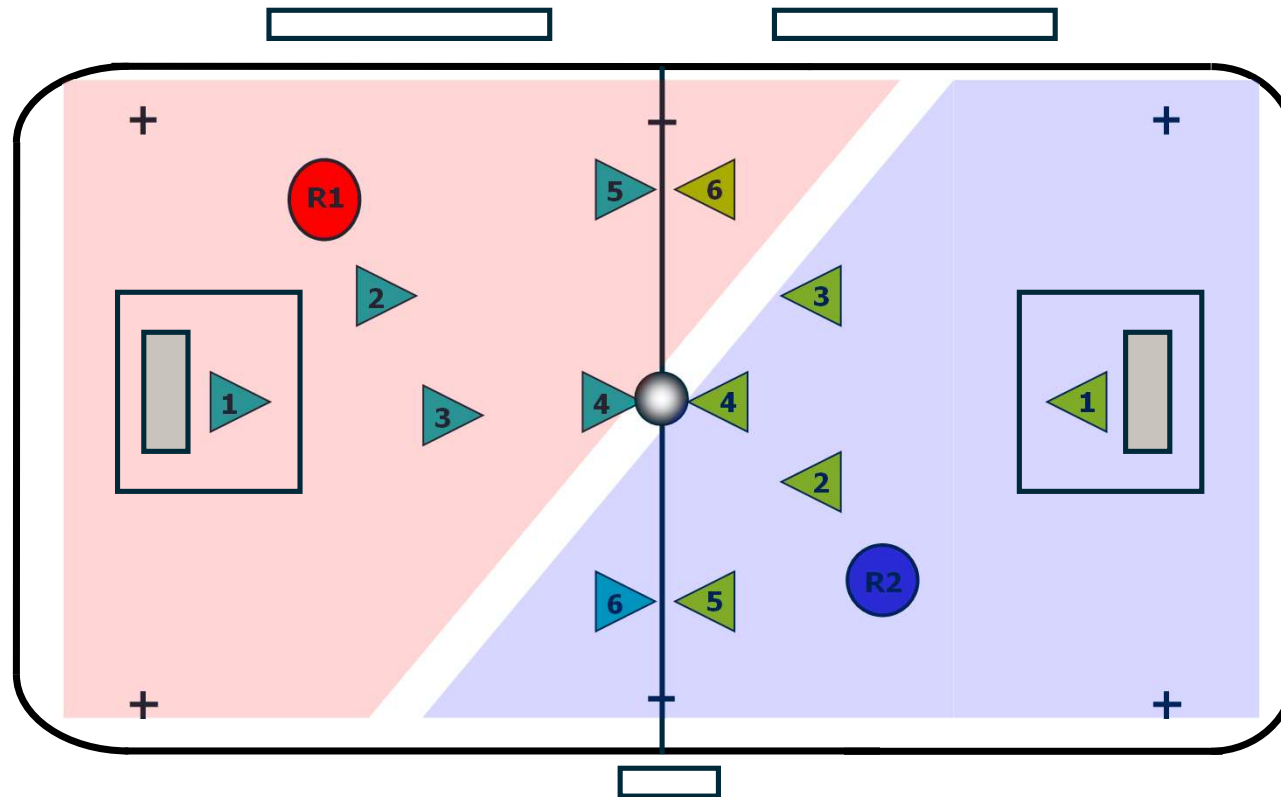
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Movements

Following slides give referees the knowledge about how to move on the field, where to place and which kind of co-operation is needed.

To be able to move quickly and correctly on the field, a referee must be in good condition.

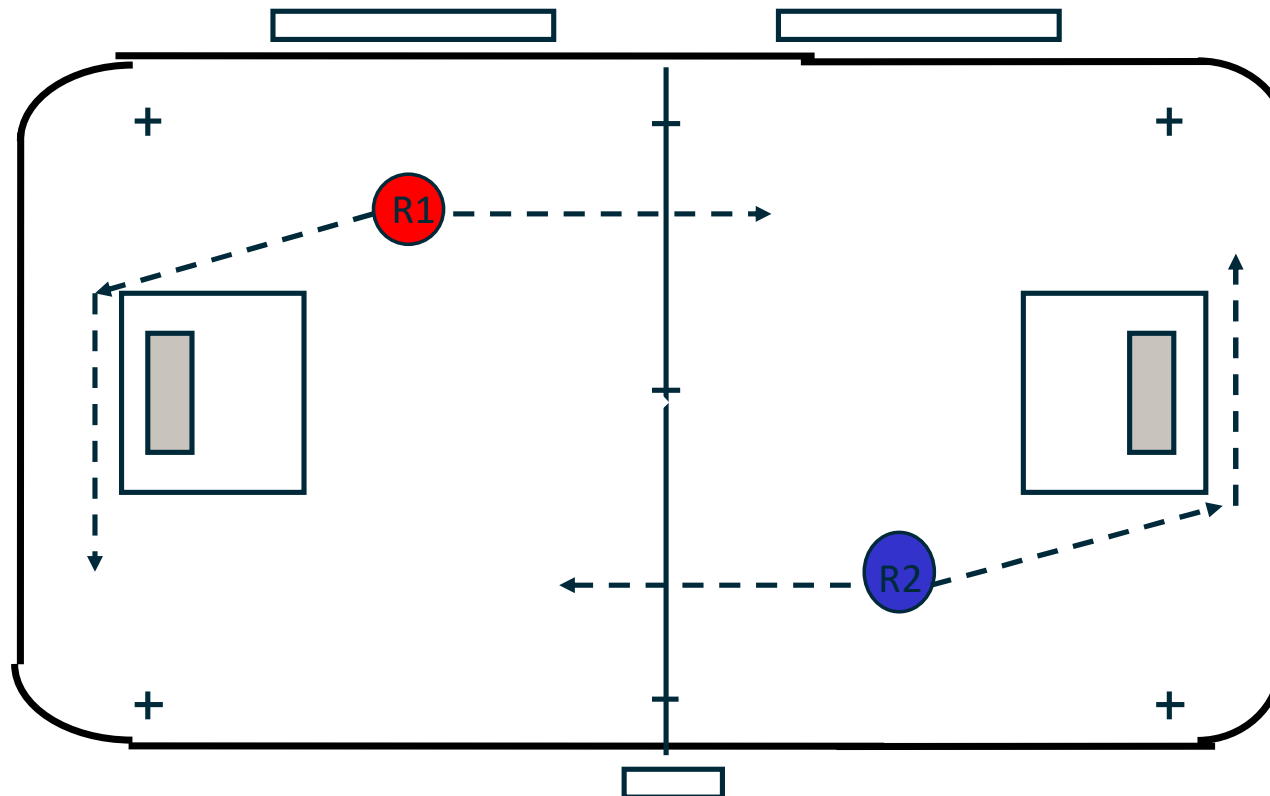
The basic distribution of the rink



The basic distribution of the rink

- The referees need to follow the diagonal movement style as far as it's possible, so that they can follow the fast changes in the game situations.
- In situations near the goal the other referee needs to be positioned so that the referee can watch over the goal line.
- Avoid touching or getting too close to the players.

Basic diagonal 1 a

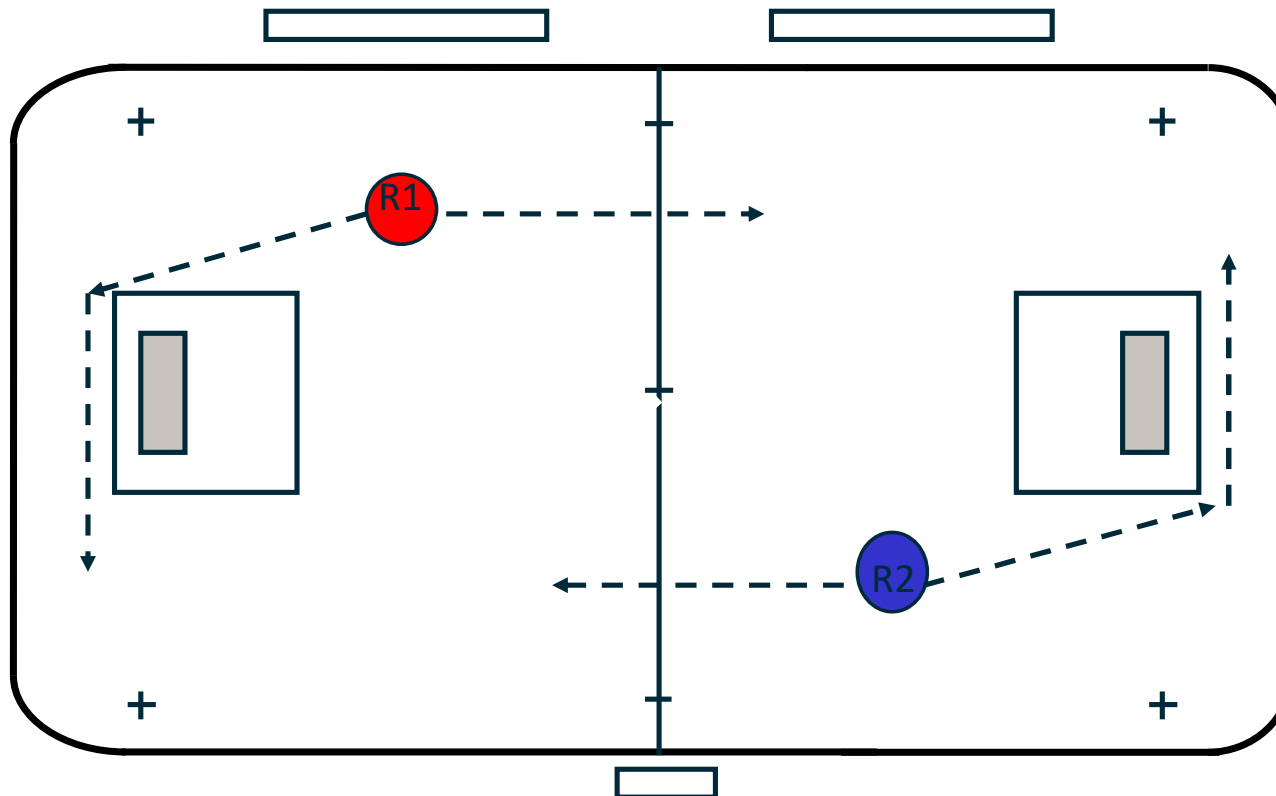


Basic instructions for placement and movement

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Basic diagonal 1 b

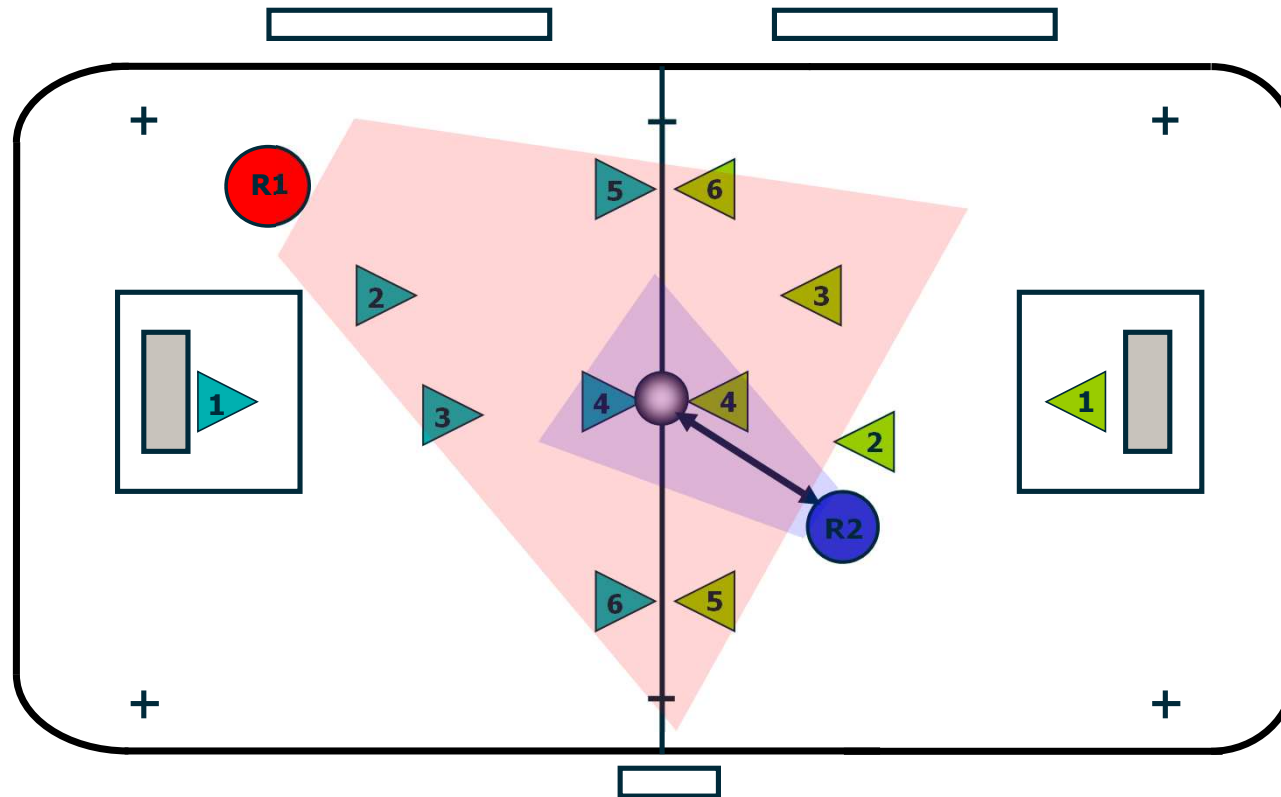


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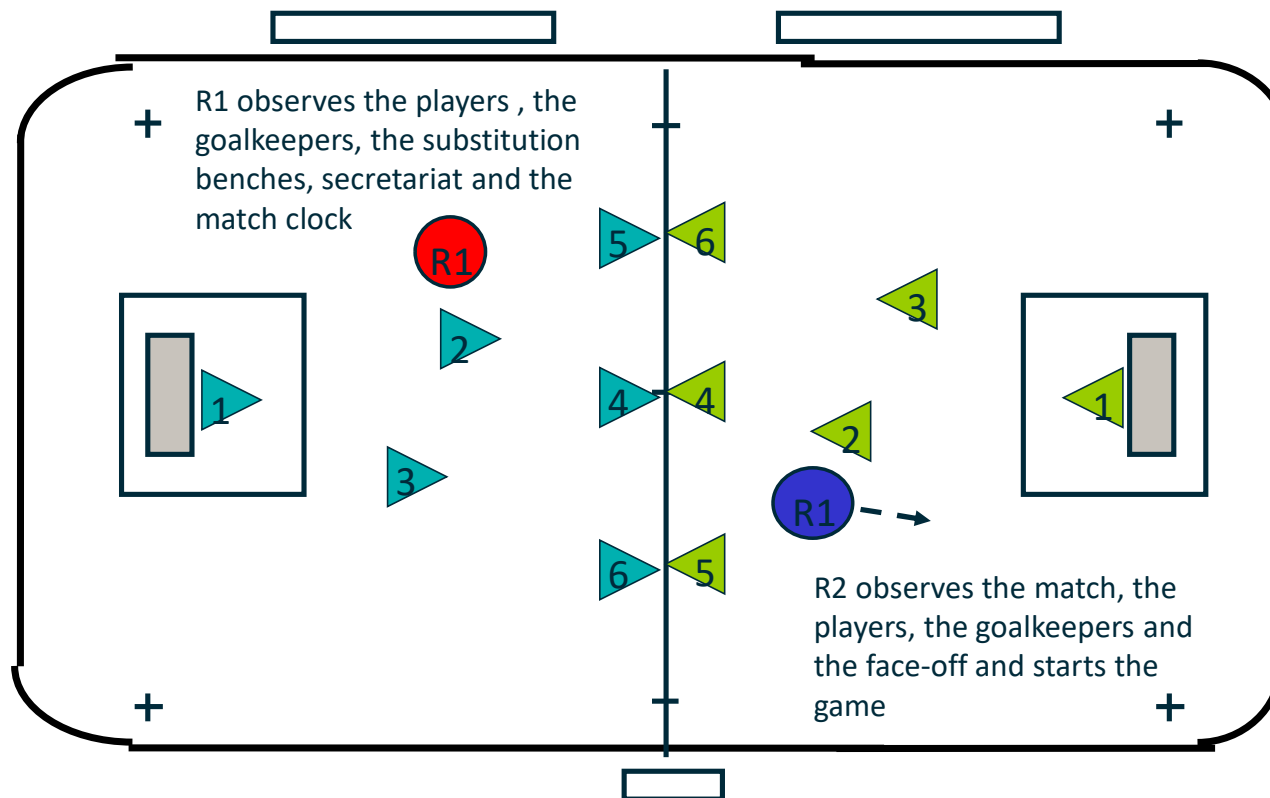
Face-off on the centre dots



Face-off on the centre dots

- Referee 1 places so that has the eye contact to the secretariats. Referee 1 checks that the goalies are ready to play and the number of players on the field.
- Referee 2 checks that the face off players are ready to start and then withdraws towards the rink.
- If the face off happens because of a goal the referees are placed so that referee 2 is in front of the scoring team's bench.
- The referees give each other a "ready-sign" (agreed) and the other whistles the game to start, (agreed beforehand).

Face-off on the centre line



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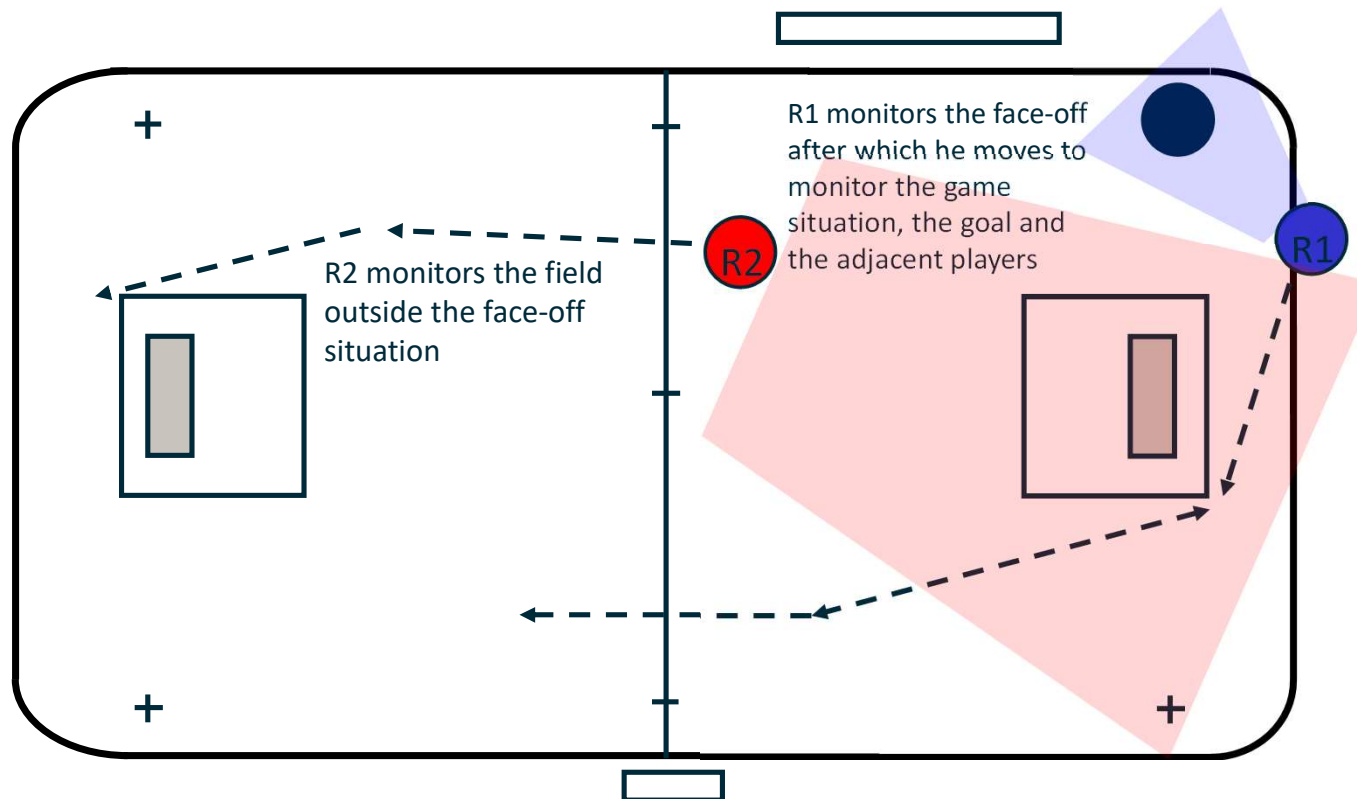
Face-off on the corner dots

Referee 1 is placed so that the goal line can be controlled without being in front of the players. The referee can also, when possible, be placed outside the playing zone.

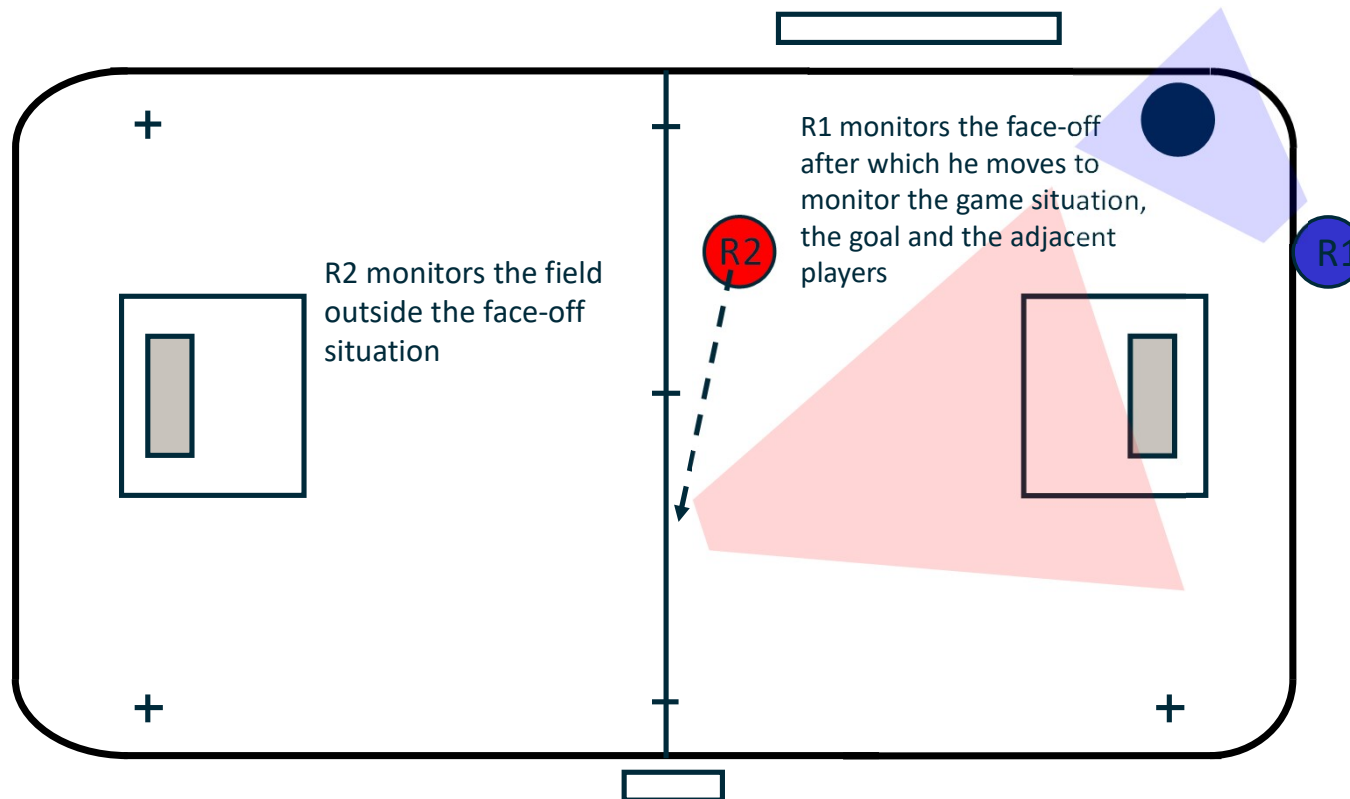
Referee 2 place is on the opposite side, so that the situations can be controlled in front of the goal and move in accordance with a fast counterattack.

Referee 1 starts the game with a whistle.

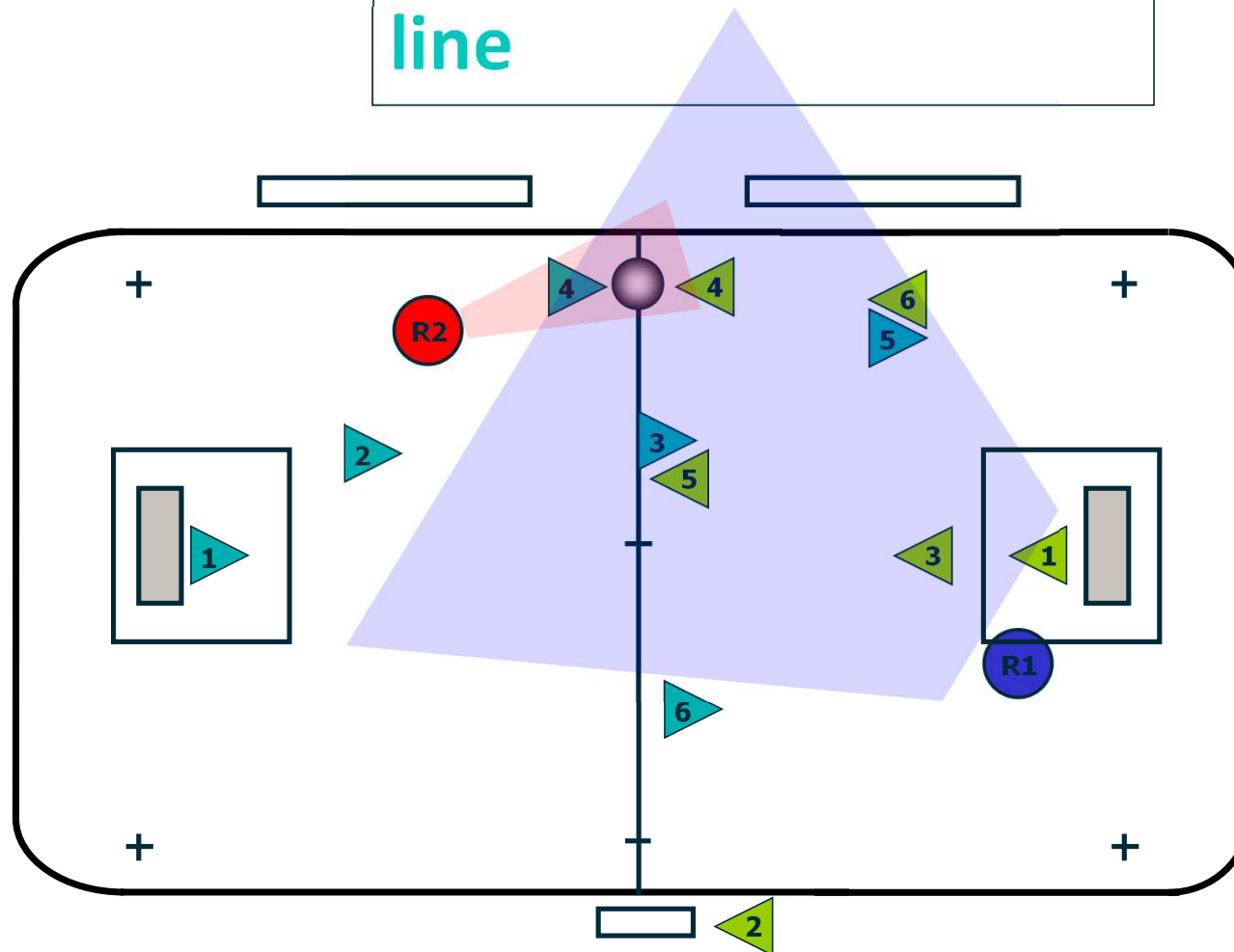
Face-off in the corner 1 a



Face-off in the corner 1b



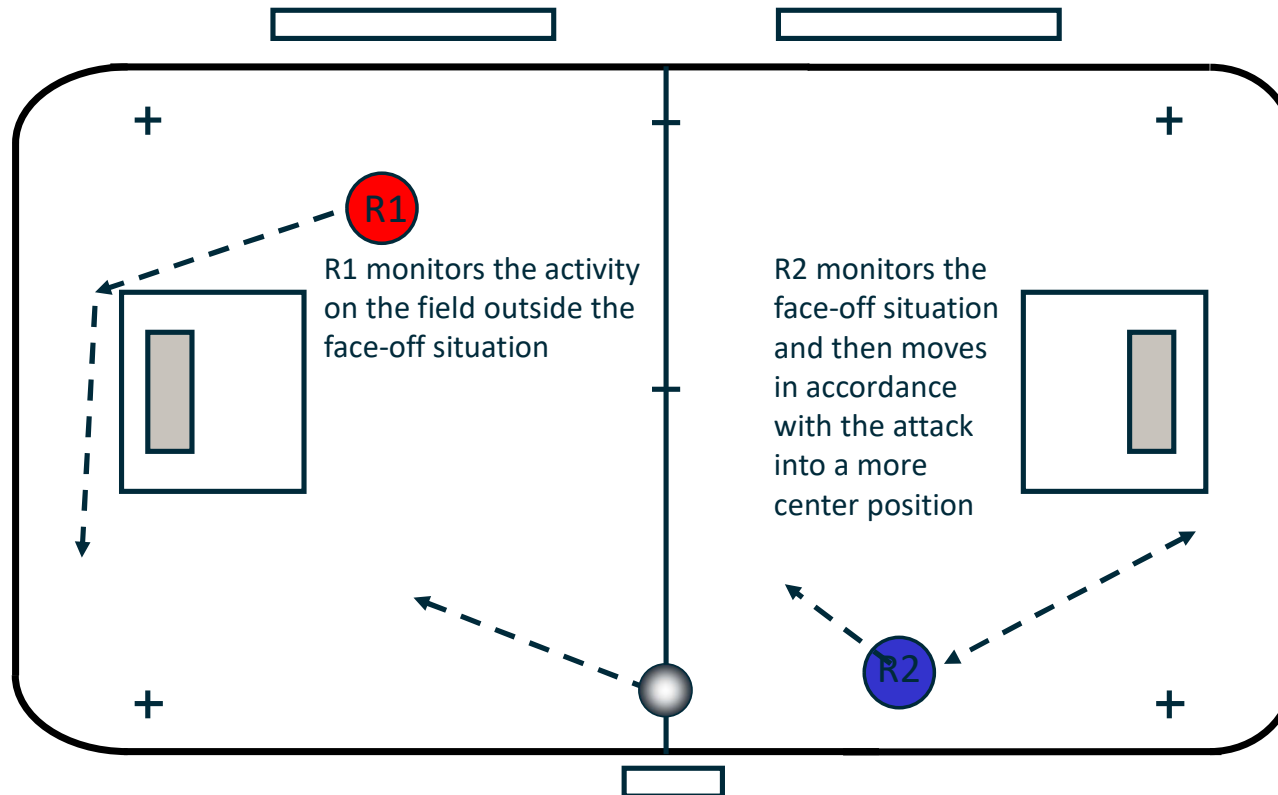
Face-off on the centre line



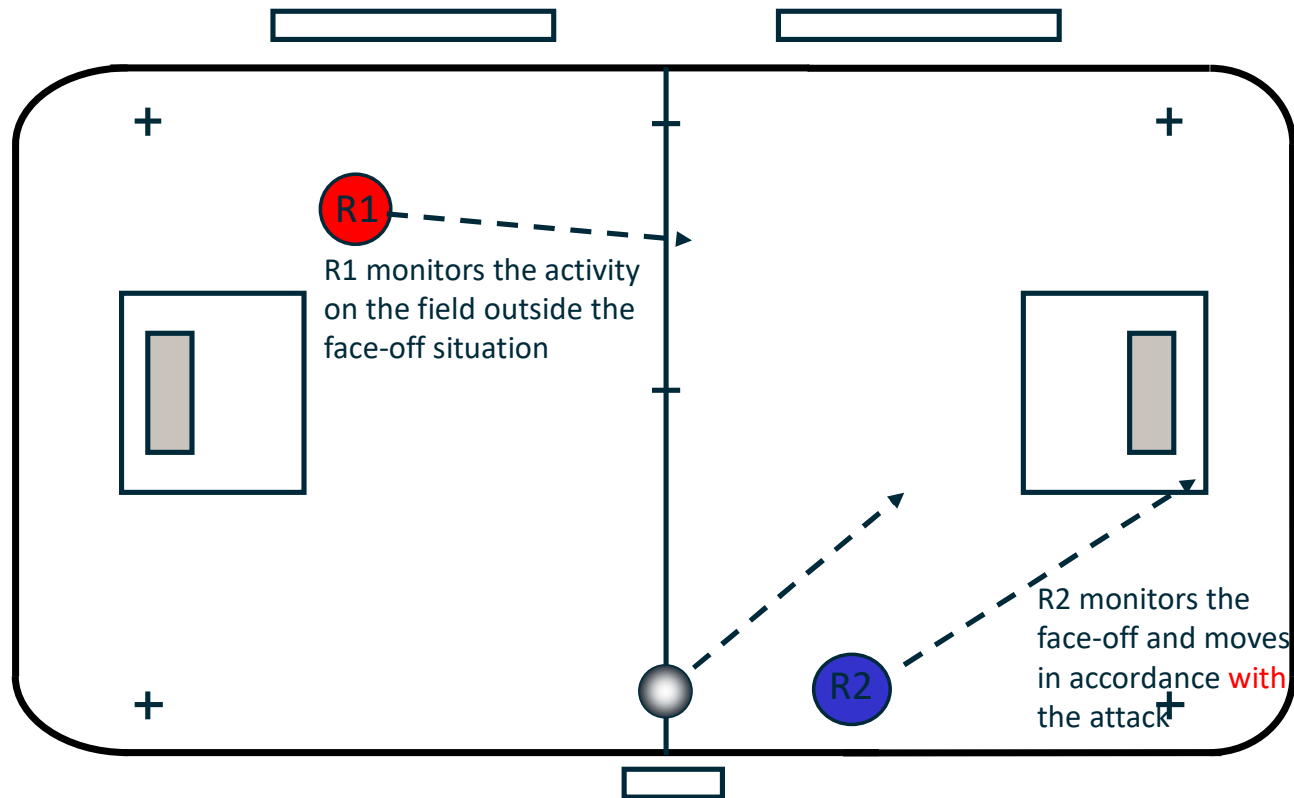
Face-off on the centre line

- Referee 2 is positioned so that the face off can be controlled the without being in the way of the players or stopping fast attacks.
- Referee 1 is placed on the opposite side so that fast attacks to both directions from the distance can be monitored
- If the other team is putting pressure (5-4), it is wise to be placed so that referee 1 is on the defending team's side.
- referee 2 starts the game with a whistle.

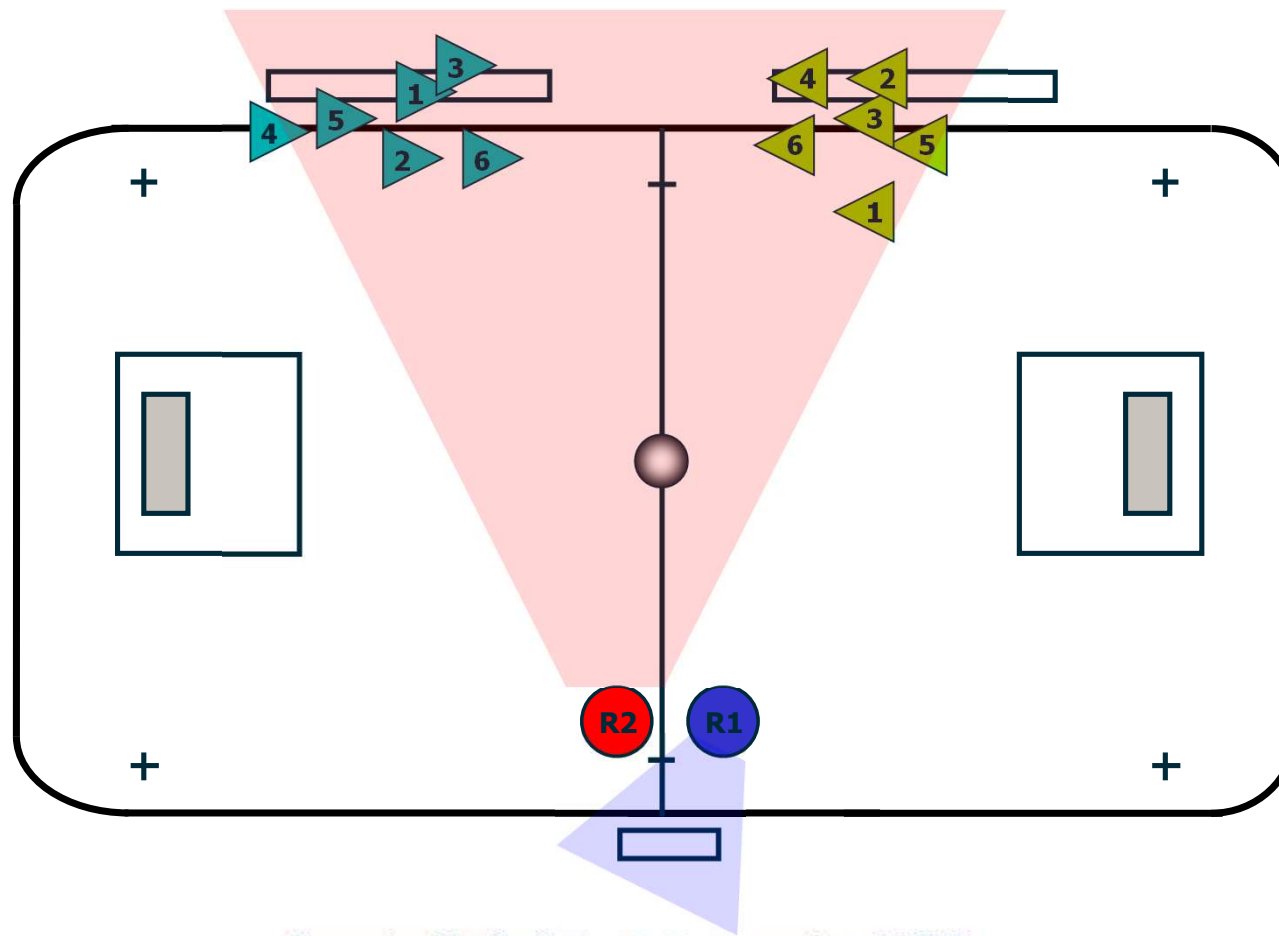
Face-off in the middle field 1a



Face-off in the middle field 1b



Goal and Time Out



Goal

Referee 1 whistles the goal and points towards the goal at the same time checking that the other referee does not have another opinion.

After that referee 1 points in the center dots direction.

One referee or both referees move towards the secretariat at the same time checking that nothing inappropriate happens on the field.

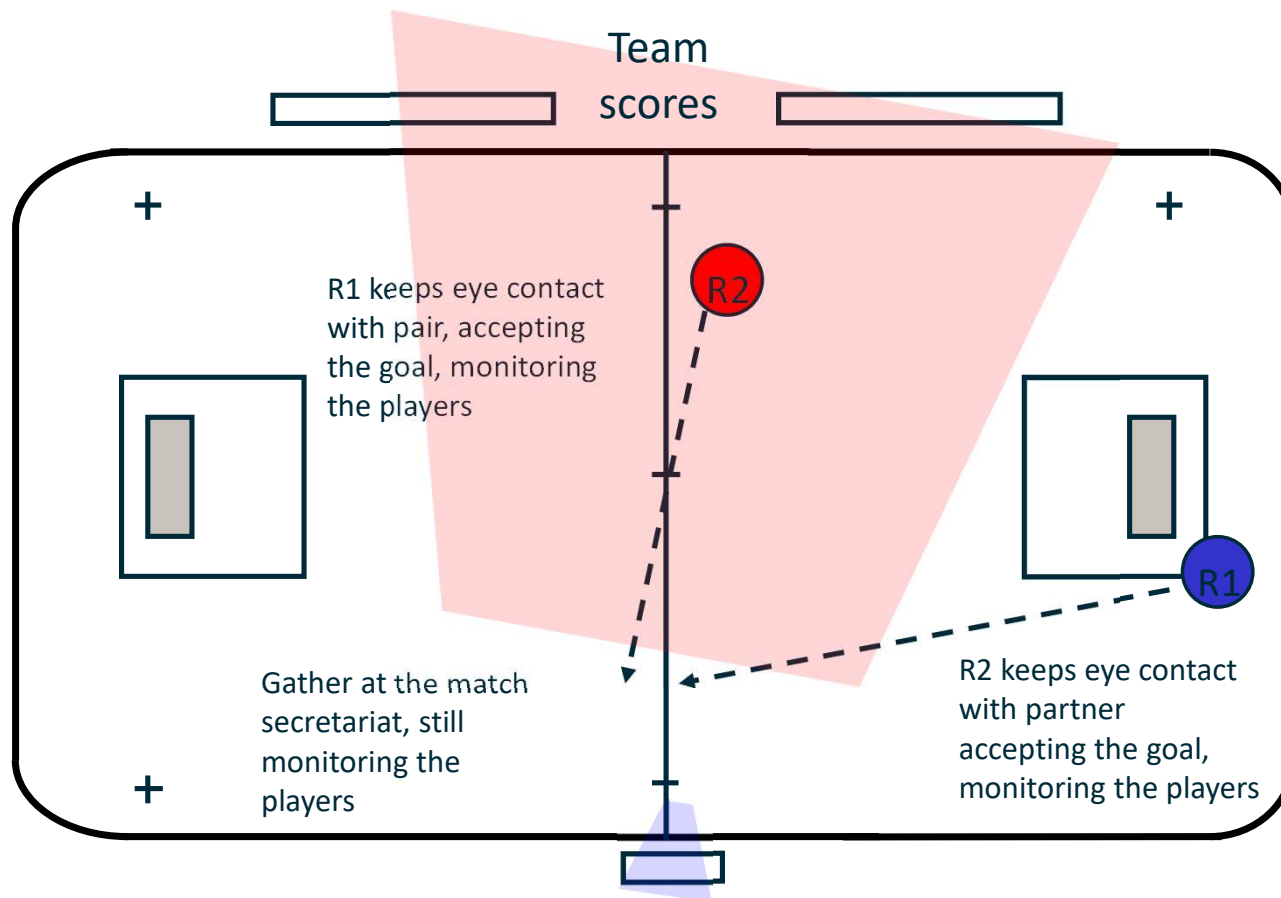
The referee checks the scorer and the assist together with the secretariat.

Referee 1 informs the players to the secretariat and referee 2 controls the field.

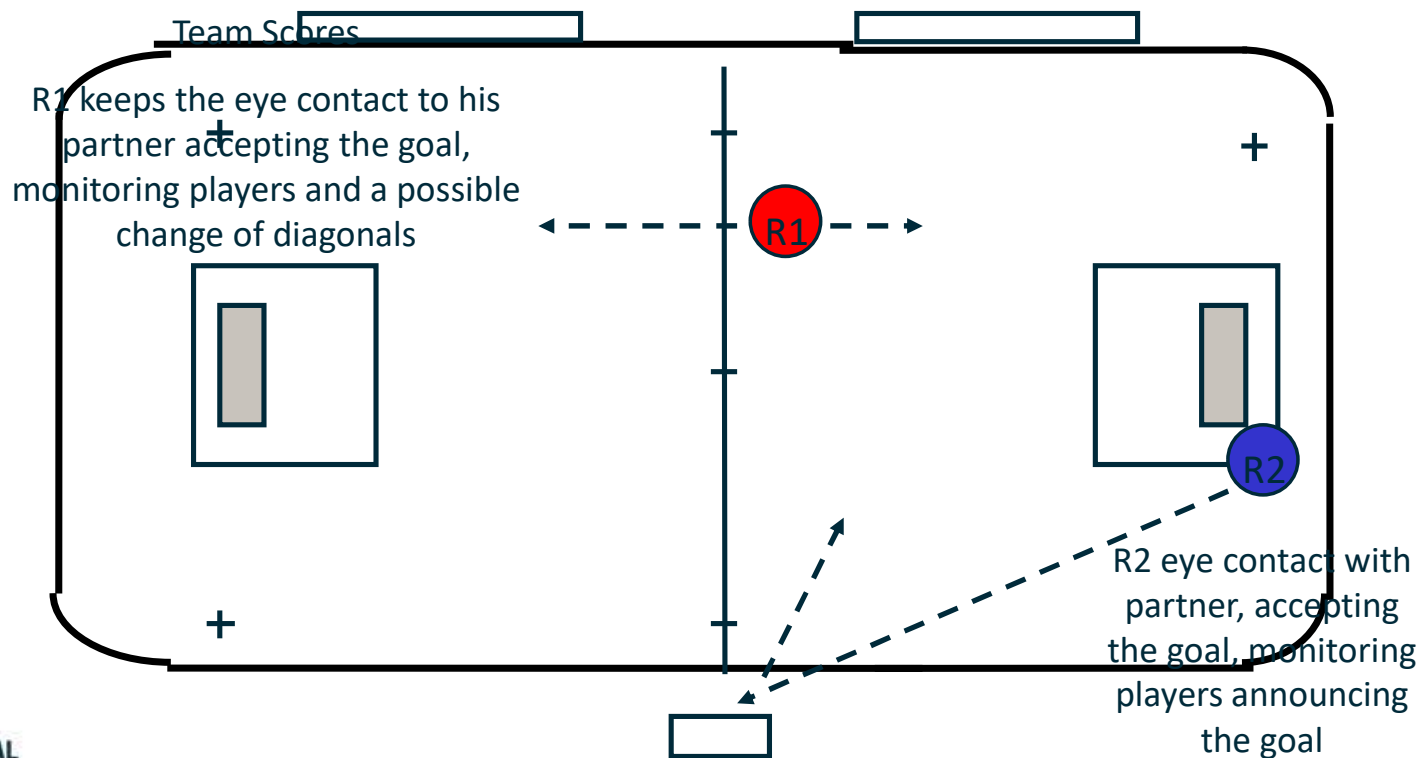
Referee 1 waits for confirmation that the player is found in the match protocol.

This is also a good time for the referees to change sides (diagonals).

Placement and movement when a goal is scored 1a (sometimes preferred model)



Placement and movement when a goal is scored 1b (preferred model)



Time Out

The referee who has received the request for time out whistles and shows the time out sign. The referee can also inform clearly that it is a question of time out, so that the players understand. The other referee repeats the sign so that everyone in the hall understands what's going on. If there's a speaker in the arena, it's enough that the referee who gives the time out shows the sign

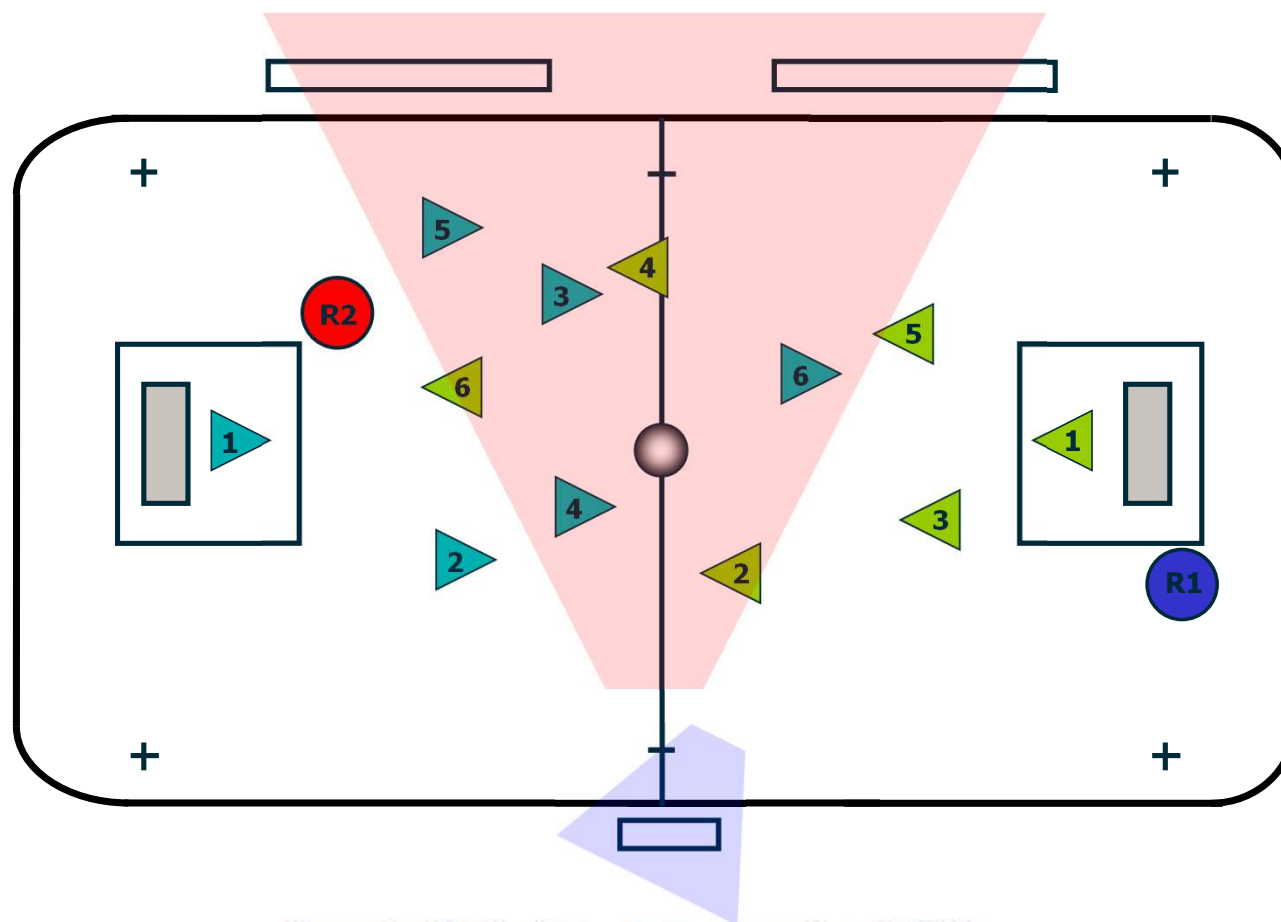
Both referees move to the secretariat controlling the field.

The referees inform which team requested the time out and the other referee controls the field.

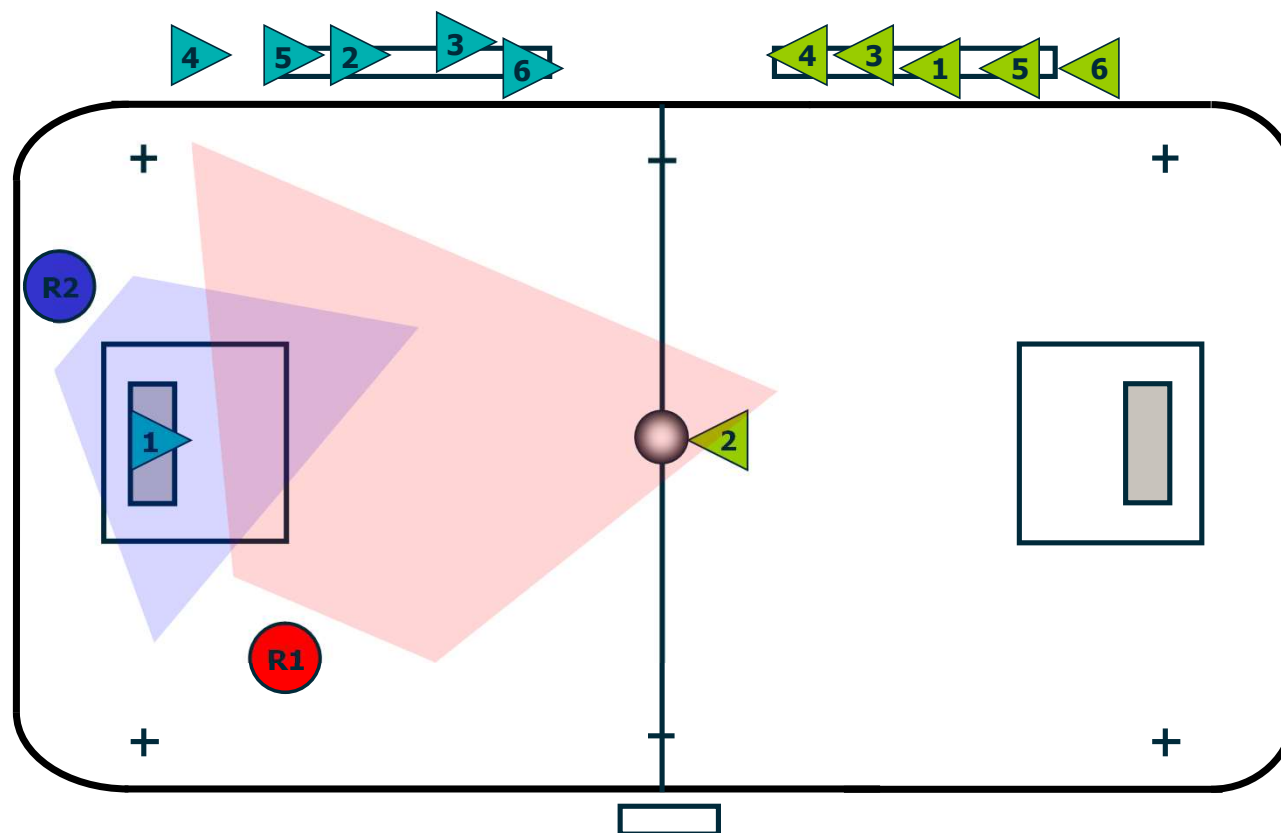
When both teams are in the substitution area, the other referee whistles for time out and shows the sign

The referees need to remember where to continue the game after the time out, so that the game is correctly continued.

Time Out



Penalty shot



Penalty shot

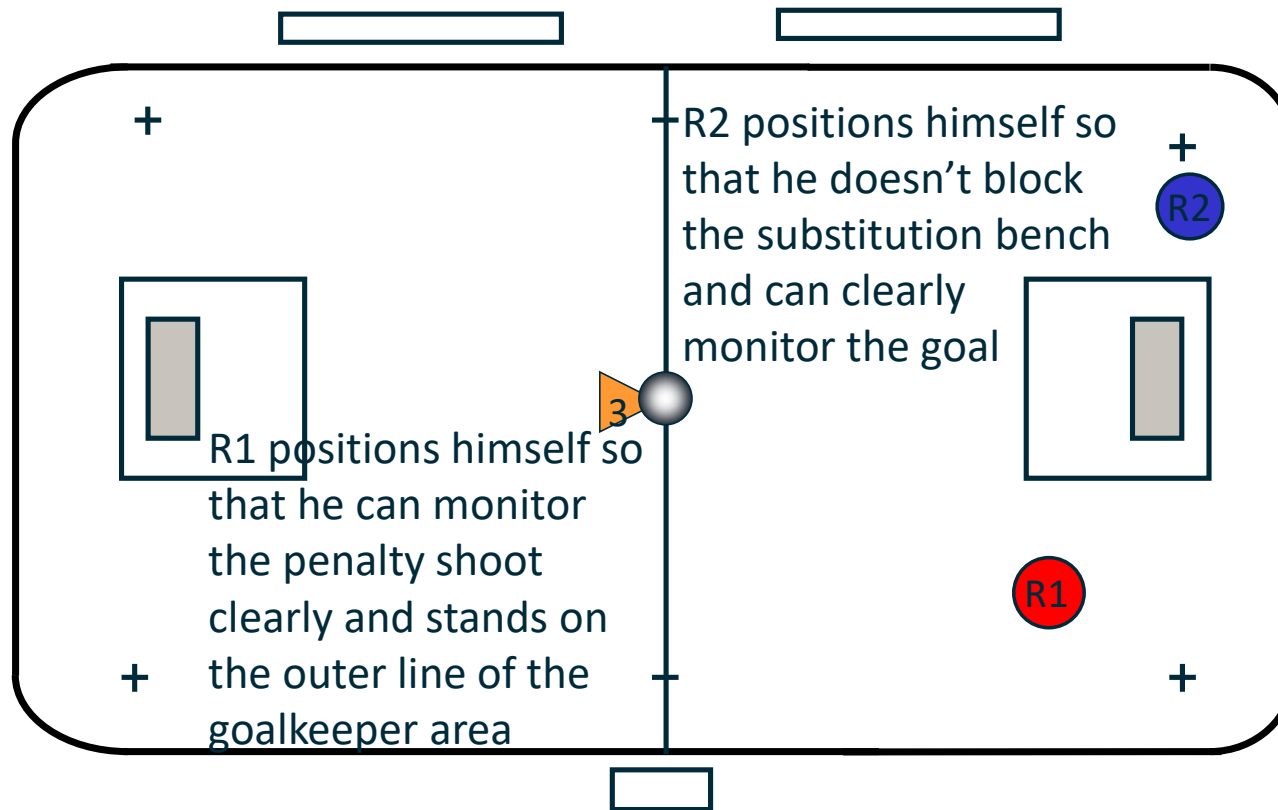
Referee 2 will be placed so that the goal line can be perfectly controlled. The referee needs to be placed so that the shooter and the goalie can be seen all the time.

Referee 1 is placed 1 m. outside the goal area, because the possibility for the ball to move backwards is then the biggest.

The referees Placement is the smartest this way because referee 1 should not be in front of the defending teams' bench.

Referee 1 starts the penalty shot with a whistle, when the goalie and the shooter are ready.

Position during penalty shoots



Bench penalty

The referee who gives the penalty and shows the needed sign shall not run from the situation before the player has understood, that the player has been awarded a penalty. The sign for the offence can be shown in the conjunction of the penalty especially if asked by the teams/players.

Both referees move to the secretariat without losing control of the field.

The other referee informs the secretariat, which player got the penalty, the length of the penalty and the reason for it. The other referee controls the field.

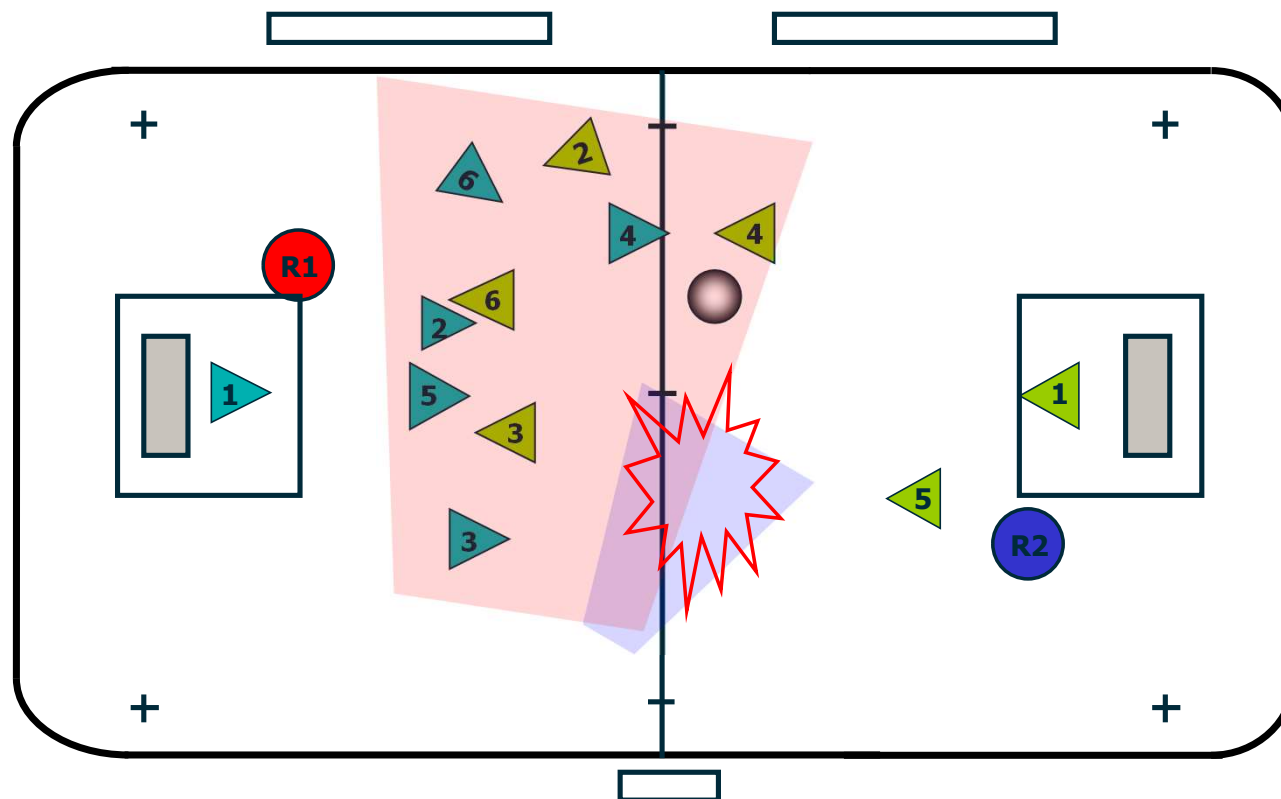
The referee waits that the player is found in the match protocol. A good chance to change diagonals.

Avoid running in the middle of the players or being in front of the team's bench who got the penalty.

Injury

- The referee goes to see if the injured player needs care. The first aid is called if it is needed.
- Both referees move to the neutral zone not losing the control of the field.
- The front of the secretariat is chosen as neutral if the injury has not happened there.
- Remember to discuss the possible disorders that happened during the game.
- A good chance to change diagonals.

Injury

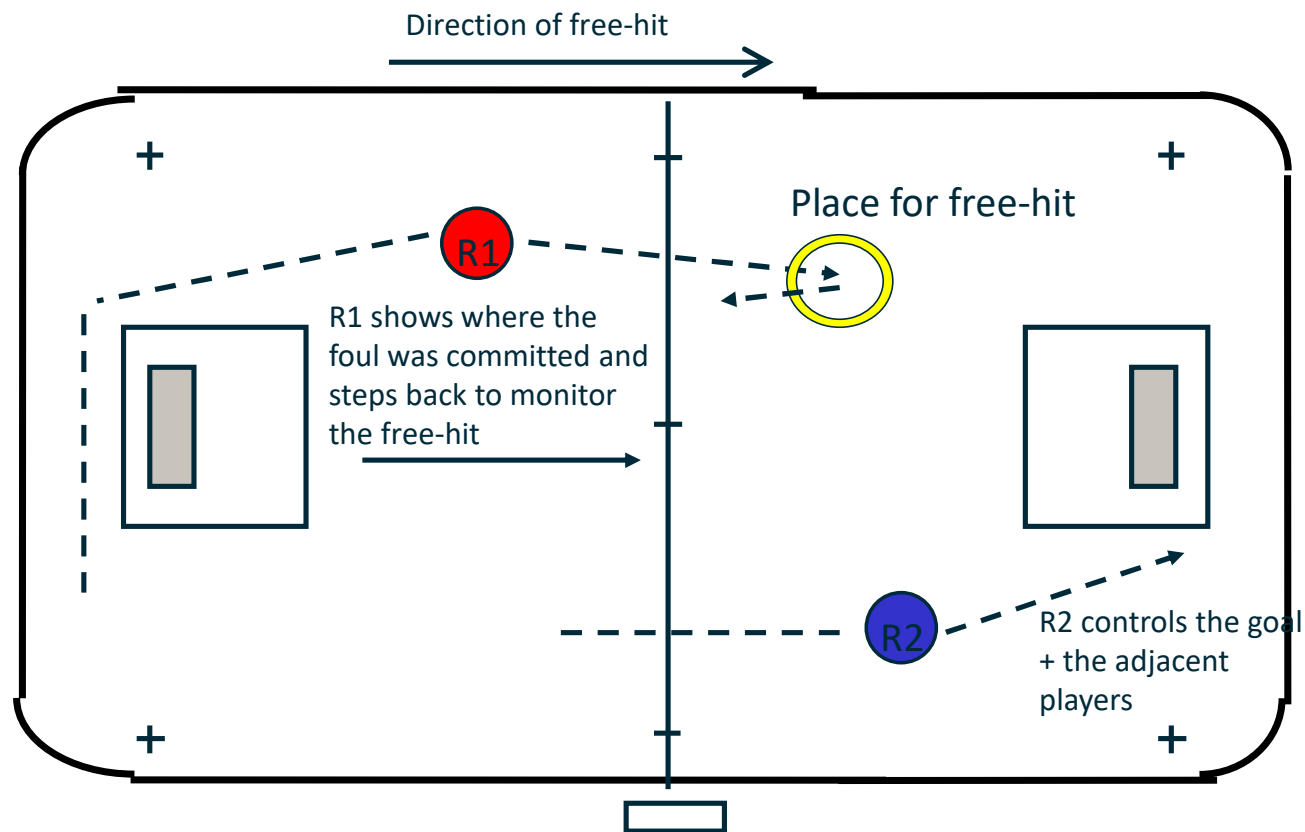


Free-hit to the attacking team

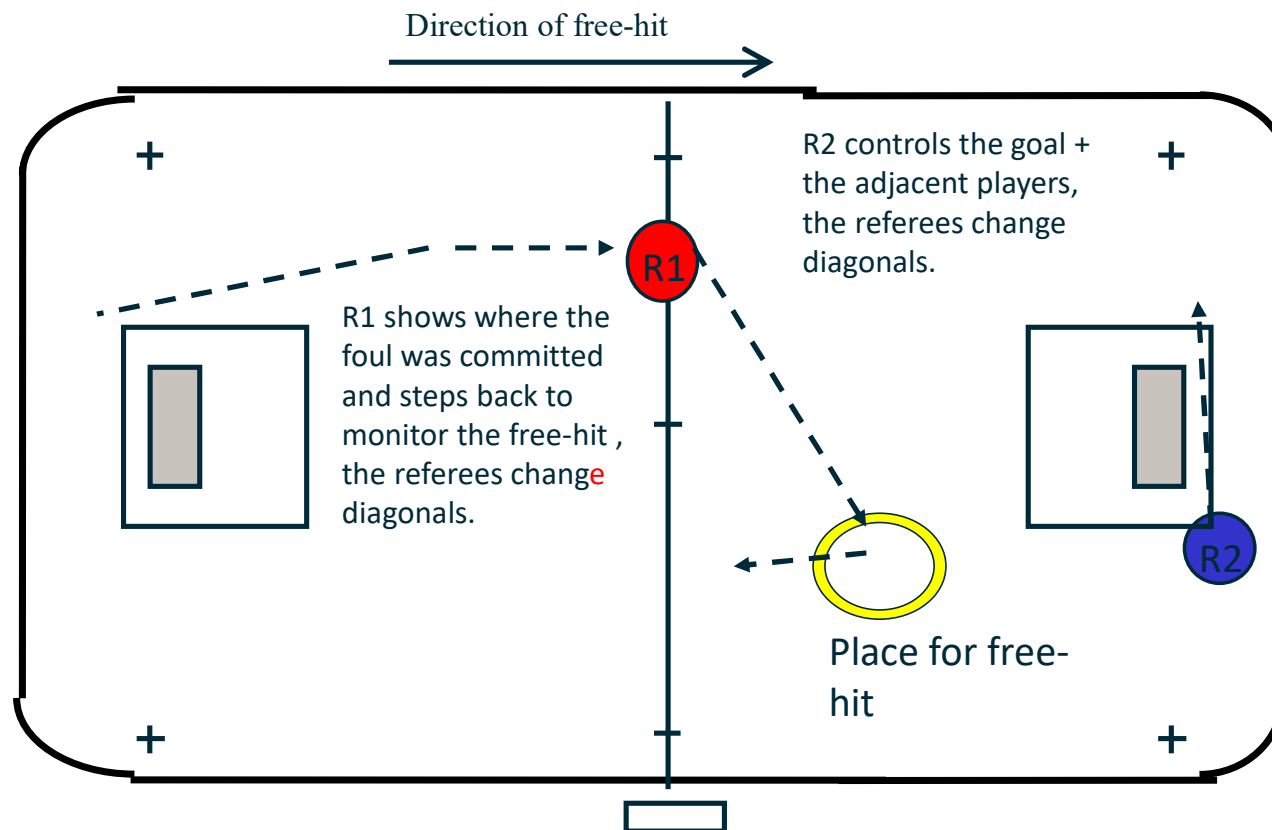
- Referee 1 runs to the place and points out the free-hit place.
- Referee 2 runs to the continued goal line. It is important that the referees have eye contact so that referee 2 can run straight to the continued goal line.
- If it is the defending teams free-hit, it is enough that referee 1 runs to the place and shows the place, after which he returns to the original place.

Free-hit to the attacking team 1

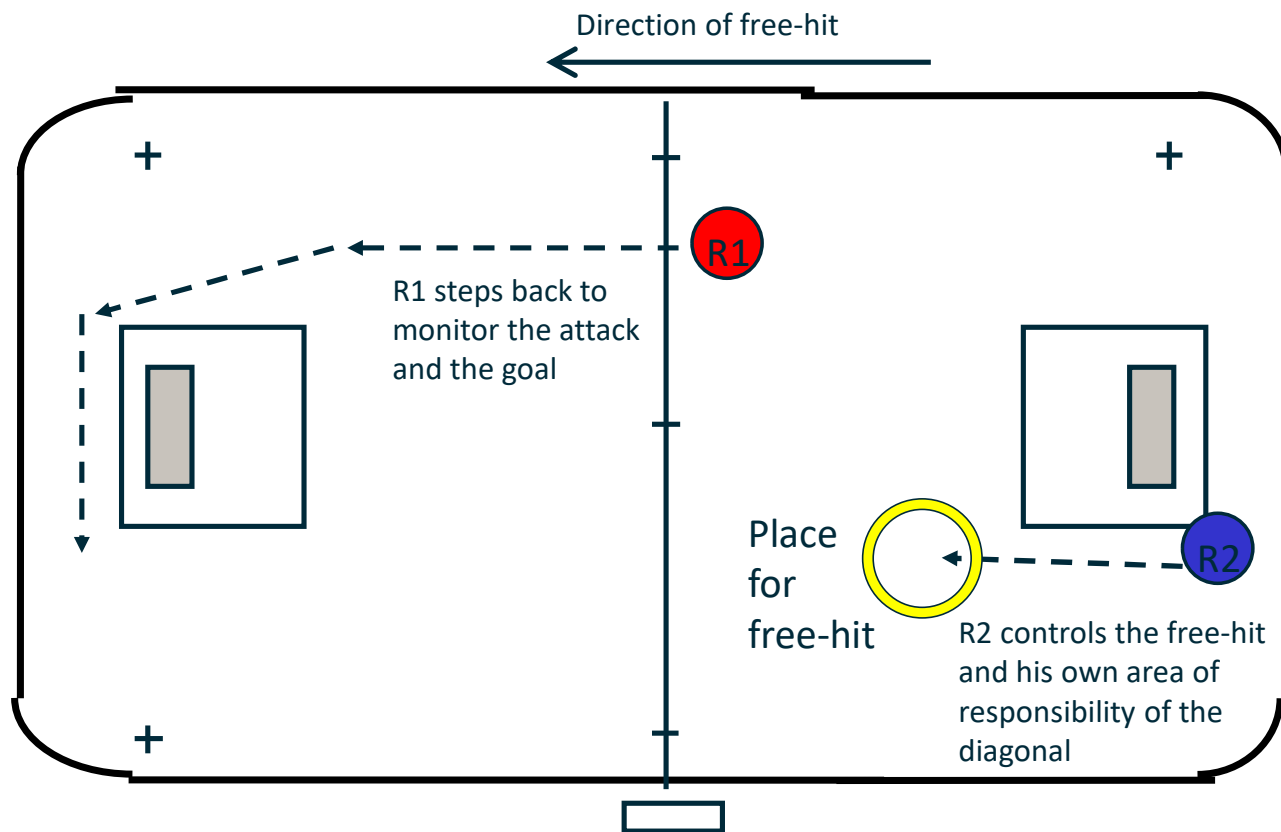
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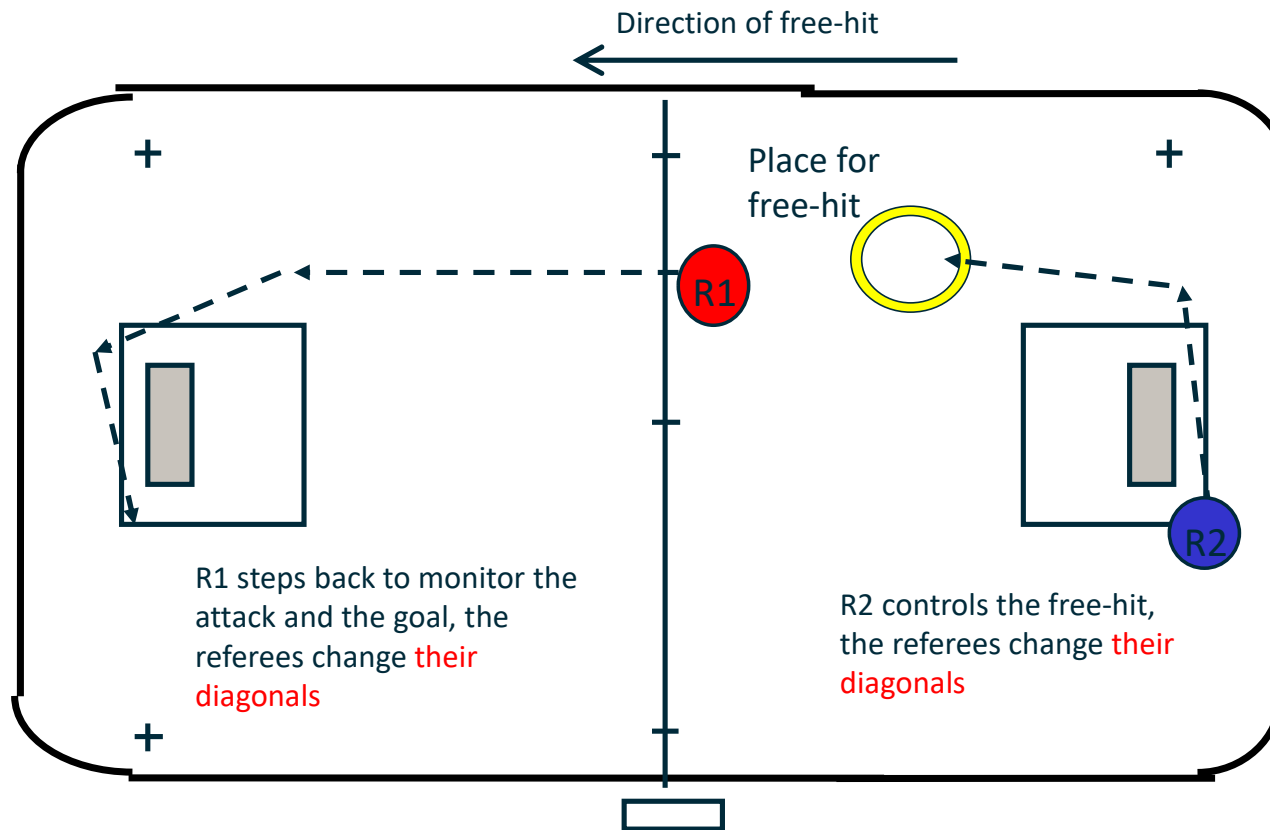
Free-hit to the attacking team 1 b



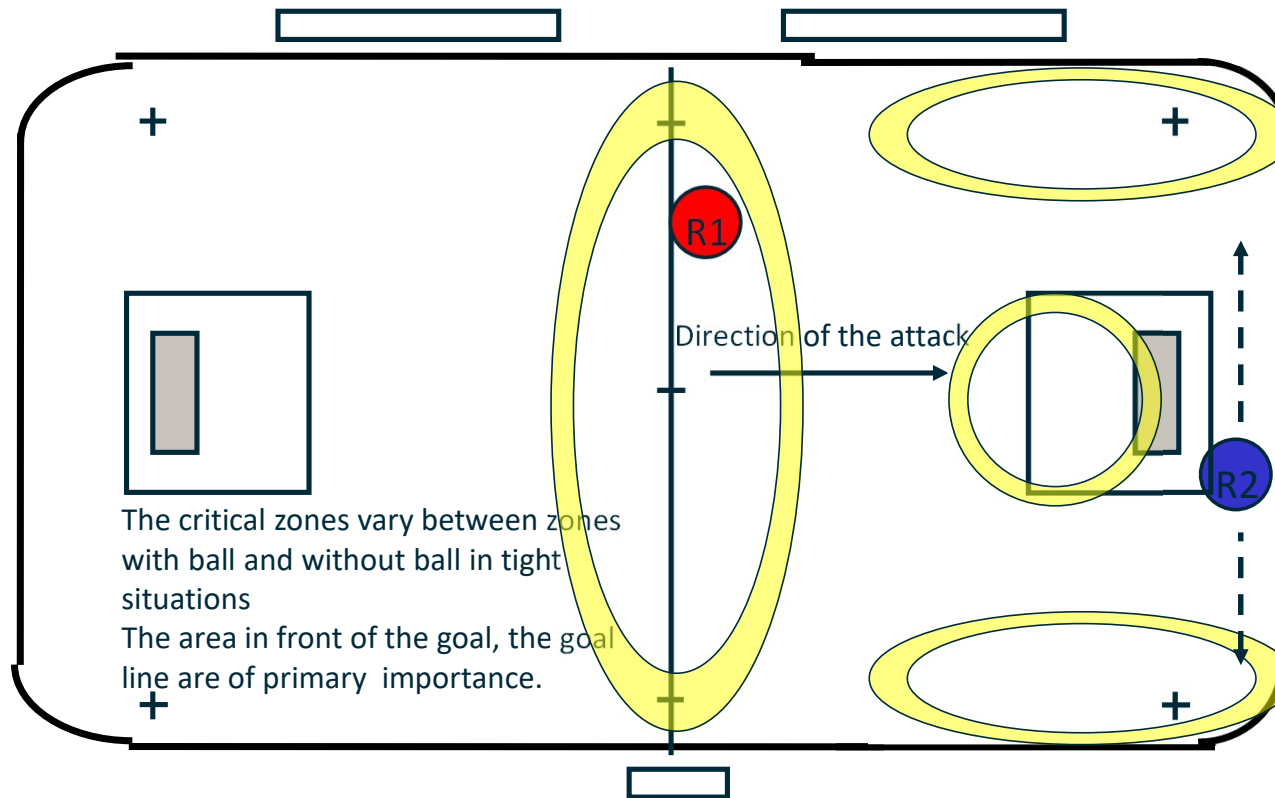
Free-hit to the defending team 1a



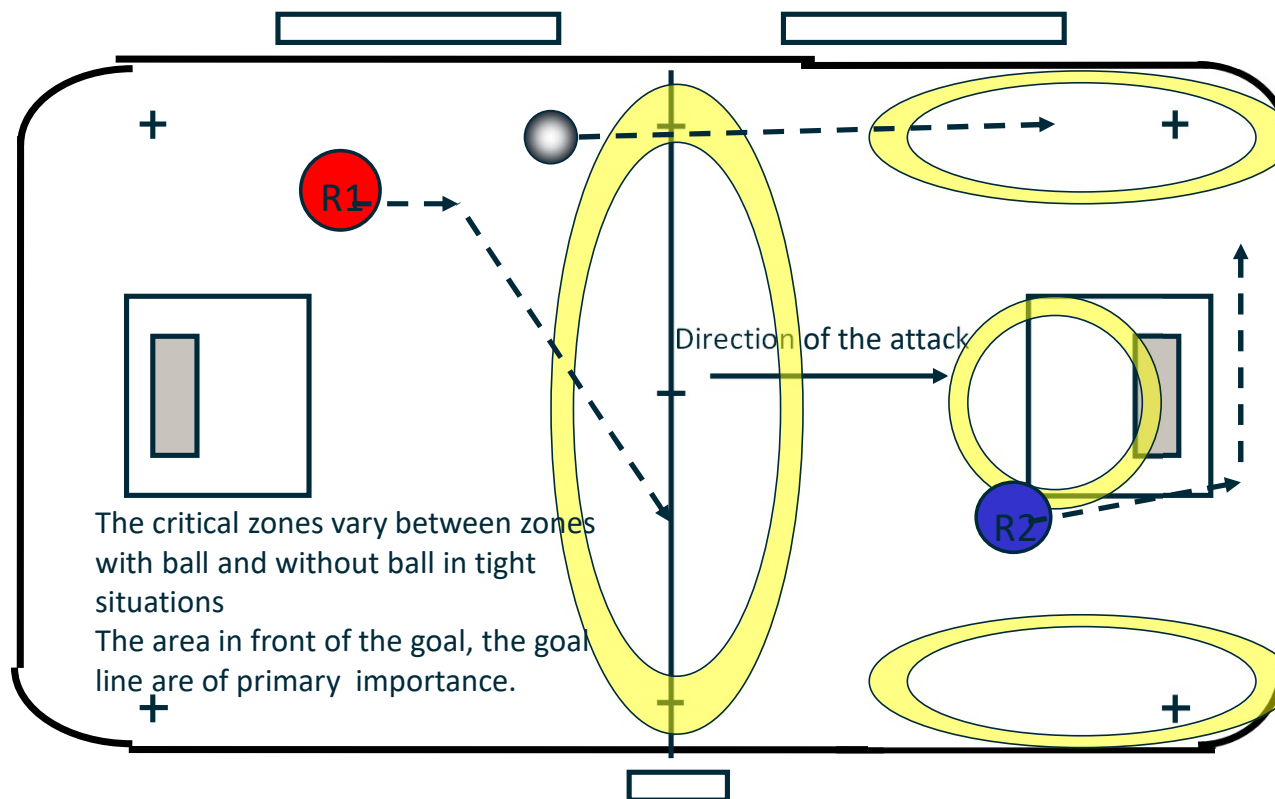
Free-hit for the defending team 1b



Critical zones in the field 1a



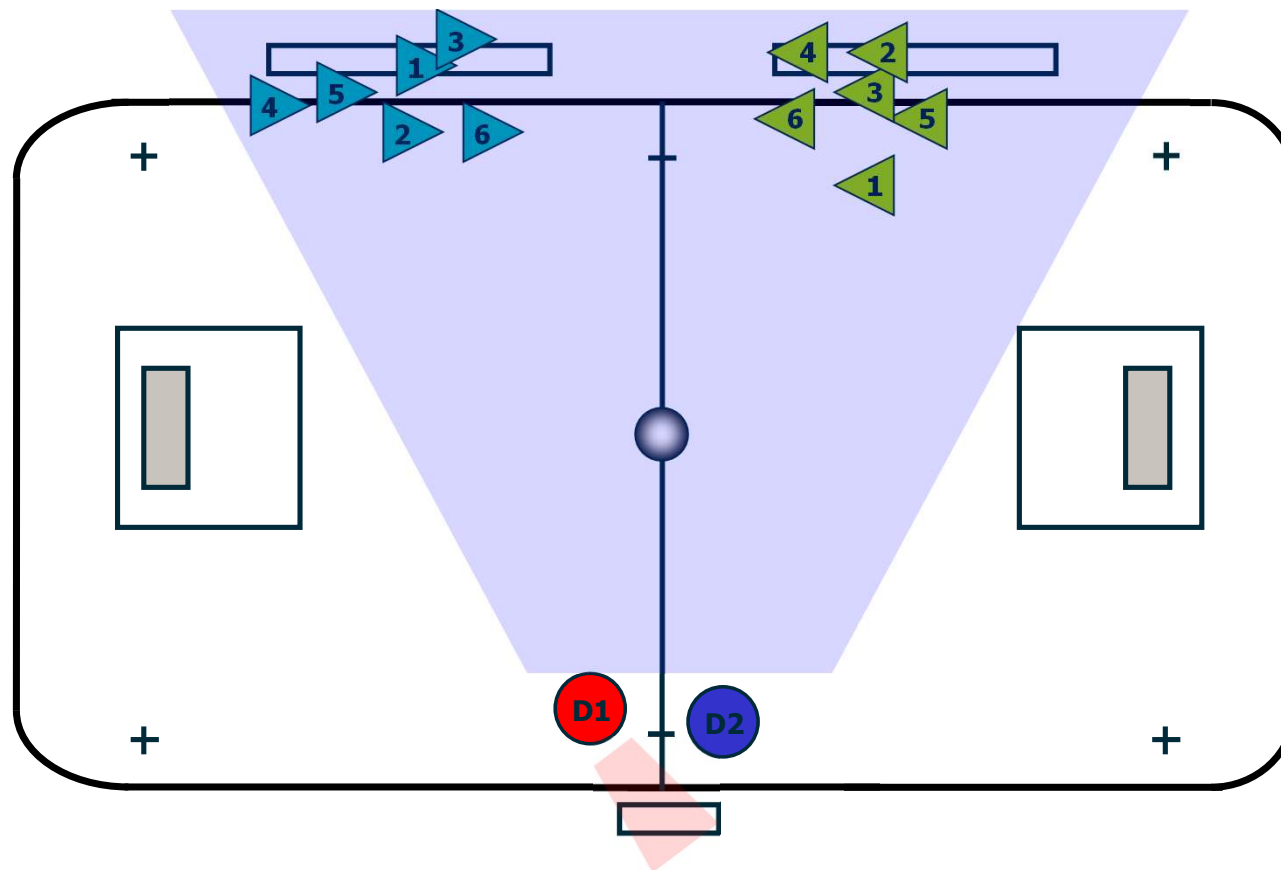
Critical zones in the field 1b (moving accross)



How to act at the secretariat

- Decide a meeting place, where the first referee stops and waits for the other. There's not the need to meet after every goal or a penalty, especially when the referees were able to spot the goal scorer and the assist. When the headsets are in use, there 's even less need for the meeting.
- The face-off dot is a good distance from the secretariat. The secretariats do not need to know what the referees say to each other. The other referee is always facing the field so that he can control it.
- The other referee turns and gives the information to the secretariat.

How to act at the secretariat



How to move after beeing at the secretariat

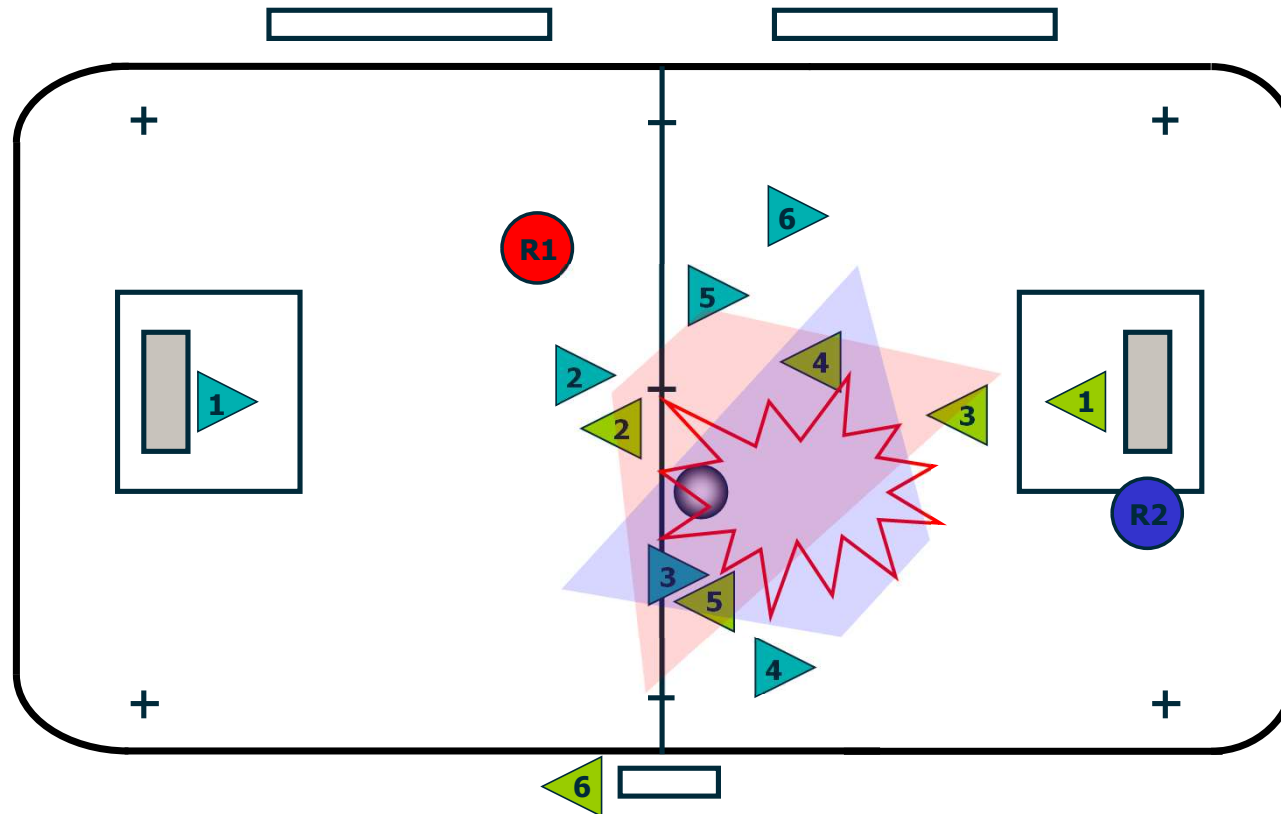
- The referee who needs to go to the opposite side from the secretariat has to choose his running line so that he avoids running between the player group.
- Never run straight through two teams, who are ready to start.
- It is no use to give the teams a possibility for sharp comments.
- Always position after a goal or penalty in front of the "positive" team.

The diagram illustrates a quantum optics experiment setup for measuring the violation of a Bell inequality. A central source (purple circle) emits a pair of entangled photons. The left photon passes through a series of waveplates (1, 2, 3, 4, 5) and is detected by detector D1 (red circle). The right photon passes through a series of waveplates (1, 2, 3, 4, 5) and is detected by detector D2 (blue circle). The setup is enclosed in a box with a central vertical axis and four corner markers (+). The waveplates are labeled 1 through 6, and the detectors are labeled D1 and D2. The diagram shows the path of the photons and the resulting violation of the Bell inequality.

Behaviour at conflicts in the rink

- If you are able to get between these situations, do it! Only one of the referees! The other referee controls, that no other conflicts are arising.
- The other referee also observes who shall be punished.
- In bigger conflicts both referees stay out of the situation and observe the players who shall be punished and for what.

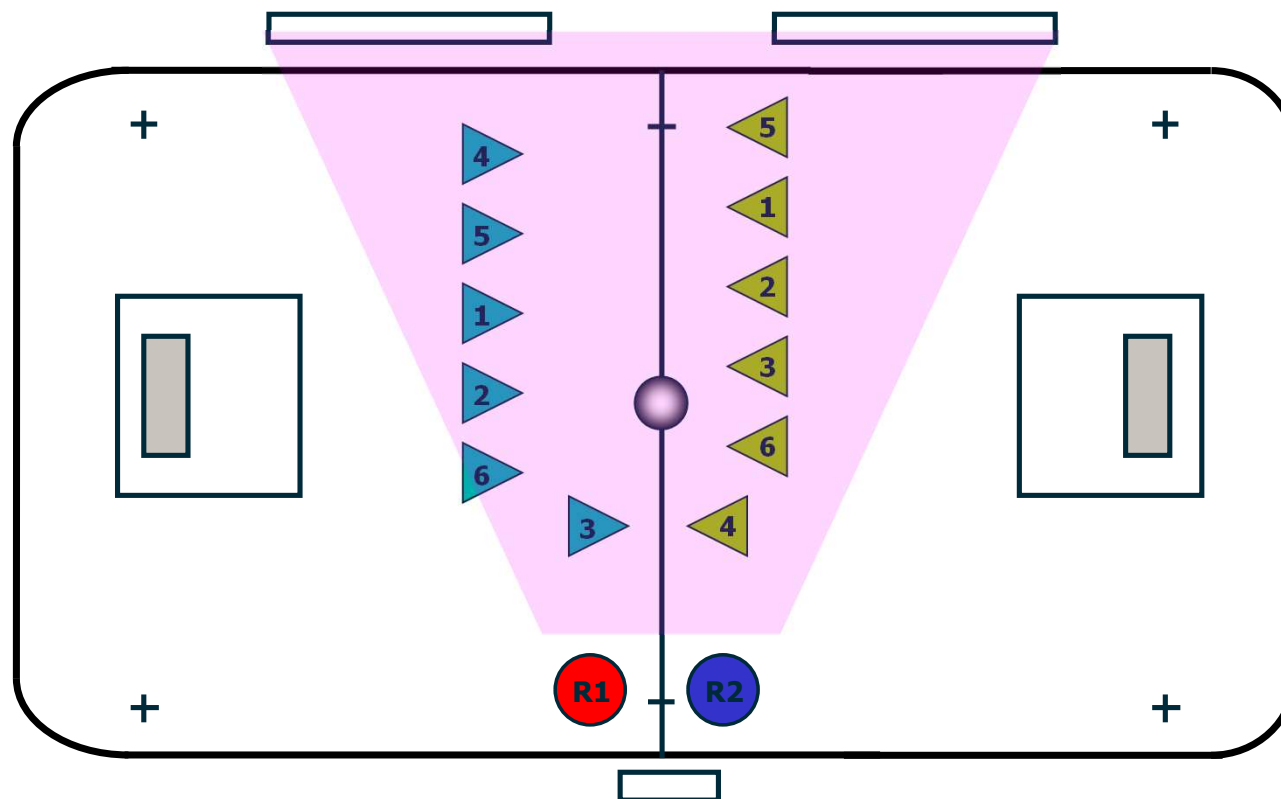
Behaviour at conflicts in the rink



End of the game

- Both referees move to the opposite side from the benches.
- The referees are facing the teams until the teams have thanked each other and are leaving the field.
- The referees should, if possible, be placed so that the teams are not close to them.
- If the secretariat and benches are on the same side, then the opposite side is seen as the neutral zone after goals and penalties and in the end of the game. In these cases, the other referee goes to the secretariat to give information.

End of the game



Chapter 5

Basic Referee Material

IFF Referees' Physical Tests

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Physical Tests

Floorball is an intensive sport, and the referees take part in the match without resting any minute. This – besides the fact that everyone expects the referee to make the correct decision in every situation - leads to the fact that the referee must have a good physical stamina.

A referee with bad physical condition will lose concentration to the match, decisions can be affected and performance as a referee weakens.

The referee needs a good physical condition also in order to stay close to the match situations during the entire match. Additionally, the physical stamina helps to maintain the needed psychical balance under pressure.

The physical character of the referee is correlated to skills and ability to move correctly on the field. If the referee is able to follow the situations as close as possible, the referees has the best possibility to observe and control the match.

The main objectives of the physical tests are to give the referees a motivation for physical training and to show them what kind of training a Floorball referee needs – long term physical exercises, strength training, agility and movement etc.

Physical Fitness Test for Floorball Referees, Sequence

- The test must be carried out within 60-90 minutes in following order, if you decide to run both parts .
- Every part of the test can be repeated, but three times maximum, if not succeeded earlier.
- Time limits are different for Gold, Gold-Silver and Silver and Bronze -referees
 1. **YoYo-test, mandatory for the IFF referees****Additonal amendment if needed/wanted by the national association**
 1. **Fifteen minutes rest / light jogging / stretching**
 2. **Speed and agility test, 10 meters back and forth**

Physical Fitness Test for Floorball Referees , Guidelines

YoYo-test

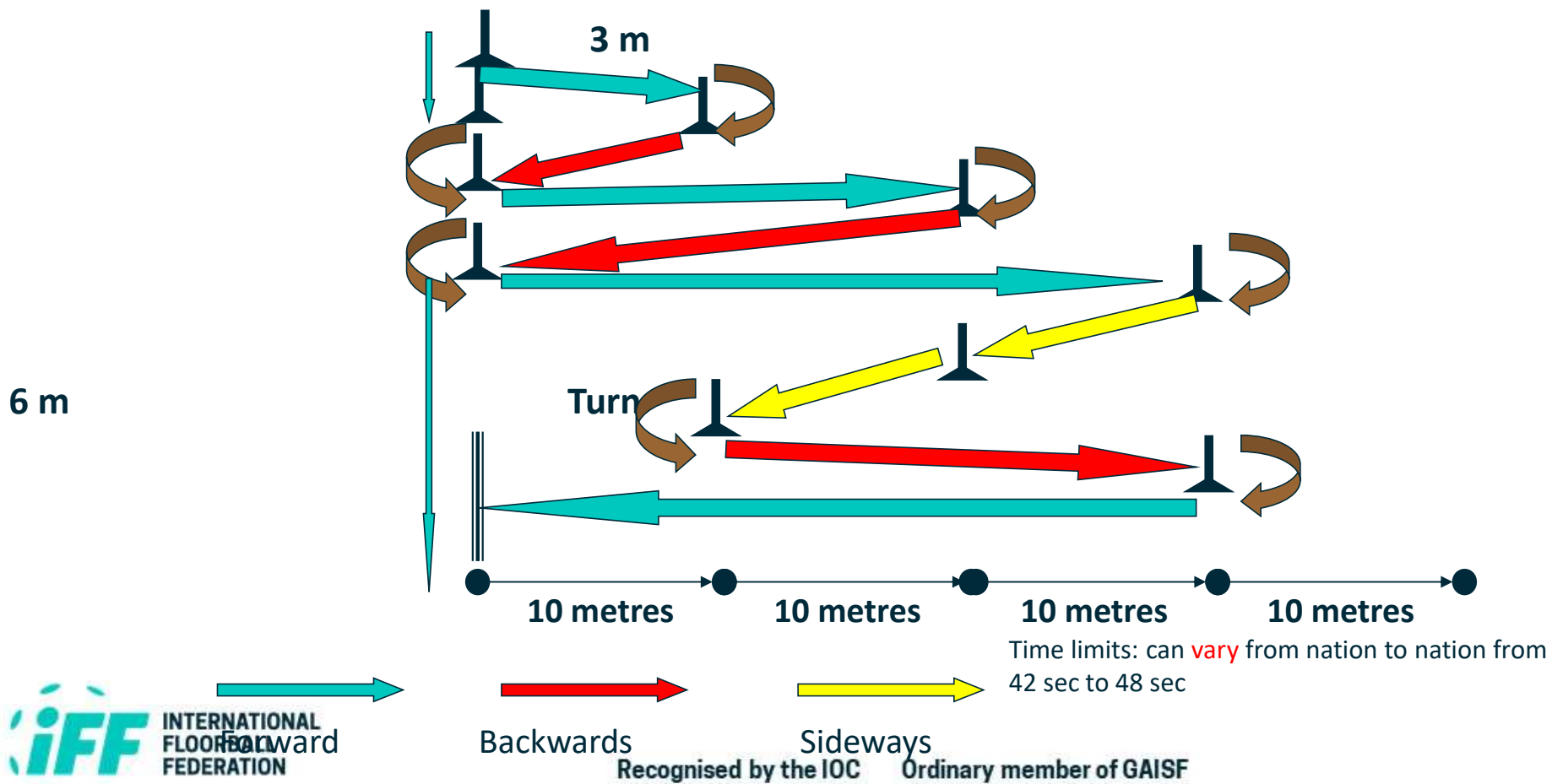
Track run : Practice your turnings. Usually the last backwards running is the heaviest part.

Physical Fitness Test for Floorball Referees

No 1

YoYo-Test.

Physical Fitness Test for Floorball Referees No 3



Chapter 6

Basic Referee Material

Ethical principles

Produced by the
International Floorball Federation
Referee Committee



The main objective of the ethical principles is to help the referee to understand those fundamental values which good, reliable and fair refereeing is built on.

It is the duty of the referee to make sure that the match or competition is played by the rules and with spirit of fair play. The referee is the person in charge when it comes to fair play.

FAIRNESS

Fairness is the most important cornerstone of refereeing and present everywhere within sports.

HONESTY

Honesty is an important part of fairness.

The referee must be honest towards the sport, the competitors and himself.

HONESTY

It is important to be honest to yourself. The referee shall be able to admit flaws and that wrong or bad decisions will eventually be made. The players and coaches respect and value a referee, who is able to admit own mistakes.

This kind of referee can also develop actions as it is a well-known fact that one of the best ways to improve yourself is to learn from your own mistakes.

OBJECTIVITY

The referee shall be objective. This implies that the referee shall avoid those mental and economical bonds to the players or the competition, which may compromise his objectivity.

It is the duty of the referee to take care of the fairness of the match or competition. If some gesture or action seems suspicious and not objective, also fairness is compromised.

Successful leadership of the match requires communication with the players, coaches and the organizer before, during and after the match.

INDEPENDENCE

The result of the match or competition shall have no significance to the referee.

It is crystal clear that the referee can not place a bet on the match he participates in. Actually, it would be best if the referee would not bet at all on the sport which the referee works with.

RESPONSIBILITY

The referee shall know the responsibility for the progress of the match and for the safety of the players. The referee should also be able to take the circumstances, the age of the players, the level of the play and the importance of the match into consideration.

The referee shall remember that for the players the match is often the highlight of the day or week so the referee should also respect the match. The responsible referee needs to take the education seriously and try to develop so that there is the possibility to be in control of all the refereeing tasks given to the referee.

The responsibility means also commitment. The referee shall prepare for the match carefully and arrive to the match venue early enough.

RESPONSIBILITY

The referee shall know the rules of the sport and the regulations concerning the safety and also obey the rules precisely. The referees must know the rules of the game and understand the spirit of the game. Additionally, the referee must be able to read the game so that the safety of the players is not compromised, and no one gets advantage of breaking the rules. By reading the game correctly the referee should maintain the order in the field of play.

The responsible referee is loyal towards the sport and the organizer of the competition as well as the participants and other referees. The referee is committed to take care of the responsibilities given.

OPENNESS

The referee shall be open and constructive towards players, coaches, spectators and other referees. The referees shall admit own mistakes and be able to take criticism.

EQUALITY

The sport shall be open for everyone. Every person, regardless of his age, gender, race or nationality, shall be given an equal opportunity to participate.

Equality is a part of fair play. It is the task of the referee to make sure that fair play is followed. The referees shall immediately react to behavior which is insulting or can be considered racist.

Sport is also youth action where the referee has an important role as an educator. The referee shall know the “game rules” of life and society by heart and guide the players to act according to them. It is also the task of the referee to improve the social interaction between the players.

Chapter 7

Basic Referee Material

Rules of the Game

Produced by the
International Floorball Federation
Referee Committee

Rules of the Game

Floorball referee must be familiar with all rules of the game and the referee must know how to interpret and adjust these rules as a referee in a Floorball match.

Additionally, the referee must have good knowledge of the valid international competition rules, know the basics of the match secretary guidelines and have the knowledge how to fill in the paper match record.

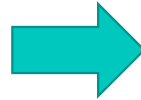
The referees also need to obey the instructions and guidelines of the IFF Referee Playbook and the interpretations based on the IFF Physical Play guidelines.

Since the competition rules and match records vary between the national associations, the education material does not contain that part.

The following slides will present the basics of the rules and clear out some important points.

Rules of the game

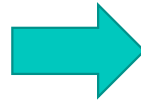
Normally everyone feel that they
"SEE" the situations "CORRECTLY"
depending on their own
relationship to the ongoing match



- referee
- referee observer
- player (own <-> opposite)
- spectator (own <-> opposite)
- journalist
- other



Therefore the same situation
can be interpreted in many
different ways



"Aren't you hitting?!" <-> "Ball was in between!"
"Pushing!" <-> "Shoulder to shoulder!"
"What did I do?!" ...



HOWEVER, THE DECISION ON HOW
TO CONTINUE THE GAME IS
ALWAYS MADE BY THE REFEREE



=> NO FAULT
=> PLAY ON (ADVANTAGE)
=> FREE HIT
=> PENALTY ...

IFF RULES OF THE GAME

The Rules of the Game include 10 chapters:

- Chapters 1 - 4: Rink, Game time, Participants, Equipment
- Chapter 5: Fixed situations
 - » face-off, hit-in, free-hit and penalty shot
- Chapter 6: Penalties
 - » 2 min, 2 + 2 min, 2 + 10 min, Technical match penalties and Match penalties
- Chapter 7: Goals
 - » allowed goals, correctly and incorrectly scored goals
- Chapter 8 – 9: Consequence signs, Offence signs
- Chapter 10: Illustration of the rink

GAME ZONE

- Dimensions of the rink, **101**
- Markings in the rink **102**
- Goal cages, **103**
- Substitution zones, **104**
- Secretariat and penalty benches, **105**
- Inspection of the rink, **106**
 - » check the game zone well in advance before the match
 - » take notice especially to goal nets, drop nets, substitution zone markings and the safety of the rink
 - » make sure all possible defects are corrected
- Ball, **107**

ILLUSTRATION OF THE RINK

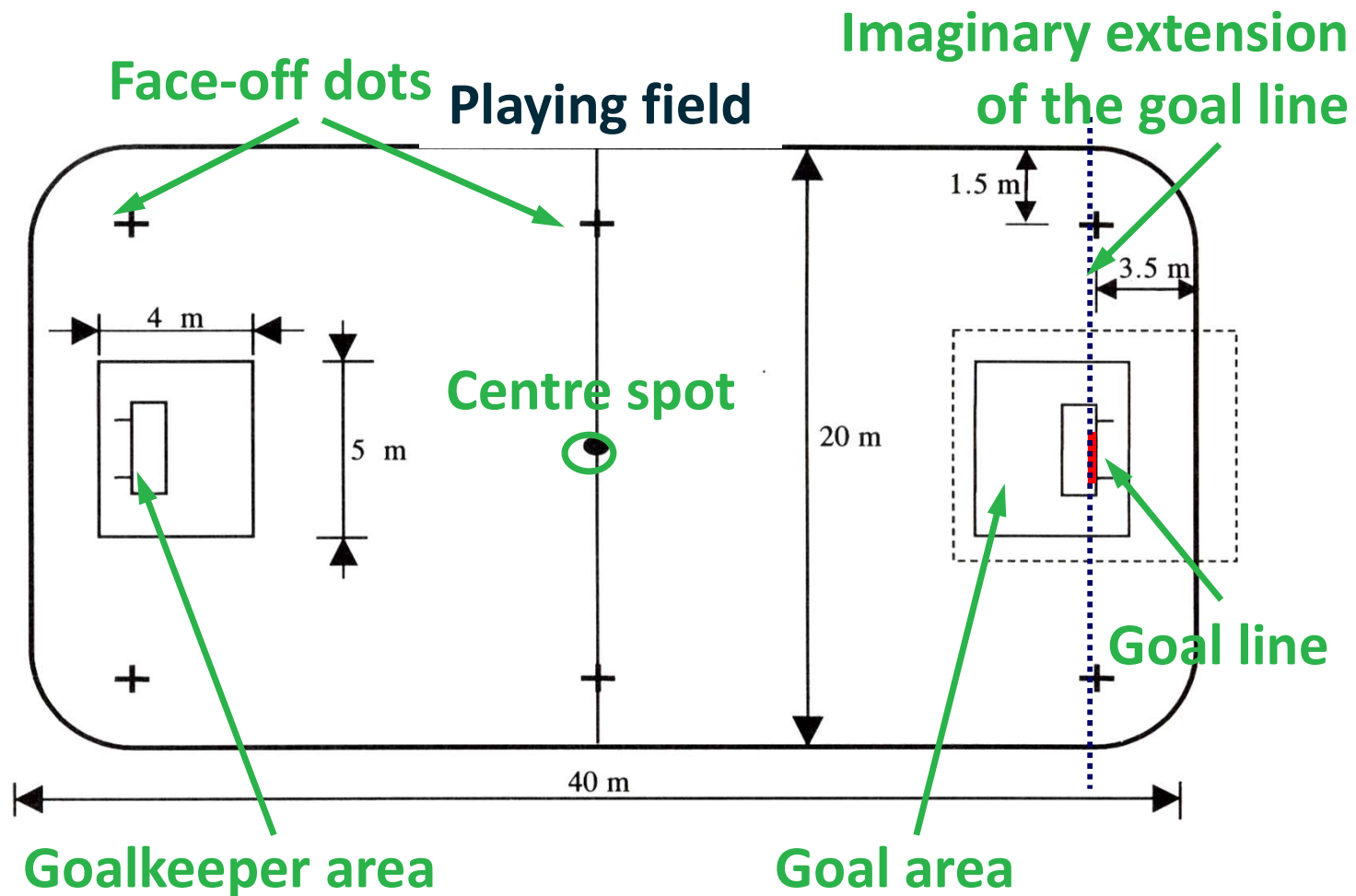
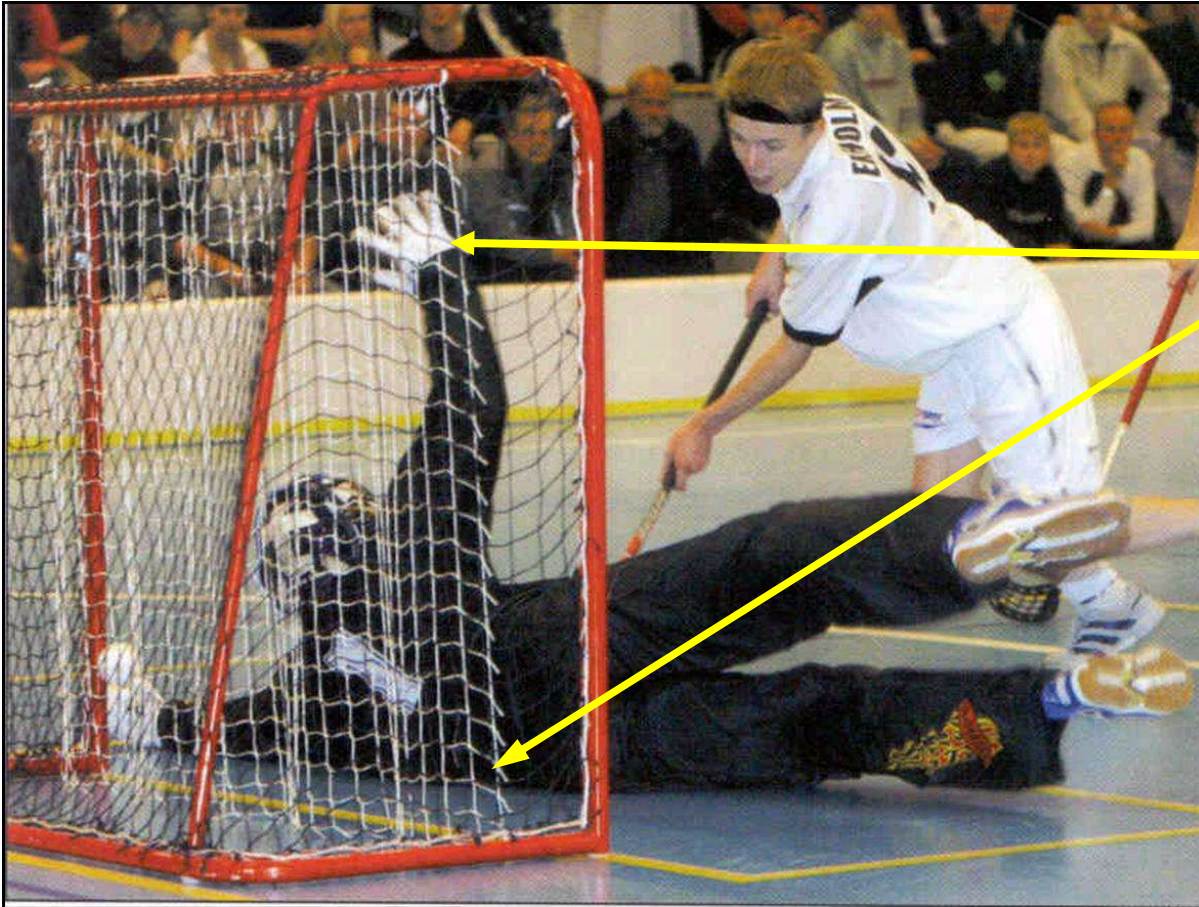


ILLUSTRATION OF THE RINK

Goal line
Goalkeepers
area
Goal area

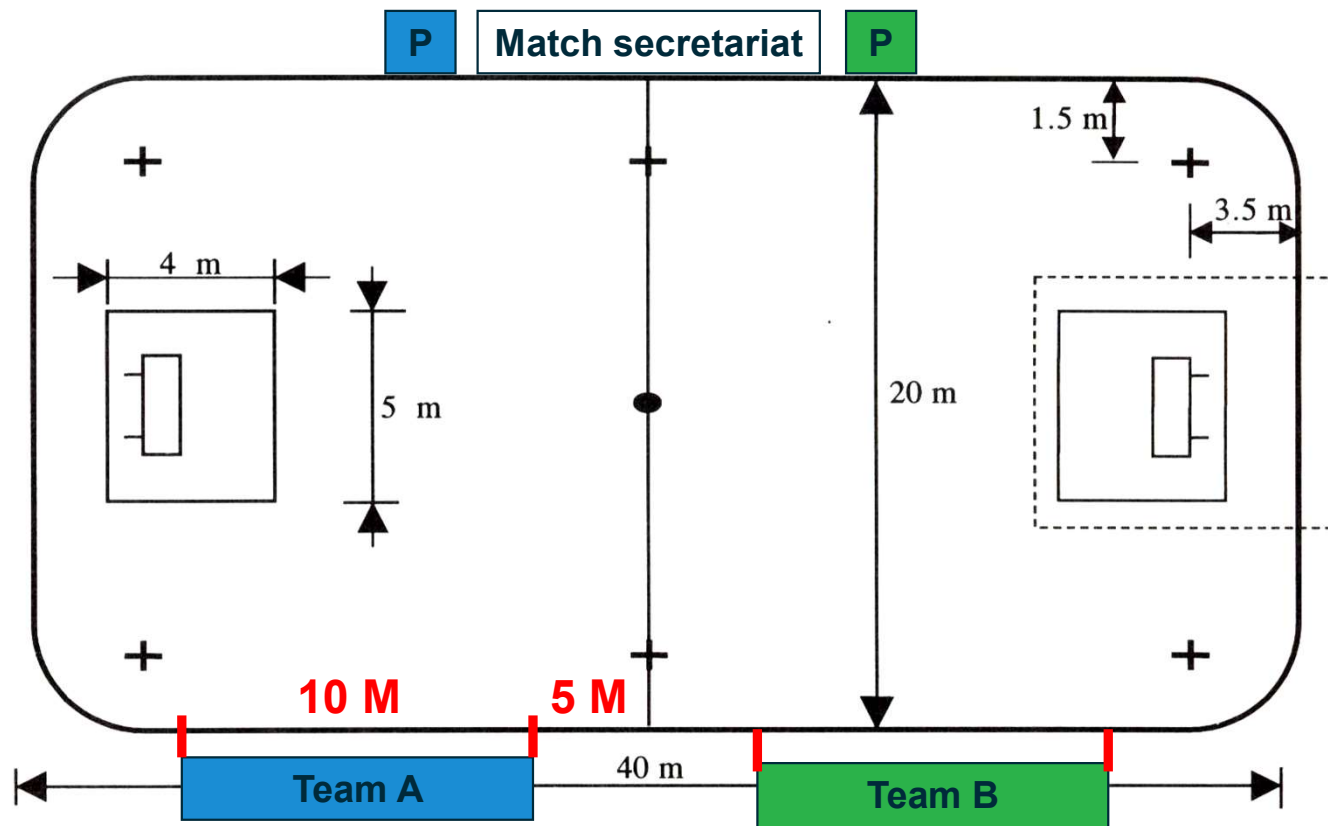




Dropnet

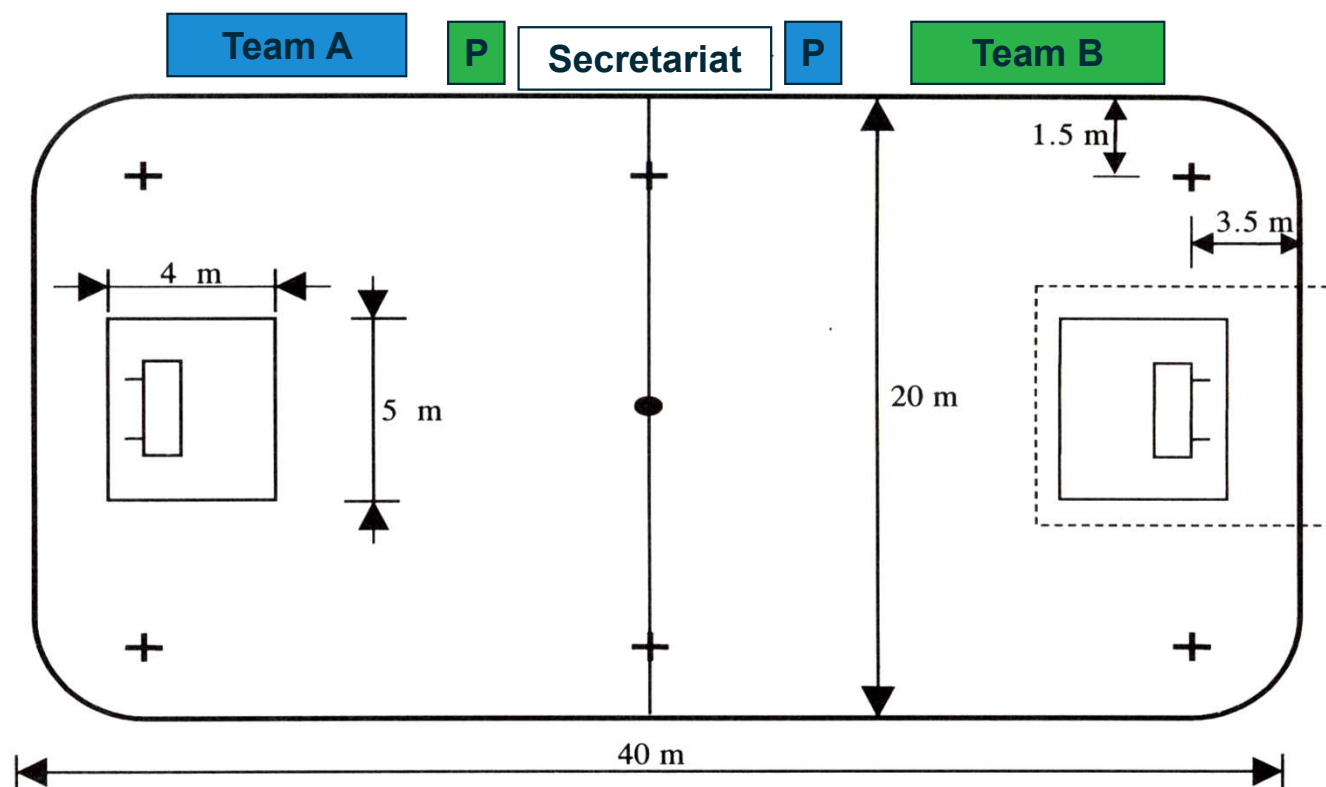
- 20 cm behind upper bar
- Attached only from upper part

Secretariat and substitution benches on the different sides of the rink



Secretariat and substitution benches on the same side of the rink

In this case there shall be left a minimum of 2 m space in between the penalty bench and the substitution benches



107 BALL

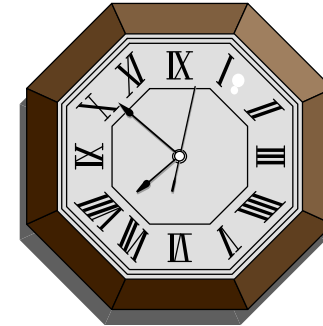
- 107 BALL

Shall be approved by IFF and marked accordingly.

- The ball surface shall be single colored in non-fluorescent color. Neither the inside color can be fluorescent.



2 GAME TIME



- 201 REGULAR GAME TIME
- 1 3 * 20 min, intermission 10 min
- 3 * 15 min (2 * 15 min), intermission 2 min
 - The timing of the intermission shall start immediately at the end of the period
 - The teams are responsible for being back in to the rink on time to resume game immediately after the intermission ends.
- The **home team** shall choose ends at an early stage before the start of the match
 - if the ends are changed in the middle of the 3rd period, the change has to be decided before the start of the 3rd period

2 GAME TIME



- Game time shall be stopped for:
 - » goal,
 - » penalty
 - » penalty shot
 - » time-out
 - » referee's mark
 - » three last minutes of the match
- Teams have the right for 10 minutes break in the intermission (Only in 3 x 20 min matches)
- Time-out

2 GAME TIME

- 201 REGULAR GAME TIME
- 2 Effective game time
 - The time shall be **stopped every time the referee whistles**
 - Game time **shall be started**, when the **ball** is in the game = **has moved**
 - Unnatural break → Referee's triple whistle + sign
 - a damaged ball
 - the rink parts are coming apart
 - injury
 - measuring of equipment
 - unauthorized persons or objects on the rink
 - lights going out partially or totally
 - accidental sound of the final signal

201 REGULAR GAME TIME

2. In case of non-effective game time, timing shall be stopped:

- **Goal**
- **Penalty**
- **Penalty shot**
- **Time-out**
- **Referees' triple signal** at an unnatural interruption
- The **last 3 minutes** of regular time shall always be effective

202 TIME OUT

- 202 TIME OUT
- 1 During the match each team has the right to request one time out
 - Can be requested at any time by **captain / member of the team staff, including in connection with goals and penalty shots, penalty shots after limited extra hours excluded**
 - If requested during an interruption it shall be carried out immediately, but if the referees consider that this negatively affects the situation for the opposing team, the time out shall be carried out at the next interruption



202 TIME OUT



- 1 CONTINUES

- A requested time out shall **always** be carried out,
 - except after a goal, when the team may withdraw the request
 - a penalized player must not participate
- Duration **30 seconds**
 - referee whistles the start and the ending

203 EXTRA TIME

● 203 EXTRA TIME

- 1 If a match, that has to be decided, ends with an even result
 - 10 min extra time shall be played until one team scores
 - Before extra time a 2-minute break, no changing ends
 - Same rules apply to starting and stopping time as during regular game time
 - Penalty time remaining after regular game time shall continue during extra time
 - 601, 2: penalized player can not leave the penalty bench for the intermission between regular game time and extra time

204 PENALTY SHOTS AFTER EXTRA TIME

- 1 Five field players from each team shall take one penalty shot each
 - **Referee** decides which **goal cage** will be used
 - Referee carries out a draw between the team captains. The **winner of the draw** decides which team will start taking the penalty shots.



204 PENALTY SHOTS AFTER EXTRA TIME

- Captain or a member of the team staff shall, in writing, inform referees and secretariat of the **(5) numbers of the players and the order** in which they will take the penalty shots
 - Referees are responsible for ensuring that the order is correct
 - A penalized player may participate in the penalty shots if he has not incurred a match penalty
 - If a noted player incurs any penalty during the penalty shots, the team captain shall choose a new field player to replace the penalized player
 - If a goalkeeper incurs any penalty during the penalty shots, he shall be replaced by the reserve goalkeeper. If a reserve goalkeeper is not available, the team has a maximum of 3 minutes to properly equip a field player, who is not already noted, but none of this time may be used for warming up
 - Goalkeepers (players marked as goalkeepers to match record) can be changed as many times as the team wants

204 PENALTY SHOTS AFTER EXTRA TIME

- The penalty shots shall be taken alternately, if the score after this is still equal, the same players shall take one penalty shot each until a decisive result is achieved
 - during extra penalty shots the **order of players can be changed**
 - a player must not take his third penalty shot until all the noted players in his team have taken at least two, and so on
- The winning team shall be considered to have won by one extra goal
- A team that is unable to note five field players shall only be allowed to take as many penalty shots as they have noted players. This is also valid during possible extra penalty shots.

204 PENALTY SHOTS AFTER EXTRA TIME

- If the number of the player who will shoot/has shot a penalty shot is not in the match record and the number is noted to the list of players for the penalty shots, a referee mistake has occurred. The team will nominate a new player from the match record to replace the player that is not in the match record. The performances made by the player which is not in the match record, will remain untouched (goal or no goal). The referees shall report the case.
- If the player noted to take the penalty shot is in the match record, but the player is not present or for some other reason, like injury, can not execute the penalty shot, the team can replace the player with another player. The referees shall report the case.

3 PARTICIPANTS

- 301 PLAYERS
- 1 Each team is allowed to use a maximum of 20 players
 - Players may be **field players** or **goalkeepers**
 - Only players marked to the **match record** are allowed to participate in the match or be in the substitution zone

301 PLAYERS

● 301 PLAYERS

- 2 During play, at the most 6 players in each team including only one goalkeeper or 6 field players only, may be on the rink simultaneously
 - For the referees to start a match, each team shall have at least **5 field players** and a properly equipped **goalkeeper**
 - **During play**, each team must be able to play with at least **4 players**
 - In case of possible **walk-over (WO)**, the final score shall be 5 - 0

Field players

TEAM CAPTAIN

Team captain shall wear an armlet. The captain shall be marked with "C" to the match record.

STICK

Players' sticks and blades shall be marked with an IFF approval mark. Blade shall not be sharp and the hook shall not be over 30mm.

Blade and shaft shall be manufactured by the same brand.



EQUIPMENT

Player may not wear personal equipment which may cause injury

PLAYERS

Max 20 players.

6 (5+1) players in the rink simultaneously.

Free changing of players.

CLOTHING

Similar uniforms:

Jerseys, shorts and socks

Visiting team changes uniforms if the referees feel that the teams can not be distinguished.

All players must use sport shoes.

Goalkeeper

PENALTIES

If a goalkeeper incurs one or several 2 minutes bench penalties, the team captain shall choose a field player, who is not already penalized, to serve the penalty.

Goalkeeper is considered as a field player if he entirely leaves his goal crease during play.



EQUIPMENT

Goalkeepers shall be dressed in jerseys and long trousers. Goalkeeper must not use a stick and must wear a face mask.

Goalkeeper is marked with "G" in the match record.

IF INJURED

The team has maximum of 3 minutes time to properly equip the substitute.

302 SUBSTITUTION OF PLAYERS

● 302 SUBSTITUTION OF PLAYERS

- 1 May take place at any time and an unlimited number of times during a match
 - Must take place in the team's **own substitution zone**
 - The player leaving the rink has to be on his way passing over the board before a substitute may enter the rink.
 - An injured player leaving the rink outside his own substitution zone must not be replaced until play is interrupted

303 GOALKEEPERS

- 303 PARTICULAR REGULATIONS FOR GOALKEEPERS
- 1 All goalkeepers shall be marked in the match record
 - A player marked as goalkeeper **must not** participate **as a field player**, with a stick, during the same match
 - If the team has no second goalkeeper and the playing goalkeeper **gets injured / is penalized** with **2 + 2 / 2 + 10 / MP**
 - Goalkeeper can be replaced with a **field player**
 - Max **3 min** to properly equip the substitute, none of this time shall be used for warming up

303 GOALKEEPERS

- 303 PARTICULAR REGULATIONS FOR GOALKEEPERS
- 2 If a goalkeeper entirely leaves his goal crease during play, he shall be considered a field player, yet without a stick
 - Goalkeeper is considered to have entirely left the goal crease when **no part of his body touches the floor inside the goal crease**
 - The **border lines** belong to the goal crease
 - The goalkeeper is allowed to jump within his own goal crease

304 REGULATIONS FOR TEAM CAPTAINS

404 TEAM CAPTAINS' EQUIPMENT

- Each team shall have a **team captain**, who shall be marked in the **match record**
- The team captain shall wear an **armlet /armband**
- Only the team captain is **entitled to speak** to the referees
- **Obligation to assist** referees
 - A penalized team captain loses his right to speak to the referees, unless he is addressed by the referees

C



305 TEAM STAFF

- 305 TEAM STAFF
- 1 Max **five** persons per team
 - Only persons noted to the **match record** are allowed to be in their own substitution zone
 - Member of the team staff must not enter the rink without the referees' permission (except during the time out)
 - All coaching shall take place from the team's **own substitution zone**
 - Should a member of the team staff be recorded also as a player, he should always be considered a player in any uncertain situations regarding offences in the substitution zone

305 TEAM STAFF

- 1 Max five persons per team
 - Before the match, a member of the team staff shall sign the match record, and after the start of the match no amendments shall be allowed except from possible corrections of incorrect numbering
- *Interpretations:*
 - If the numbering of the player is correct in the team list the team has submitted, but incorrect in the match record, **the responsibility lies within the team that signed the match record.**
 - The **changes to the match record are allowed** before the starting whistle, but the **referees shall be informed** before the changes are noted to the match record.

306 REFEREES

- 306 REFEREES

- 1 A match shall be led and controlled by two equally authorized referees

- **the right to stop a match** if there is an obvious risk that the match can not be continued according to the rules

- 402 REFEREES' CLOTHING

- 1 The referees shall wear referee jerseys, black shorts and black knee socks

- 407 REFEREES' EQUIPMENT

- 2 Plastic medium sized whistle, measuring equipment and red cards



307 SECRETARIAT

- 307 SECRETARIAT

- 1 Shall be neutral

- Responsibility of the match record
- Responsibility of the time keeping
- Possible speaker tasks

- 408 SECRETARIAT'S EQUIPMENT

- 1 Shall have all the equipment necessary for their responsibilities

● *Secretariat guidelines!*

4 EQUIPMENT

The equipment shall be approved by the IFF and marked accordingly.



● 401 THE PLAYERS' CLOTHING

- 1 All field players shall wear the exact same uniform consisting of jerseys, shorts and knee socks.

- **Visiting team** is obliged to change, if the referees consider that the teams can not be distinguished by their uniforms

- 2 The goalkeepers shall be dressed in jerseys and long trousers



Interpretations: Equipment

EQUIPMENT

- In the official matches it is only possible to use sticks, stick parts (shaft and blades), balls, rinks, goals and goalkeepers' face masks which are **approved by the IFF and marked accordingly**.
- If the player's equipment are not according to the rules, the referee has the **right to deny player's participation to the match** as long as the player corrects the incorrect equipment.



Interpretations: Players' clothing

401 PLAYERS' CLOTHING

- All players noted to the match record must wear the **team uniforms**. In the substitution bench it is allowed to wear track suit on top of the team uniform.
- If shin guards are used, the socks shall be pulled up to the knees during the whole match. Otherwise, the socks can be pulled down.
- Approved **medical devices** are allowed.
- The **elastic headbands** without knots are allowed
- Actions in the violations against rule "401 Player's clothing":
 - » **None of the clothing or personal equipment shall be dangerous, including medical devices.** Dangerous clothing or equipment shall be removed or made harmless by covering

401 PLAYERS' CLOTHING

● 401 PLAYERS' CLOTHING

- 1 If an incorrectly numbered player participates in the match, the match record shall be corrected and the offence shall be reported to the administrating authorities
- 3 All jerseys shall be numbered with different whole numbers between 1 - 99 (1 reserved for goalkeepers)
- 4 All players shall use indoor sport shoes. Socks are not allowed outside the shoes.
 - If a player loses one or both shoes during play, player may continue playing until the next interruption

403 GOALKEEPERS' EQUIPMENT

- 403 GOALKEEPERS' EQUIPMENT
- 1 Must not use a stick
- 2 Shall wear a face mask, which is in accordance with the IFF Material Regulations and marked accordingly
- 3 May not use any kind of protective equipment, which covers more than body of the goalkeeper, for example shoulder pads
 - **Helmet** and **thin gloves** are allowed
 - All forms of **adhesive** and **friction** checking substances are prohibited
 - No **objects** can be kept on or in the goal cage

4 EQUIPMENT

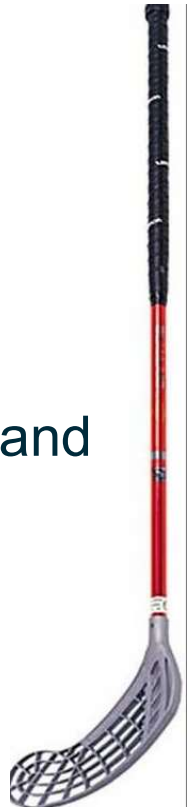
● 405 PERSONAL EQUIPMENT

- 1 Players must not use personal equipment which may cause injury
 - Including protective and medical device, watches, earrings, etc.
 - Exceptions shall be allowed only by the administrating authority upon written request
 - Referees decide what shall be considered dangerous
 - Preferably shall be worn underneath the clothing
 - **Headgear** is prohibited
 - Except elastic headbands without knots

406 STICK

●407 STICK

- 1 Shall be approved by IFF and marked accordingly
 - Only **shortening** is allowed, no other tampering for shaft
 - Changing the blade is allowed if the blade is approved with the shaft and being of the same brand
 - Shaft may be strapped above the grip mark
 - No official marks may be covered
- 2 Blade shall not be sharp and its hook shall not exceed 30 mm
 - Only **hooking** is allowed, no other tampering for blade
 - Hook is measured from highest point of the blade's inner side
 - Taping the joint between blade and shaft is allowed
 - Max 10 mm of the visible part of the blade shall be covered



409 CONTROL OF EQUIPMENT

- 409 CONTROL OF EQUIPMENT
- 1 Referees shall decide about controlling and measuring all equipment
 - Shall be inspected before and during the match
 - Incorrect equipment discovered before the match shall be **corrected**
 - Incorrect equipment discovered during the match shall lead to prescribed **penalty**
 - Except personal equipment and minor defects of the stick
 - Only one penalty per match from offences concerning player's uniforms and captain's armlet
 - All incorrect equipment shall be **reported**

409 CONTROL OF EQUIPMENT

- 2 Team captain may request the control of a hook, the control of a shaft/blade combination and the control of approval mark on a stick or face mask
 - Team captain can also point out other incorrectness in the opponent's equipment
 - This case referees shall decide whether or not to take action
 - Measuring may be requested at any time
 - Shall not be carried out before game is interrupted
 - If requested during an interruption, it shall be carried out immediately
 - Unless it negatively affects opposing team → next interruption
 - Only one measuring per team per interruption
 - Only both **team captains** and **player** with the equipment being measured shall be present at the secretariat

5 Fixed situations

- face-off
- hit-in
- free-hit (with or without penalty)
- penalty shot (with or without penalty; no 2 minutes penalties given in conjunction of the penalty shot)



5 FIXED SITUATIONS

- 501 GENERAL REGULATIONS FOR FIXED SITUATIONS
- 1 Includes face-offs, hit-ins, free-hits and penalty shots
- 2 Referees shall use one signal, show prescribed signs and mark the place for the fixed situation
 - Offence sign only if considered necessary
 - always in connection with penalties and penalty shots
 - Ball may be played after the signal if it is not moving and is in the right position
 - Ball does not have to be entirely still or in exactly the right place if in the referees' opinion the game is not affected.

5 FIXED SITUATIONS

- 501 GENERAL REGULATIONS FOR FIXED SITUATIONS
- 3 Fixed situation must not be unreasonably delayed
 - Referees decide what shall be considered unreasonable delay
 - If a fixed situation is delayed, the referees shall, if possible, notify the player before any action is taken

502 FACE-OFF

- 502 FACE-OFF

- 1 From the centre spot at the beginning of a new period and to confirm a correctly scored goal
 - Each team shall be on their own side of the centre line
 - A goal scored during the extra time or from a penalty shot deciding the match or after the end of the period shall not be confirmed with a face-off
- 2 Shall be used, if play is interrupted and neither team can be awarded a hit-in, a free-hit or a penalty shot



502 FACE-OFF

● 502 FACE-OFF

- 3 Shall be taken at the nearest face-off dot, according to where the ball was at the time of interruption
- 4 All players, except those taking the face-off, shall immediately take a position at least 3 m from the ball
 - Sticks included
 - Before a face-off, referees shall check that the teams are ready and that all players have taken position within the correct distance

502 FACE-OFF



- 5 Execution of a face-off
 - **No physical contact** before face-off
 - Both players shall be **facing** the opposing team's short side
 - **Feet** shall be placed perpendicular to the centre line, both feet at the same distance from the centre line
 - Stick shall be held with a **normal grip**, both hands above the grip line
 - **Blades** shall be placed perpendicular to the centre line
- The procedure for the properly conducted face off is that before the players get to the face off, the referee reminds them to carry it out according to the rules. If any of the players is not carrying out the face off properly the referee gives a free hit to the other team.

502 FACE-OFF

- This includes not only the players in the actual face off situation with the ball, but also all the other players and this includes the wrong distance of any player as well and moving over center line during face off after goal or start of the period. These instructions apply to all face offs during the game, the game starting face off is also included.

In this case the referee doesn't blow the whistle, just simply shows the free hit direction for the other team and tells them that the free hit can be carried out after the whistle(permission) from the referee.

Ball shall be at the centre of the blades, no contact with blades

- * **defending team's** player chooses on which side to place his stick

- * on the centre line, the **visiting team's** player chooses the side

- Players shall obey referees' instructions → referee can force to **change**

- Away team is obliged to carry out substitution first before face-off

- 6 A Face-off may go directly into goal

Face-off

Executing a face-off

- location: nearest face-off dot
- at centre line the away team chooses side
- at goal line the defending team chooses side
- players may not have contact
- feet same distance to centre line
- blades and feet perpendicular to centre line
- ball at the centre of both blades
- stick held with a normal grip
- other players 3 meter distance
- face-off may go directly into the goal

When a face-off?

- in general when an unnatural situation occurs or when match has been interrupted and neither team can be awarded a free-hit or penalty shot

503 EVENTS LEADING TO FACE-OFF

- 503 EVENTS LEADING TO A FACE-OFF
 - 1 Ball is damaged unintentionally
 - 2 Ball is not correctly playable
 - 3 Parts of the rink have been separated and the ball comes near the place
 - 4 Goal gage is moved unintentionally and can not be put back within reasonable time
 - **Goalkeeper's** responsibility to put back on place
 - 5 Serious injury occurs
 - If this is suspected, match shall be interrupted immediately

503 EVENTS LEADING TO FACE-OFF

- 6 Unnatural situation occurs during play
 - Referees decide what shall be considered as unnatural
 - Always when
 - unauthorized persons or objects are on the rink
 - the lights going out either completely or partly
 - the final signal is being sounded by mistake
 - referee is hit by the ball and this has a significant effect on the play

- 7 Goal is disallowed despite the fact that no offence leading to a free-hit has been committed
 - ball goes into goal without passing the goal line

Interpretations:

OFFENSES LEADING TO FACE-OFF

503 OFFENSES LEADING TO A FACE-OFF

6 UNNATURAL SITUATION OCCURS DURING PLAY

- This includes a situation when the **ball unintentionally hits a stick of a player who is on the substitution bench, but the part of the stick where the ball hits is on the rink**. The referees shall notify the team. If the situation is repeated after the notification, it shall be interpreted as the team has too many players on the rink.
- If the **ball is intentionally played** from the substitution bench, it shall be interpreted as sabotaging the game.

503 EVENTS LEADING TO FACE-OFF

● 503 EVENTS LEADING TO A FACE-OFF

● 8 Penalty shot does not result in a goal

- Also if the penalty shot is incorrectly performed

9 Penalty is imposed for an offence which is not in connection with play (outside the rink)

- Including a penalized player entering the rink before his penalty expires or terminates

503 EVENTS LEADING TO FACE-OFF

- 503 EVENTS LEADING TO A FACE-OFF
- 11 Referees are unable to decide the direction of a hit-in or a free-hit
 - Also when players from both teams commit offences simultaneously
- 12 Referees' decision is incorrect

504 HIT-IN

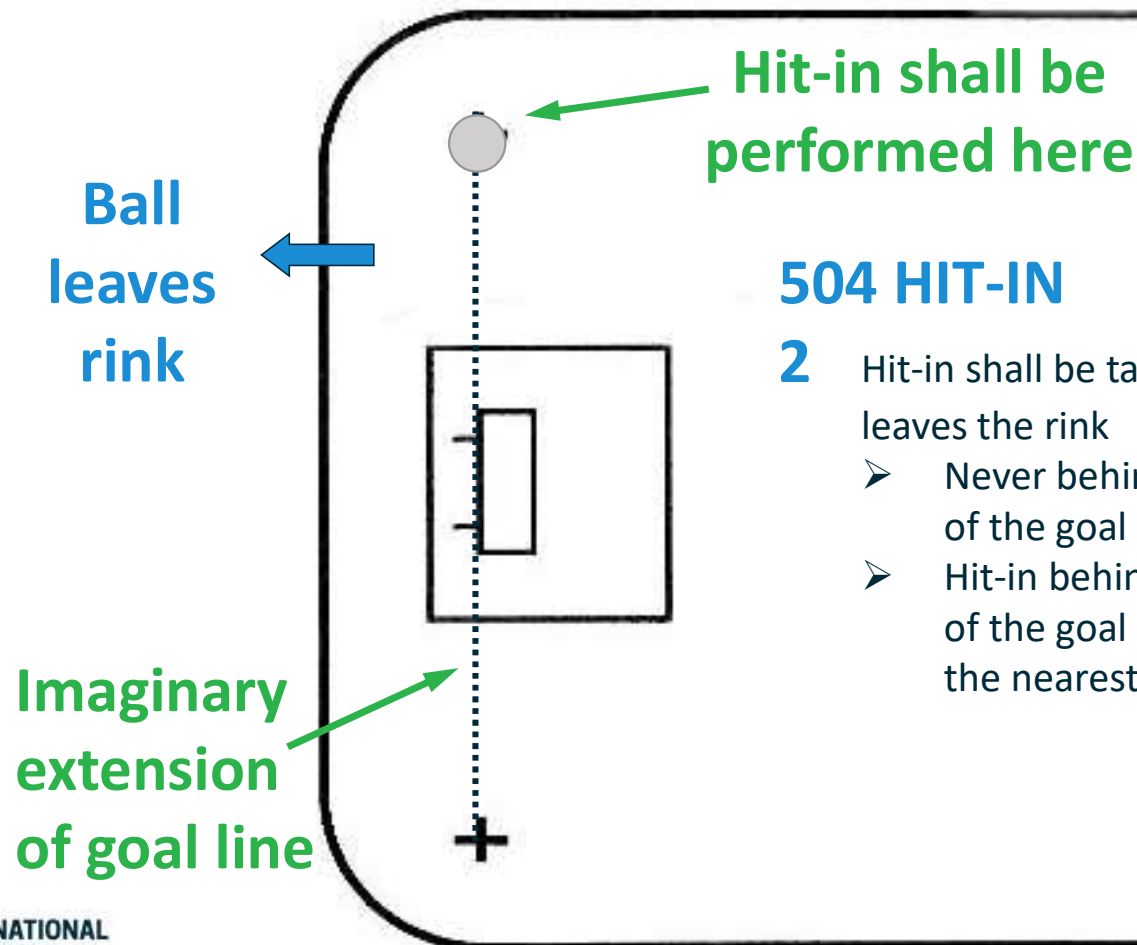
- 504 HIT-IN
- 1 Ball leaves the rink → hit-in for the non-offending team
 - Offending team = the team whose player, or player's equipment, last touched the ball before it left the rink
 - Also when a player, to remove the ball from the goal cage, hits the net without touching the ball



504 HIT-IN

- 504 HIT-IN
- 2 Shall be taken from place where the ball leaves the rink (1,5 m from the board)
 - Never behind the imaginary extensions of the goal lines
 - nearest face-off dot
 - If play is not affected, the ball does not have to be entirely still or in exactly right place
 - If ball touches the ceiling or objects above the rink
 - hit-in shall be taken 1.5 m from the board at the same distance from the centre line.

504 HIT-IN



504 HIT-IN

- 2** Hit-in shall be taken from where the ball leaves the rink
- Never behind the imaginary extension of the goal line
 - Hit-in behind the imaginary extension of the goal line shall be taken from the nearest face-off dot

504 HIT-IN

- 504 HIT-IN
- 3 Opponents shall immediately take a position at least 3 m from the ball
 - **Sticks** included
- 4 Ball shall be played with the stick and hit cleanly
 - Not dragged, flicked or lifted on the stick
- 5 The player taking the hit-in must not touch the ball again before it has touched another player or another player's equipment
- 6 Hit-in may go directly into goal

Hit-in and free-hit

Execution hit-in and free-hit

- location: where the offence was committed (free-hit) or where the ball left the rink (hit-in; 1,5 meter from the board)
- if this is behind the extended goal line, then at the nearest face-off dot
- minimum 3,5 meter distance from the goalkeeper area (in order to grant the defending team 0,5 meter of space to form a wall)
- hit the ball; no pushing/lifting; 1 touch only
- opponents 3 meter distance
- may go directly into goal

When a hit-in?

- ball over the board
- ball hits the ceiling or objects above the rink (in that case at 1,5 meter from the board as well)

505 EVENTS LEADING TO A HIT-IN

- 505 EVENTS LEADING TO A HIT-IN
- 1 When the ball
 - passes over the board
 - hits the ceiling or any other objects above the rink



506 FREE-HIT

● 506 FREE-HIT

- 1 When an offence leading to a free-hit is committed
→ free-hit to the non-offending team
 - If possible, the **advantage rule** shall be applied
***Advantage rule** = if non-offending team still controls the ball after an offence, they shall have the opportunity to go on playing if this gives them a greater advantage than a free-hit*
 - If the game is interrupted because the non-offending team loses control of the ball → free-hit shall be placed where the original offence occurred

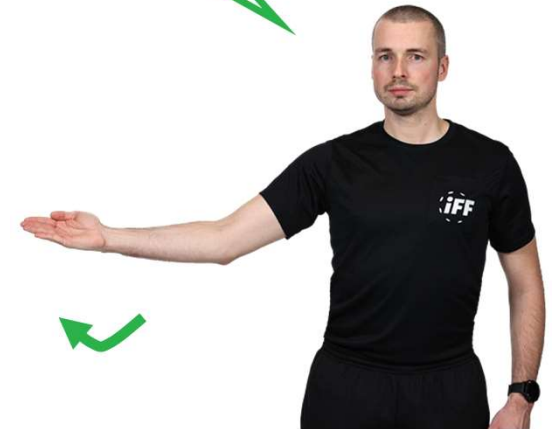


Interpretations: FREE-HIT

506 FREE-HIT

- When the referee uses the **advantage rule**, it must be both **seen** and **heard**!
- Two basic principles of using the advantage rule:
 - » Used especially in the **offensive zone**
 - If the ball was in the best scoring sector but the situation moved to the corner → free-hit
 - » In the defensive zone only in the secure situations

Advantage



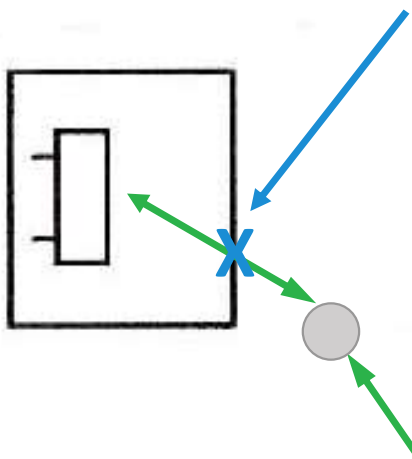
506 FREE-HIT

- 506 FREE-HIT
- 2 Shall be taken where the offence was committed
 - Never behind the imaginary extensions of the goal line
 - Nearest face-off dot, same as hit-in
 - Never closer than **3.5 m** to the goalkeeper area
 - If play is not affected, the ball does not have to be entirely still or in exactly right place
 - If offense is committed closer than 1.5 m from the board, the free-hit may be moved out to this distance
 - After a delayed penalty the closest face off dot



506 FREE-HIT

+ Place where offence was committed



+ Free-hit 3.5 meters from goalkeepers area

- Move quickly to the place for free-hit
- Show the correct place clearly
- Give the non-offending team a chance to play the ball quickly
- If the attacking team hinders defenders from forming the defense line, defending team shall get free-hit (allowed to be in front of the defense line)

506 FREE-HIT

- 506 FREE-HIT
- 3 Opponents shall immediately take a position at least 3 m from the ball
 - **Sticks** included
- 4 Ball shall be played with the stick and hit cleanly
 - Not dragged, flicked or lifted on the stick
- 5 The player taking the free-hit must not touch the ball again before it has touched another player or another player's equipment
- 6 Free-hit may go directly into goal

507 OFFENCES LEADING TO A FREE-HIT

- 507 OFFENCES LEADING TO A FREE-HIT
- 1 Player hits, blocks, lifts, kicks or = Player hits, blocks, lifts, kicks opponent's stick or hits the opponent's body
- 2 Holds an opponent or opponent's stick
- If player played the ball before hitting the opponent's stick or the opponent's body, no actions shall be taken

507 OFFENCES LEADING TO FREE-HIT

- 507 OFFENCES LEADING TO A FREE-HIT
- 3 Field player raises the blade of his stick above waist level in the back swing before hitting the ball, or in the forward swing after hitting the ball
 - High forward swing is allowed if no other players are in the vicinity, and there is no risk of injury
- *Interpretation:*
- **Lifting the stick above the waist level in the back swing** is allowed if there is no risk of injury and the stick is not raised unexpectedly high



507 OFFENCES LEADING TO FREE-HIT

- 507 OFFENCES LEADING TO A FREE-HIT
- 4 Field player uses any part of stick, foot or lower leg, to play or try to play the ball above knee level
 - Stopping the ball with a thigh is allowed, unless considered dangerous
- 5 Field player places stick, foot or leg between the opponent's legs or feet
- 6 Player (with or without the ball) forces or pushes opponent in any way other than shoulder to shoulder



507 OFFENCES LEADING TO FREE-HIT

● 507 OFFENCES LEADING TO A FREE-HIT

- 7 Player (with or without ball) moves backwards into an opponent, or prevents opponent from moving in the direction intended
 - Also, if the attacking team prevents or obstructs the formation of a defense line at a free-hit awarded within 3.5 m of the goalkeeper's area
- *Interpretation:*
 - If the legs of a field player are outside the goalkeeper's area, but body, for example **backside, prevents goalkeeper from moving in the area**, the free-hit can be given from interference. The field player is not standing in the goalkeeper's area.

507 OFFENCES LEADING TO FREE-HIT

- 507 OFFENCES LEADING TO A FREE-HIT
- 8 Field player is in the goalkeeper area
 - Field players are allowed to pass through the goalkeeper area if play is not affected and they don't hinder goalkeeper
 - If defender is in the goalkeeper area during attacking teams free-hit → Penalty shot
 - Lines belong to the goalkeeper area
 - Field players can have stick in the goalkeepers area
- 9 Field player intentionally moves the opposing team's goal cage



507 OFFENCES LEADING TO FREE-HIT

● 507 OFFENCES LEADING TO A FREE-HIT

- 10 Field player passively obstructs the goalkeeper's throw-out
 - Field player is inside the goal crease or less than 3 m away from where the goalkeeper catches the ball
 - Unintentionally or through omission to move
- 11 Field player jumps up and stops the ball
- *Interpretations:*

As jumping is considered to be when both feet entirely leave the floor. Running is not considered as jumping. A player is allowed to jump over the ball as well as play, touch and stop the ball below knee level. As knee level is considered the level of the knees when standing upright.

507 OFFENCES LEADING TO A FREE-HIT

- 12 Field player plays the ball from outside the rink
 - During substitution → too many players on the rink
 - From substitution zone, not in the process of substitution → sabotage of play
- 13 Goalkeeper entirely leaves the goal crease
 - during a throw-out
 - Applies also if goalkeeper catches the ball inside the goal crease and his entire body then slides outside the goal crease
- 14 Goalkeeper throws or kicks the ball over the centre line



507 OFFENCES LEADING TO FREE-HIT

- 507 OFFENCES LEADING TO A FREE-HIT
- 15 Face-off, hit-in or a free-hit is incorrectly performed or intentionally delayed
 - Also if the non-offending team takes the ball away when the play is interrupted, the ball is dragged, flicked, or lifted on the stick and if any player is delaying the face-off
 - If taken from the wrong place or when the ball is not entirely still, it may be taken again
- 16 Goalkeeper has the ball under control for more than 3 seconds



Interpretations:

GOALKEEPER HOLDS BALL TOO LONG

507 OFFENCES LEADING TO A FREE HIT

16 Goalkeeper has the ball under control for more than 3 seconds

Interpretations:

- Having the ball under control is considered when goalkeeper has the ball **in hand** or **intentionally poses** so that the opposing team cannot play the ball within the rules
- **If the ball is not under goalkeeper's control and instead the goalkeeper has left the ball lying on the floor**, the goalkeeper can capture it after more than three seconds

507 OFFENCES LEADING TO FREE-HIT

- 507 OFFENCES LEADING TO A FREE-HIT
- 17 Goalkeeper receives an intentional pass from a field player in the same team
 - Receiving implies that the goalkeeper touches the ball with either **his hands or arms**, also even after the goalkeeper has possibly touched or stopped the ball with any other part of his body
 - Goalkeeper may receive a pass from a player in the same team if the goalkeeper is **completely outside his goal crease** while receiving the pass (= "field player")
 - Pass to the goalkeeper is not considered a goal situation → can not result in a penalty shot



Interpretations:

GOALKEEPER AND RECEIVING PASSES

507 OFFENCES LEADING TO A FREE HIT

17 Goalkeeper receives a pass from a field player in the same team

Interpretations:

- Examples of intentional passes (prohibited):
 - » Player of the defending team leaves intentionally the ball near the goalkeeper (behind the goal, next to the goal crease)
 - » Goalkeeper takes the ball from the defending team players blade (as the player runs near the goal crease)
 - » Goalkeeper blocks a pass between two defending team players and catches the ball (pass through goal crease)
 - » Player of the defending team passes the ball to goalkeeper by bouncing it from the board
 - » Player of the defending team directs the ball to goalkeeper with some part of his body

Interpretations: **GOALKEEPER AND RECEIVING PASSES**



507 OFFENCES LEADING TO A FREE HIT

17 Goalkeeper receives a pass from a field player in the same team

Interpretations:

- Examples of unintentional passes (allowed):
 - » The ball bounces from the defending team's player to the goalkeeper
 - » Goalkeeper catches the ball between the defender and forward when they reach for the ball (defender controls the ball)
 - » On the face-off situation (excluding the "fair play" face-off) it is not intentional to pass to the goalkeeper

Note! When ball **bounces**, it is not intentional...

507 OFFENCES LEADING TO A FREE-HIT

● 507 OFFENCES LEADING TO A FREE-HIT

- 18 Penalty is imposed for an offence committed in connection with play
- 19 When a player is guilty of passive play
 - Field player poses himself against board / goal cage in order to hinder the opponent from reaching the ball
 - If possible, notify before sanctioning
- 20 When a team is playing in a systematically of passive way

This includes when a team plays in a systematically passive way behind the own goal cage. The team should, if possible, be made aware of this before any actions are taken.

507 OFFENCES LEADING TO A FREE-HIT

- 507 OFFENCES LEADING TO A FREE-HIT
- 21 When a field player plays the ball with the head
 - Playing the ball with the head has to be active playing, not when the ball is played to the player's head



507 OFFENCES LEADING TO A FREE-HIT

- 507 OFFENCES LEADING TO A FREE-HIT
- 22 When a delayed penalty is carried out because the offending team plays or takes control of the ball.
- The free-hit shall be taken at the nearest face-off dot, according to where the ball was at the interruption.

508 PENALTY SHOT

- 508 PENALTY SHOT
- 1 When an offence leading to a penalty shot is committed
- 2 Shall be taken from the centre spot



508 PENALTY SHOT

- 3 All players except the player taking the penalty shot and the defending goalkeeper shall be in their substitution zones
 - In case of a dispute the goalkeeper shall enter the rink first. Goalkeeper can not be replaced with a field player
 - If the goalkeeper commits an offence
 - new penalty shot shall be awarded and prescribed penalty carried out
 - If another player in the offending team commits an offence
 - new penalty shot shall be awarded and the offence considered sabotage of play



Interpretations:

508 PENALTY SHOT

508 PENALTY SHOT

- 3 All players except the player taking the penalty shot and the defending goalkeeper shall be in their substitution zones

Interpretations:

- If there is disagreement which team shall put their player to the field first, the **goalkeeper shall go to the field first**
- The penalty shot **starts** when the referee has **whistled the start** and ends when the referee **whistles next time**
- The referees can penalize the goalkeeper and player taking the penalty shot with all penalties. For the **other players** and **officials**, the referees can only use penalty 615/6 **Sabotage of play**.
- Applauding is not considered to be a sabotage of play

508 PENALTY SHOT

- 508 PENALTY SHOT
- The player taking the penalty shot may play the ball an unlimited number of times and shall follow a continuous movement towards the goal cage.
- *Continuous implies that the player and the ball are not allowed to come to a full stop or change direction away from the goal cage simultaneously. As soon as the goalkeeper has touched the ball or the ball has touched the front face of the goal cage, the player must not touch the ball again during the penalty shot. If the ball hits the front face of the goal then the goalkeeper, and without passing the imaginary extended goal line passes the goal line from the front, the goal shall be allowed. Game time shall be stopped during the entire penalty shot.*



Interpretations:

508 PENALTY SHOT

508 PENALTY SHOT

- In a penalty shot the player is allowed to play the ball unlimited times and the most important thing is that either the player or the ball are on the continuous move towards the goal. If both the player and the ball are fully stopped simultaneously or are moving to opposite direction of the goal, the penalty shot will be disallowed.
- Sideways movement, which is at the same time movement away from the center line, can't be considered stopping or going backwards.
- If the ball crosses the imaginary extension of the goal line the penalty shot is over.

Penalty shot

- The Execution of a penalty shot
- Player starts with a ball at centre line with a stick
- Goalkeeper starts at goalkeepers area
- All other players are in their substitution zone (or penalty bench)
- Either the player or the ball has to be in forward movement-continuous movement
- After the goalkeeper has touched the ball, the player may not touch the ball

Penalty shot

When a penalty shot?

- a goal situation is interrupted or prevented from occurring by an offence
- a field player of the defending team is in the goalkeeper area at a free-hit that is shot towards the goal
- a player moves his own goal intentionally during a goal situation
- a team intentionally plays with too many players during a goal situation

509 DELAYED PENALTY SHOT

- 509 DELAYED PENALTY SHOT

- 1 When the non-offending team still controls the ball after an offence leading to a penalty shot, and the goal situation is still in progress
 - delayed penalty shot may be caused by an offence leading to a penalty even if a delayed penalty is already in progress

509 DELAYED PENALTY SHOT

● 509 DELAYED PENALTY SHOT

- 2 Delayed penalty shot implies that the non-offending team is given the possibility to continue the attack until the immediate goal situation is over
 - delayed penalty shot shall still be carried out after the end of a period or a match
 - If the non-offending team scores correctly during a delayed penalty shot, the goal shall be allowed and the penalty shot cancelled

510 OFFENCES LEADING TO A PENALTY SHOT

● 510 OFFENCES LEADING TO A PENALTY SHOT

- 1 When a goal situation is interrupted, or prevented from occurring, because the defending team has committed an offence leading to a free-hit or a penalty
 - Also penalty shot is always awarded if the defending team:
 - intentionally **moves the goal cage** during a goal situation
 - intentionally plays with **too many players on the rink** during a goal situation
 - has a field player **in the goalkeeper area, in the goal cage** or, if the **goal cage has been moved** from the area where the goal cage normally stands, when a **free-hit for the opposing team is hit directly at the goal**

6 PENALTIES

- 601 GENERAL REGULATIONS FOR PENALTIES
- 1 When an offence leading to a penalty is committed, the offender shall be penalized
 - **Team captain shall choose** a field player, who is not already penalized, to serve the penalty
 - if the referees are unable to point out the offender
 - if the offence is committed by a member of the team staff
 - Referees shall choose the player
 - if the team captain refuses to do the above mentioned
 - if the team captain is penalized



601 GENERAL REGULATIONS FOR PENALTIES

- 1 continues...
 - If the penalty is caused by an offence in connection with play, the non-offending team shall be awarded a free-hit
 - If the penalty is caused by an offence not in connection with play, play shall be resumed with a face-off
 - If the penalty is caused by an offence committed during an interruption, play shall be resumed according to what caused the interruption



Interpretations:

601 GENERAL REGULATIONS FOR PENALTIES

601 GENERAL REGULATIONS FOR PENALTIES

- 1 . . . If the penalty is caused by an offence not in connection with play, play shall be resumed with a face-off

Interpretations:

- **Offences made outside the rink**, for example from the substitution zone, are considered to be offences **not in connection with play**
- Offences concerning the **number of players** in the rink or **incorrect substitution** are considered to be offences not in connection with play
 - » However, if goal is prevented with these offences, the non-offending team may be awarded with a penalty shot

601 GENERAL REGULATIONS FOR PENALTIES

- 601 GENERAL REGULATIONS FOR PENALTIES
- 2 Penalized player shall be on the penalty bench during the entire penalty
 - player, whose penalty expires, shall immediately leave the penalty bench
 - Unless the number of penalties for his team makes this impossible or the penalty expiring is a personal penalty
 - All penalties terminate when the match is over
 - Penalties shall continue during extra time
 - Penalized player may leave the penalty bench during an intermission

601 GENERAL REGULATIONS FOR PENALTIES

- 2 Continues...
 - Can not participate to the time-out or to the intermission between regular time and extra time
 - Goalkeeper, whose penalty expires, shall not leave the penalty bench until the next interruption
 - Injured penalized player may be replaced with another field player who is not already penalized
 - If the secretariat is responsible for a player leaving the penalty bench too soon and the mistake is noticed during regular penalty time, the player shall go back to the penalty bench (no addition to the penalty time)

Interpretations:

601 GENERAL REGULATIONS FOR PENALTIES

- 2 ...A penalized player who is injured may be replaced on the penalty bench by a field player who is not already penalized. Both players shall be noted in the match record with the number of the player actually serving the penalty in brackets...

Interpretations:

- The player in brackets shall be marked to the **same square** in the match record as the injured player
- There must be a **replacer also for the possible personal 10 minute penalty**

Interpretations:

601 GENERAL REGULATIONS FOR PENALTIES

2 *continues...*

- **Injured player, who is replaced due to injury, can not enter the rink until the player, who has replaced the injured player has been released from the penalty bench**
 - » Including situations where the replacer can not enter the field before the next interruption because of teams' multiple penalties or personal penalty
- **If injured player recovers during the penalty, he may go to the penalty bench during an interruption, but only with the permission from the referees**
 - » In this case the replacer is released from the penalty bench

601 GENERAL REGULATIONS FOR PENALTIES

● 601 GENERAL REGULATIONS FOR PENALTIES

● 3 Penalties for goalkeeper

● One or several **minor** bench penalties

- The team captain shall choose a field player, who is not already penalized, to serve the penalty

● **Major** penalty or personal penalty

- Goalkeeper shall serve the penalty personally

● One or several minor bench penalties **while serving penalties** or in connection with major/personal penalty

- Goalkeeper shall serve the penalty personally

601 GENERAL REGULATIONS FOR PENALTIES

- 3 Continues...
 - Only the penalized player shall be noted in the match record
 - If goalkeeper serves penalty and no reserve goalkeeper
 - Max 3 minutes time to properly equip a field player
 - None of this time shall be used for a warm-up
 - When the penalty expires, the goalkeeper **must not enter the rink until play is interrupted**
 - Team captain shall choose a field player, who is not already penalized, to accompany the goalkeeper on the penalty bench in order to enter the rink when the penalty expires
 - The referees shall together with the secretariat help a goalkeeper, whose penalty has expired during play, to leave the penalty bench as soon as play is interrupted

601 GENERAL REGULATIONS FOR PENALTIES

- 601 GENERAL REGULATIONS FOR PENALTIES
- 4 **Penalty time shall be synchronized to game time**

6 Penalties

Bench penalties

- Minor bench penalty (2 min)
- Major bench penalty (2 min + 2 min)

Personal penalties

- 10 minute personal penalty *
- Match penalty and a technical Match penalty

** A 10 minute personal penalty will be accompanied by a minor bench penalty*

*** A match penalty will be accompanied by a major bench penalty*

remark: A 10 minute personal penalty is a less severe penalty than a major minute bench penalty

Bench penalties

Minor bench penalty

- part of the game
- hyper motivated player
- taking away a big advantage on purpose
- uncontrolled
- no foreseen, intentional chance for injury
- careless

Bench penalties

Major bench penalty

- doesn't belong to the game
- intentionally too rough
- not justifiable
- foreseen, intentional chance for injury
- reckless

During a bench penalty, the penalized team plays with one player less

602 DELAYED PENALTY

● 602 DELAYED PENALTY

- 1 All types of bench penalties, including match penalties, may be delayed
 - A delayed penalty shall be applied when the non-offending team still controls the ball after an offence leading to a penalty
 - Only **one penalty at a time** can be delayed unless a **goal situation is in progress**
- *Interpretation:*
 - Delayed penalty can **not favor the offending team**
 - for example the last seconds of the period or the match



602 DELAYED PENALTY

- 602 DELAYED PENALTY
- 2 Non-offending team is given the possibility to continue the attack until the offending team gains and controls the ball or play is interrupted
 - Non-offending team can replace the goalkeeper with a field player
 - Non-offending team must use a delayed penalty for constructive attacking play
 - If the referees consider the team only to be trying to waste time, the players shall be notified
 - If the team still does not try to attack, play shall be interrupted, the delayed penalty carried out and play resumed with a free hit

602 DELAYED PENALTY

- 2 Continuation...
 - A delayed penalty shall still be carried out after the end of a period or a match
 - If the delayed penalty is carried out because the offending team gains the ball, play shall be resumed with a face-off
 - Goal for non-offending team during a delayed penalty
 - the goal shall be allowed and the delayed minor bench penalty last imposed on the team shall not be carried out. No other penalties shall be affected.
 - Goal for offending team during a delayed penalty
 - the goal shall be disallowed and play resumed with a face-off
 - Own goal for non-offending team shall be allowed

603 BENCH PENALTY

● 602 BENCH PENALTY

- 1 The duration of a bench penalty is 2 minutes
- 2 A bench penalty shall affect the team, and due to this the penalized player must not be replaced in the rink during the penalty

603 BENCH PENALTY

● 603 BENCH PENALTY

- 3 No more than one bench penalty per player and two bench penalties per team may be measured simultaneously
 - Shall be measured in the **order** they are imposed
 - If more than one penalty is imposed simultaneously on a team already having a bench penalty
 - Team captain decides which of the new penalties shall be measured first
 - Shorter ones always before longer ones

603 BENCH PENALTY

● 603 BENCH PENALTY

- 4 A team, which has more than two players with carried out bench penalties, shall still have the right to play with four players on the rink
 - The team shall play with four players on the rink until they have only one bench penalty being measured
 - Player, whose bench penalty expires before this
 - shall remain on the penalty bench until play is interrupted
 - **referees** and **secretariat** shall **help** the player to leave the penalty bench as soon as play is interrupted

603 BENCH PENALTY

- 5 If a player, who is already penalized, commits further offences leading to a penalty, the player shall serve all penalties consecutively
 - Unless the team has other bench penalties (measuring not started) which have been imposed in between the first player's bench penalties
 - If a player has incurred a personal penalty, all his **bench penalties** have to **expire** or terminate before the measuring of the **personal penalty** may be **started**

603 BENCH PENALTY

● 603 BENCH PENALTY

- 6 If the opposing team scores during a bench penalty that is being measured, the penalty shall terminate
 - **Unless** the opposing team is outnumbered on the rink or the teams play with equal strength
 - **Unless** the goal is scored either during a delayed penalty or from a penalty shot or a delayed penalty shot.
- 7 If a team has more than one minor bench penalties, these shall terminate in the same order they have been carried out.

604 Minor bench penalty

- 1 Minor bench penalty consists of one bench penalty served by the player committing the offence

605 OFFENCES LEADING TO A MINOR BENCH PENALTY

605 OFFENCES LEADING TO A MINOR BENCH PENALTY

1 Player hits, blocks, lifts, kicks the opponent's stick or hit's opponent's body in order to gain a considerable advantage, or with no possibility of reaching the ball

2 Player holds an opponent or opponent's stick to gain a considerable advantage, or with no possibility of reaching the ball

3 Field player plays the ball above waist level with any part of his stick, foot or lower leg

4 Player is guilty of careless play with the stick

This includes uncontrolled forward or backward swing of the stick, and raising the stick above an opponent's head

605 OFFENCES LEADING TO A MINOR BENCH PENALTY

5 Player forces or pushes an opponent against the board or the goal cage

Interpretation:

Pushing in the **mid field** can only be awarded with a free-hit

6 When a player is guilty of careless physical play

This includes when a player tackles, trips or obstructs an opponent in a careless manner.

7 Team captain requests control of the hook or control of the shaft/blade combination and the controlled equipment is correct

The team captain will serve the penalty

8 Field player participates in play without a stick

605 OFFENCES LEADING TO A MINOR BENCH PENALTY

- 9 When a field player in the rink fetches a stick from another place than the team's own substitution zone
- 10 Player intentionally moves to obstruct an opponent, who is not in control of the ball
If a player who is trying to move into a better position backs into an opponent, or prevents an opponent from moving in the direction intended, only a free-hit shall be awarded



605 OFFENCES LEADING TO A MINOR BENCH PENALTY

- 11 Field player actively obstructs the goalkeeper's throw-out
Offence only if the field player is inside the goal crease or closer to the goalkeeper than 3 m, measured from where the goalkeeper gains control of the ball.
Actively implies following the goalkeeper sideways or trying to reach the ball with the stick
- 12 Player violates the 3 m rule at a hit-in or a free-hit
Stick included

605 OFFENCES LEADING TO A MINOR BENCH PENALTY

13 When a field player, considering to gain considerable advantage, lies or sits down and stops or plays the ball or in another way affects the situation

Including stopping or playing the ball with both knees or one hand on the floor, stick holding hand excluded

14 Field player stops or plays the ball with his hand or arm

15 When an incorrect substitution takes place

Player leaving the rink has to be passing over the board before a new player may enter

If case is close, shall be used only if affects play

Also if player changes outside substitution zone when play is interrupted



605 OFFENCES LEADING TO A MINOR BENCH PENALTY

16 Team plays with **too many players** on the rink

17 If a **penalized player**:

leaves the penalty bench (without entering the rink) before his penalty expires

refuses to leave the penalty bench when his penalty expires

enters the rink during an interruption in the game, before his penalty expires

If penalized player steps into rink while play is on, it is sabotage of play

605 OFFENCES LEADING TO A MINOR BENCH PENALTY

18 Team systematically disrupts play by committing repeated offences leading to a free-hit

This also includes when a team commits a number of minor offences during a short time

The player committing the last offence shall serve the penalty and penalized according to that offence

During a delayed penalty shot each offence committed by the offending team and leading to a free-hit shall be penalized as repeated offences.

Offences leading to penalties shall be penalized according to the offence. All penalties shall be served by the players having committed these.

605 OFFENCES LEADING TO A MINOR BENCH PENALTY

- 19 When a player or a member of the team staff intentionally delays play
- Player or the member of the team staff of the offending team is striking or taking the ball away when play is interrupted
 - Intentionally blocking the ball against the board or a goal
 - Intentionally damaging the ball
- 20 When a team systematically delays play
- Team captain shall, if possible, be notified before any action is taken
 - Team captain shall choose a field player, who is not already penalized, to serve the penalty
 - This also applies when a player of the defending team intentionally moves the goal or the team is late from the intermission.

605 OFFENCES LEADING TO A MINOR BENCH PENALTY

21 When a player or a member of the team staff is protesting or when coaching is performed in a disturbing/otherwise incorrect way

Also when the team captain constantly and without reason questions the referees' decisions

Also if a member of the team staff enters the rink without the referees' permission



22 Goalkeeper, despite summons from the referees, omits to put the goal cage back into position

605 OFFENCES LEADING TO A MINOR BENCH PENALTY

23 Player, despite summons from the referees, omits to correct his personal equipment

24 When a player, despite summons from the referee, omits to pick up their broken stick from the rink

The player who broke their stick is responsible for picking it up at the next interruption.

However, anyone taking part in the game is allowed to remove it from the rink in a safe and controlled manner even during play.

605 OFFENCES LEADING TO A MINOR BENCH PENALTY

25 Player uses incorrect clothing

All other instances of incorrect clothing such as team captain's armlet or missing chest figures shall be reported to the administrating authority. The referee shall, if possible, notify the player before any action is taken

Offences concerning clothing shall only lead to one penalty per team per match

All other instances of incorrect equipment shall be reported to the administrating authority

26 Goalkeeper participates in play improperly equipped

If the goalkeeper unintentionally loses his face mask, play shall be interrupted and resumed with a face-off

606 MAJOR BENCH PENALTY

● 606 MAJOR BENCH PENALTY

Major penalty is 2+2 minutes

- 1 A major bench penalty consists of two bench penalties served consecutively by the player committing the offence. If a major bench penalty is imposed in connection with a penalty shot or a delayed penalty shot, the rules concerning penalties in connection with a penalty shot shall also be applied.



607 OFFENCES LEADING TO A MAJOR BENCH PENALTY

607 OFFENCES LEADING TO A MAJOR BENCH PENALTY

- 1 When a field player is guilty of reckless play with the stick
- 2 When a field player uses their stick to hook an opponent's body
- 3 When a field player throws their stick or other equipment on the rink to hit or try to hit the ball
- 4 When a field player is guilty of reckless physical play
This includes when a player tackles, throws or trips an opponent against the board or the goal cage, or otherwise attacks an opponent recklessly.

608 PERSONAL PENALTY

608 PERSONAL PENALTY

- 1 Personal penalty can only be imposed in connection with a bench penalty. Shall not be measured until the bench penalty expires or terminates
- 2 Personal penalty shall only affect the player so he may be replaced on the rink during the penalty
Team captain shall choose a player, who is not already penalized to serve the bench penalty
When the personal penalty expires, the player must **not enter the rink until play is interrupted**

608 PERSONAL PENALTY

3 A player or a member of the team staff incurring a technical match penalty, or a match penalty shall immediately go to the dressing room and must not take any further part in the match

The organiser is responsible for ensuring that the offender goes to the dressing room and does not return to the spectators' stand or the rink during the remaining time of the match, possible extra time and penalty shots included.

Offences committed before or after the match, which normally lead to a technical match penalty or match penalty, shall be reported, but no bench penalty shall be imposed.

Personal penalties

10 minute personal penalty

- unsportsmanlike behaviour
- no risk for injury
- verbal or not directed to another person

Technical Match Penalty

- technical issues

Match Penalty

- very physical behaviour
- intentional unfair play
- extremely physical/dangerous behaviour
- abusive language

609 10 MINUTE PERSONAL PENALTY

- 609 10 MINUTE PERSONAL PENALTY
- 1 A 10-minute personal penalty can only be imposed in connection with a minor bench penalty
- 2 If the opposing team scores during a 10-minute personal penalty, the penalty shall not terminate

610 OFFENCES LEADING TO 10-MINUTE PERSONAL PENALTY

610 OFFENCES LEADING TO A MINOR BENCH PENALTY + 10 MINUTE PERSONAL PENALTY

- 1 Player or a member of the team staff is guilty of unsportsmanlike behavior

Behaving in an **insulting** or **unfair** way towards referees, players, team staff, officials or spectators

Any simulating action intended to **deceive** the referees

Intentionally **kicking, upsetting or hitting** the board or the goal cage

Throwing the stick or any other equipment, even **during an interruption**, or in the **substitution zone**

Interpretations:

610 OFFENCES LEADING TO MINOR+10 MIN PENALTY

610 OFFENCES LEADING TO A MINOR BENCH PENALTY + 10 MINUTE PERSONAL PENALTY

- 1 Player or a member of the team staff is guilty of unsportsmanlike behavior

Interpretations:

- If the goalkeeper **throws the ball (not violently) intentionally towards a player in the opposing team** in order to get the other player penalized, the goalkeeper shall be penalized according to this rule
- If a player or an official **kicks the board outside the field** (the board stays up) and the board touches the ball, the person kicking shall be penalized according to this rule

Interpretations:

610 OFFENCES LEADING TO A MINOR+10 MIN PENALTY

610 OFFENCES LEADING TO A MINOR BENCH PENALTY + 10 MINUTE PERSONAL PENALTY

- 1 ...Throwing the stick or any other equipment, even during an interruption, or in the substitution zone...

Interpretations:

- If the player, according to referee's opinion, throws his stick in a **controlled way**, without a risk of injury, **the player shall first be notified strictly**, if possible.
- If the player throws his stick without control or causes a dangerous situation, the player shall be penalized

610 OFFENCES LEADING TO 10-MINUTE PERSONAL PENALTY

610 OFFENCES LEADING TO A MINOR BENCH PENALTY + 10 MINUTE PERSONAL PENALTY

- 2 When a player is guilty of simulating with the intention of deceiving the referees.

This includes when a player is exaggerating or embellishing a fall, a hit or any other attack. Simulating to have been exposed to an offence or feigning an injury. A player committing an offence could still be penalised even if a player is guilty of simulating in the same situation.

The administrating authority may decide to further punish simulating afterwards regardless of the action taken by the referees during the game

611 TECHNICAL MATCH PENALTY

- 1 A technical match penalty can only be imposed in connection with a major bench penalty.
- 2 Technical match penalty shall lead to suspension for the rest of the match and shall not lead to any further punishment for the player or member of the team staff.

612 OFFENCES LEADING TO A TECHNICAL MATCH PENALTY

- 1 When a field player uses a non-approved stick, a stick consisting of a blade and a shaft of two different brands or a stick with a hook which is too wide. When a goalkeeper uses an incorrect face mask.

A stick without approval mark is always considered to be non-approved.

- 2 When a player or a member of the team staff, not noted in the match record, participates in the match. (no offence sign)

613 MATCH PENALTY

- 1 A match penalty can only be imposed in connection with a major bench penalty.
- 2 Match penalty shall lead to suspension for the rest of the match and from the following match in the same competition and possible further punishment according to the conditions and routines set by the administrating authority.

614 OFFENCES LEADING TO A MATCH PENALTY

1 When a player is guilty of continued or repeated unsportsman-like behaviour. (925)

The match penalty replaces the second 10-minute personal penalty as well as the minor bench penalty imposed in connection with it but shall still be followed by a major bench penalty. Continued implies in the same sequence and repeated for the second time in the same match.

2 When a player breaks a stick or other equipment in a reckless or violent way. (925)

614 OFFENCES LEADING TO A MATCH PENALTY

- 3 When a player is guilty of violent physical play. (909)
This includes when a player in a violent way tackles, throws or trips an opponent against the board or the goal cage, or otherwise attacks an opponent violently.
- 4 When a player or a member of the team staff participates in a scuffle.
(909)
A scuffle implies a milder form of a fight, without punches or kicks, where the players involved respect attempts to separate them.

614 OFFENCES LEADING TO A MATCH PENALTY

5 When a player commits an offence leading to a major bench penalty, for the second time in the same match. (no offence sign)

The match penalty replaces the second major bench penalty but shall still be followed by a major bench penalty.

6 When a member of the team staff, is guilty of continued unsportsmanlike behaviour. (925)

The match penalty replaces the second 10-minute personal penalty as well as the minor bench penalty imposed in connection with it, but shall still be followed by a major bench penalty

7 When a player, whose equipment is about to be controlled, tries to correct or exchange the equipment before the control of the equipment. (925)

614 OFFENCES LEADING TO A MATCH PENALTY

8 When a player or a member of the team staff commits an offence clearly intending to sabotage play.

This includes when:

A penalised player intentionally enters the rink during play before their penalty expires or terminates. If the rink is entered during an interruption in play a minor bench penalty shall be imposed. If the secretariat is responsible for a player being admitted to the rink too soon, and the mistake is noticed during regular penalty time, the player shall resume their position on the penalty bench.

There shall not be any additional penalty time and the player shall return to the rink when their regular penalty time expires. If the mistake is noticed after the regular penalty time has expired, no action shall be taken. An injured player, who has been replaced on the penalty bench, participates in play before their penalty time has expired. If a player, whose penalty has expired, enters the rink despite the numeric situation it can, depending on its cause, be considered to be 'playing with too many players'.

614 OFFENCES LEADING TO A MATCH PENALTY

8 continue...

Offences are committed by either team from the substitution zone or penalty bench during a penalty shot. Equipment is thrown from the substitution zone during play. A player, not in the process of changing, takes part or tries to take part in play from the substitution zone. This includes also if player or team staff intentionally kicks the board outside of the rink so that play is affected.

A player participates as a field player after having participated as a goalkeeper in the same game. A team intentionally has too many players on the rink.

A team intentionally has too many players on the rink.

614 OFFENCES LEADING TO A MATCH PENALTY

- 9 When a field player continues to use a defective stick or uses a strengthened or lengthened shaft. (no offence sign)
- 10 When a player or a member of the team staff leaves the substitution bench or the penalty bench to engage in an altercation.
- Engaging implies when a player or a member of the team staff physically or verbally engages in an altercation with an opponent or approaches the referees during the altercation
- 11 When a player or a member of the team staff is involved in a fight. (909)
- A player is considered to be involved in a fight when punching or kicking.

614 OFFENCES LEADING TO A MATCH PENALTY

12 When a player or a member of the team staff commits or tries to commit a brutal offence. (909)

This also includes throwing a stick or other equipment at an opponent.

13 When a player or a member of the team staff is guilty of rude misconduct. (925)

Rude misconduct implies grossly insulting referees, players, team staff, officials or spectators.

14 When a player or a member of the team staff is guilty of threatening conduct.

Threatening conduct implies a deliberate impact on the physical integrity of a person without necessarily causing physical injury. This includes verbal threats, spitting at a player, physically con-fronting a referee or an official etc.

701 ALLOWED GOALS

1 A goal shall be considered allowed when it has been correctly scored and confirmed with a face-off at the centre spot. All allowed goals shall be noted in the match record with the time and the numbers of the scoring and assisting players. An assisting player is considered a player of the same team directly involved in the scoring. Only one assist per goal shall be noted. A goal scored during extra time or from a penalty shot after a period or a match has ended shall not be confirmed with a face-off but shall be considered allowed when both referees have pointed at the centre spot and the goal has been noted in the match record.

2 An allowed goal must not be disallowed after the face-off is made. If the referees are certain that an allowed goal is incorrect, this shall be reported.



702 CORRECTLY SCORED GOALS

1 When the entire ball passes the goal line from the front, having been played in a correct way with a field player's stick, and no offence leading to a free-hit or a penalty has been committed by the attacking team in connection with, or immediately before, the goal.

This includes:

When the goal cage is out of position and the ball passes the goal line from the front between the marks for the posts and below the imaginary position of the bar.

When an own goal is scored. A goal is considered an own goal when a player actively with the stick or body plays or directs a ball clearly moving away from the goal line into the own goal. If the non-offending team scores an own goal during a delayed penalty, the goal shall be allowed. An own goal shall be noted as OG.

702 CORRECTLY SCORED GOALS

2 When the entire ball passes the goal line from the front after a player in the defending team has directed the ball with their stick or body, or a player in the attacking team has unintentionally directed the ball with their body, and no offence leading to a free-hit or a penalty has been committed by the attacking team in connection with, or immediately before the goal.

If a player has scored with an incorrect stick and the mistake is noticed only after the ball has passed the goal line, the goal shall be allowed.

3 When a player who is not noted in the match record is involved in the scoring of a goal. Involved implies scoring or assisting.

703 INCORRECTLY SCORED GOALS

1 Then a player in the attacking team has committed an offence leading to a free-hit or a penalty in connection with, or immediately before, the goal. (prescribed offence sign)

This includes when a team scores with too many players or a penalised player on the rink, and when a player in the attacking team intentionally moves the goal cage out of position.

2 When a player in the attacking team intentionally kicks or directs the ball with any part of their body and the ball goes into the goal even after having touched an opponent, an opponent's equipment or a player in the attacking team.

Since this is not considered an offence, play shall be resumed with a face-off.

703 INCORRECTLY SCORED GOALS

- 3 When the ball passes the goal line during, or after, a signal.
- 4 When the ball goes into the goal cage without passing the goal line from the front.
- 5 When a goalkeeper throws or kicks the ball into the opposing team's goal even if the ball touched an opponent, an opponent's equipment or a player in the attacking team.
Since this is not considered an offence, play shall be resumed with a face-off.
- 6 When the offending team scores during a delayed penalty. The penalty shall be carried out and play resumed with a face-off.

The knowledge of the rules is the most important element in being a referee

However, the knowledge is not enough, additionally the referee shall learn to read and manage the game and interpret the rules in a correct way in different situations on the field...