

Basic Rules

The game is played like hockey. One goalie, two defensive players, and three forwards (plus substitutes) make up a team. Two girls (not including the goalie) must be on the ice at all times. The game begins with a face off at center ice. The idea is to advance the ball into the opposing team's zone and knock the ball into the goal using your stick. The clock starts at the ball drop. It continues to run, even after goals and the ball leaving the field of play. The clock only stops at half-time, and in the case of a time-out or injury. Each team has one time-out per game.

Kicking:

Players may advance the ball by kicking it. However, a player may not kick the ball into the goal or into the goalie crease. Kicking into the crease will cause the loss of one zone.

Off-Sides:

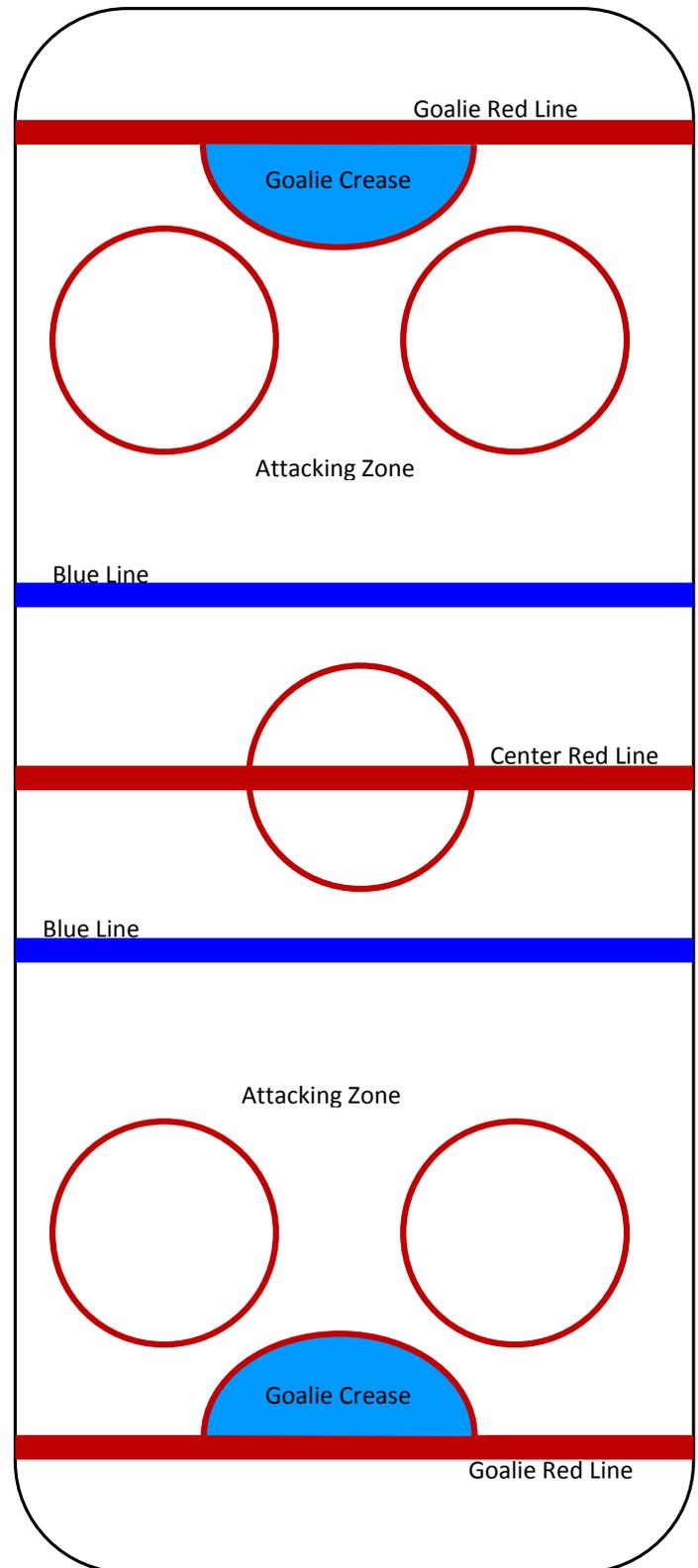
The ball must be the first thing to enter the attack zone. Players must follow thereafter. The ball is considered in the zone once it fully passes the blue line. It is not out of the zone until it goes back over the center red line. If the ball leaves the zone, all attacking players must return to behind the blue line and wait for the ball to return to the attacking zone before they may reenter.

Icing:

If a player passes a ball across the center red line and the goal red line, icing is called once a defending player other than the goalie touches the ball. If a player from the team that passed the ball touches the ball first, icing is called off. Also, if the goalie touches the ball first, icing is called off. Unlike hockey, teams on a penalty kill may not legally ice the ball. Icing will cause the ball to return to the zone it was originally passed.

Hand-Passing:

Players may not pass the ball using their hands. The only exception is while they are in their own zone. Players may bat the ball down to themselves. Goalies may hand pass behind their own goal line.



The Goalie Crease:

All players must remain outside of the goalie crease unless the ball has already passed into it. Goals scored if the player enters the crease first will be called off. If a defensive player plays the ball while in the crease, it will be called illegal goaltending, a 2-minute penalty.

Goalie Rules:

Goalies have much leeway in stopping the ball from entering the goal. They may use their stick, legs, arms, hands and the rest of their body to stop the ball. They may catch or cover the ball. After doing so, they can either pass the ball off with their hands (behind the goal only), put the ball down and hit it with their stick, or hold on to it to force a face-off.

Basic Penalties:

Minor penalties will result in the offending player serving 2 minutes of clock-time in the penalty box. Major penalties will be 5 minutes. Flagrant penalties will be 10 minutes or cause for removal from the game at the referees' discretion. A third minor penalty in the same game from the same player will count as a major. A fourth will be grounds for removal from the game. Penalties will generally be called on a delay – the penalty will be assessed when the offending team regains control of the ball. The opposing team may pull their goalie during a delayed penalty.

Tripping (2 minutes):

1. When a player leaves their feet (ie – sliding on the ice) and causes another player on the opposite team to fall down, they will be called for tripping. The opposing player must make an effort to avoid the sliding player when possible. Exceptions are made for incidental contact or if it appears both players were in the process of leaving their feet.
2. A player will be called for tripping if they cause an opposing player to fall by using their stick. Exceptions are made for incidental contact.

High Sticking (Warning, 2 minutes):

A player must keep his or her stick below the shoulders at all times. If the stick travels above the shoulders, the player will be called for high sticking. The first high stick (provided it does not contact another player) in each game will be a warning. Subsequently, it will be a 2 minute penalty.

Slashing (2 minutes):

Slashing is hitting another player or player's stick with your own stick. It is accepted to use your stick to hold down or lift up (stick check) another player's stick, but you can not come down hard on the stick.

Holding (2 minutes):

You may not use your arm, hand, stick, or other parts of the body to keep an opposing player from continuing their progress. You also may not grab opposing players or their sticks.

Checking (5 minutes):

There is no checking, boarding, cross checking, or hitting beyond incidental contact. Severe or intentional hits will be 10 minute penalties with possible removal from the game.

Delay of Game (2 minutes):

Intentionally causing the ball to leave the playing field, intentionally or recklessly sliding into the goal, and other violations meant to slow the game down or cause clock time to run off will be considered a delay of game.