

Winter Sport Rules

Floorball





The Special Olympics Canada (SOC) Official Sports Rules shall govern all SOC Floorball competitions.

As an national sports program, SOC has created these rules based upon International Floorball Federation (IFF) rules for floorball found at <https://www.floorball.org>, Floorball Canada, and SOI rules of play. SOI or IFF rules shall be employed except when they are in conflict with the SOC Official Sports Rules for Floorball or Article I. In such cases, the following SOC official rule shall apply.

Refer to Article 1, <https://resources.specialolympics.org/sports-essentials/sports-and-coaching/sport-rules/article/12?loc=place> for more information pertaining to Codes of Conduct, Training Standards, Medical and Safety Requirements, Divisioning, Awards, Criteria for Advancement to Higher Levels of Competition, and Unified Sports.

The Floorball Rules have been broken into the following sections:

Section A – Official Events

Section B – Divisioning

Section C – Rules for 4V4 Team Competition

Section D – General Rules for All Team Competition

SECTION A

Official Events

The range of events is intended to offer competition opportunities for athletes of all abilities. Programs may determine the events offered and, if required, guidelines for the management of those events. Coaches are responsible for providing training and event selection appropriate to each athlete's skill and interest.

The following is a list of official events available in Special Olympics:

- 4 v 4 Team Competition

Please note – other official events can be offered locally should the host choose to do so. Rules and regulations for additional events can be found at <https://resources.specialolympics.org/sports-essentials/sports-and-coaching>

SECTION B

Divisioning

B.1 Classification Rounds

- I. In the classification rounds, teams will play a minimum of two evaluation games of at least five minutes (4 v 4) . All field players must play in all divisioning games.

B.2 Goalkeepers

- I. The Divisioning Committee shall ensure that all goalkeepers are adequately assessed. All identified goal keepers must play in all divisioning games



SECTION C

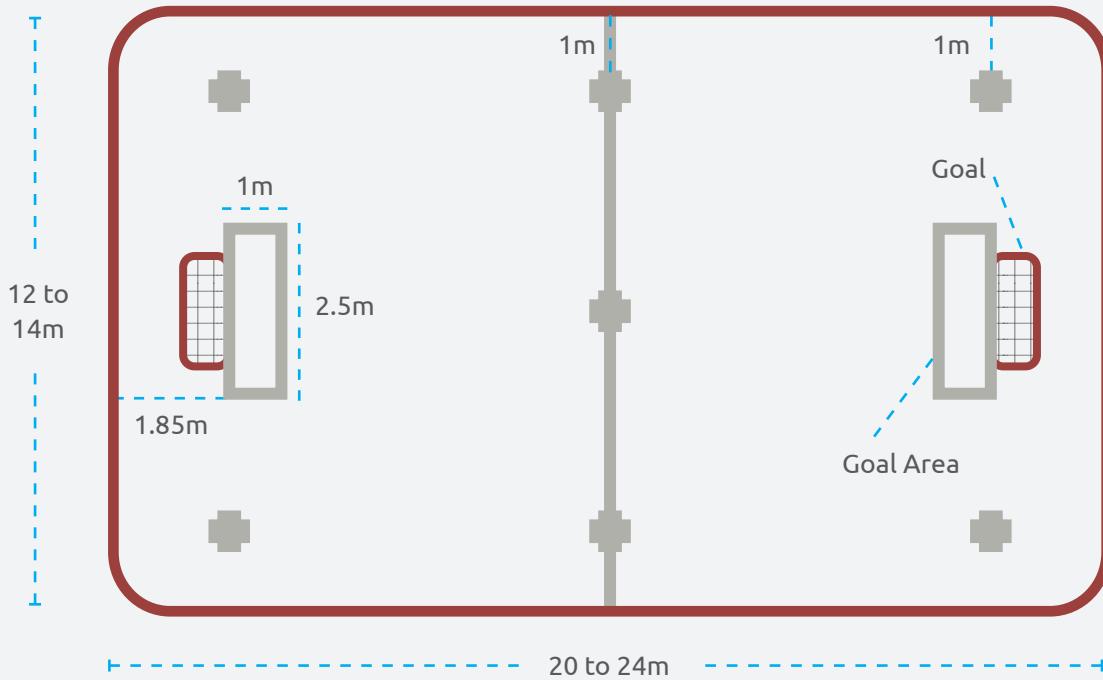
Rules for 4 V 4 Team Competition

C.1 The Rink

C.1.1 Dimensions of the rink

- I. The rink shall be a minimum of 20 meters by 12 meters and a maximum of 24 meters by 14 meters and enclosed by a board with rounded corners, which is approved by the IFF and marked accordingly.
- II. The rink shall be rectangular, the measures indicating length x width.

DIAGRAM 1



C.1.2 Markings on the rink

- I. All markings shall be made with lines, four to five centimeters in width, in a clearly visible color.
- II. A center line and a center spot shall be marked. The center line shall be parallel to the short sides of the rink and divide the rink into two halves of equal size.

C.1.3 Goalkeeper areas

- I. The goalkeeper areas shall be rectangular, and the measures indicate length x width including the lines. The goalkeeper areas shall be centered in relation to the long sides of the rink.
- II. The rear lines of the goal keeper areas shall also serve as goal lines. Marks for the goal posts shall be made on the rear lines of the goalkeeper areas, so that the distance between the marks is 1.6 meters.
- III. The goal lines shall be centered in relation to the long sides of the rink. The marks for the goal posts shall be made either with interruptions in the rear lines of the goal keeper area or with short lines, perpendicular to the rear lines of the goalkeeper area.
- IV. Face-off dots shall be marked on the center line and on the imaginary extensions of the goal lines one meter from the long sides of the rink. The face-off dots shall be marked as crosses. The dots on the center line may be imaginary.

C.1.4 Goal cages

- I. Goal cages, approved by the IFF and marked accordingly, shall be placed with the posts on the prescribed marks.
- II. At SOC National Games, official IFF goal cages will be used. Competitions at all other levels may choose to use goal cages of similar sizes (ie hockey nets)
- III. The openings of the goal cages shall face the center spot.

C.1.5 Substitution zones

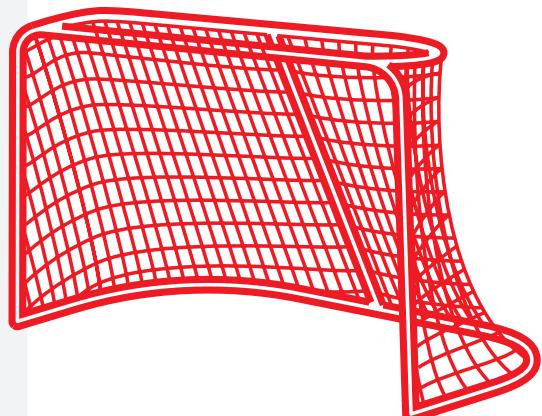
- I. The substitution zones shall be marked on both sides of the board. The width of the substitution zones must not exceed three meters, measured from the board.
- II. The players' benches shall be placed at an appropriate distance from the board and have sufficient room for all members of team not on court, including coaches.

C.1.6 Secretariat and penalty benches

- III. A secretariat with penalty benches shall be placed opposite the substitution zones, by the center line or based on best safe practice or available space in the venue.
- IV. The secretariat and the penalty benches shall be placed at an appropriate distance from the board. There shall be separate penalty benches for each team, placed on each side of the secretariat.
- V. The penalty benches shall have room for at least two persons each.
- VI. Exemption for the placing of the secretariat and the penalty benches may be given by the administrating authority.

C.1.7 Inspection of the rink

- VII. The referees shall, at an early stage before the match, inspect the rink and ensure that defects are corrected.
- VIII. All defects shall be reported. The arranging team is responsible for correcting defects and for keeping the board in a proper condition during the match. All dangerous objects shall be removed or padded.



C.3 Participants

8-10 players



4 players
on the rink



C.3.1 Team composition

- I. In competition, a minimum of 8 and maximum of 10 athletes can be on a roster (including goalies). Each team roster should include two goalies
- II. Teams with a roster size of 8 may opt to have 2 or 3 coaches. All teams with 9 or 10 players must have 3 coaches. All coaches that meet certification requirements can be on the bench during play.
- III. Players may be field players or goalkeepers. No other players than those noted in the match record are allowed to participate in the match or in their own substitution zones.
- IV. During play, at the most four players in each team, including only one goalkeeper, may be on the rink simultaneously.
- V. For the referees to start a match, each team shall have at least three field players and a properly equipped goalkeeper, or the final score shall be 3-0 to the non-offending team. During play, each team must be able to play with at least three players, or the match shall be stopped and the final score shall be 3-0 to the non-offending team, or the achieved result if this is more advantageous for the non-offending team.

C.3.2 Substitution of players

- I. Substitutions will be made 'on the fly' as described below. Local organizing committees may opt to allow substitutions only on a whistle.
- II. Substitution of players may take place at any time and an unlimited number of times during a match.
- III. All substitutions shall take place in the team's own substitution zone. A player leaving the rink has to be on their way passing over the board before a substitute may enter the rink. An injured player leaving the rink outside their own substitution zone must not be replaced until play is interrupted.

C.3.3 Particular regulations for goalkeepers

- I. All goalkeepers shall be marked in the match record.
- II. The marking shall be made with a "G" in the margin. A player marked as goalkeeper must not participate as a field player, with a stick, during the same match.
- III. The goalkeeper can at any time be substituted with a field player.
- IV. If a goalkeeper entirely leaves their goal crease during play, he shall, until he returns, be considered a field player, yet without a stick. This does not apply in connection with a throw-out. A goalkeeper is considered to have entirely left the goal crease when no part of their body touches the floor inside the goal crease. The goalkeeper is, however, allowed to jump within their own goal crease. The lines belong to the goal crease.

C.4 Equipment

C.4.1 The player's clothing

- I. All field players shall wear uniforms consisting of jerseys, athletic bottoms (shorts or pants) and knee socks. All field players in a team shall wear the exact same uniform. If the referees consider that the teams cannot be distinguished by their uniforms, the visiting team is obliged to change. The socks shall be pulled up to the knees, mutually uniform and, if decided by the administrating authority, distinguishable between the teams.
- II. All goalkeepers shall be dressed in jerseys and long trousers.
- III. All jerseys shall be numbered. The jerseys may carry any number between 1 and 99 inclusive, but 1 is not allowed for field players.

- IV. All players shall wear athletic shoes.
- V. The shoes shall be of an indoor sports model. Socks outside the shoes are not allowed. If a player loses one or both shoes during play, they may continue playing until the next interruption.



C.4.2 The referees' clothing

- I. The referees shall wear jerseys and black athletic bottoms (pants or shorts).
- II. The referees shall wear the same color combination on their uniform.

C.4.3 Particular goalkeeper's equipment

- I. The goalkeeper must not use a stick.
- II. The goalkeeper must wear a Canadian Safety Association (CSA) or International Floorball Federation (IFF) approved caged helmet. This only includes on the rink during play. All tampering with the face mask, except painting, is prohibited.
- III. The goalkeeper should wear shin pads, knee

pads, goalie pants and a protective long sleeved top.

- a. Helmet and thin gloves are allowed.
- b. All forms of adhesives or friction checking substances are prohibited.
- c. No objects must be kept on or in the goal cage.

C.4.4 Personal Safety Equipment

- I. Protective eyewear is required (sport goggles or sport glasses with straps) as are soccer-type shin pads for non-goalie players.
- II. Mouthguards are highly recommended.

C.4.5 Personal equipment

- I. A player must not wear personal equipment which may cause injury.
- II. Personal equipment includes protective and medical equipment, watches, earring, etc. The referees decide what shall be considered dangerous. All protective equipment shall, if possible, be worn underneath the clothing. With the exception of elastic headbands without knots and religious headgear, no headgear may be worn.
- III. For any player requiring the use of prescription goggles, the goggles must be IFF approved and constructed of soft material.

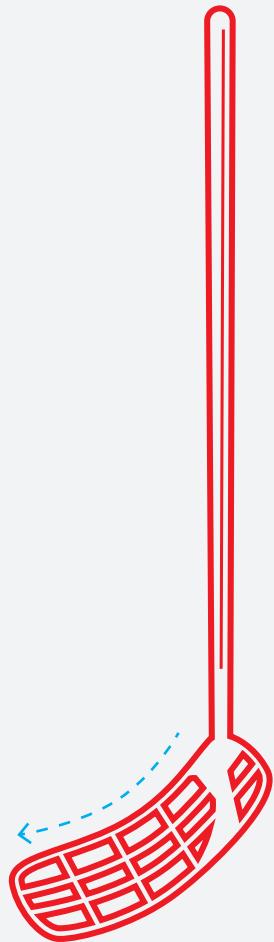


C.4.6 Ball

- I. The ball weighs 23 grams and its diameter is 72 millimeters. It has 26 holes in it; each of which is 11 millimeters in diameter and shall be approved by the IFF and marked accordingly.

C.4.7 Stick

- I. The stick shall be approved by the IFF and marked accordingly.
 - a. All tampering with the shaft, except shortening, is prohibited. The shaft may be strapped above the grip mark, but no official marks may be covered.
- II. The blade shall not be sharp and its hook shall not exceed 30 mm.
 - a. All tampering with the blade, except hooking, is prohibited. The hook shall be measured as the distance between the highest point of the blade's inner side and an even surface on which the stick is lying.
 - b. Changing the blade is allowed, but the new blade shall not be weakened. Taping the joint between the blade and the shaft is allowed, but no more than 10 mm of the visible part of the blade shall be covered.



C.4.8 The referees' equipment

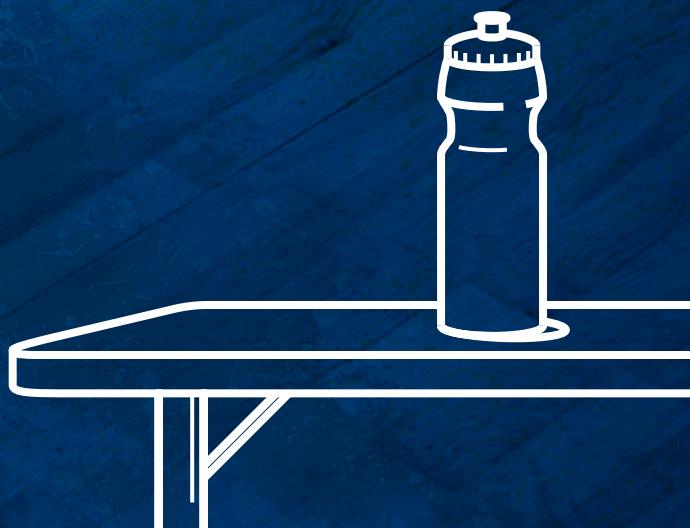
- I. The referees shall be equipped with plastic medium sized whistles, measuring equipment and red cards.
- II. Exemption for other types of whistles may be given by the administering authority.

C.4.9 The secretariat's equipment

- I. The secretariat shall have all the equipment necessary for their responsibilities.

C.4.10 Control of equipment

- I. The referees shall decide about controlling and measuring all equipment.
 - a. Inspection shall take place before and during the match. Incorrect equipment, including defective sticks, discovered before the match shall be corrected by the player concerned, who after this may start the match. With the exception of personal equipment and minor defects to the stick (e.g. small holes or painting, which shall be corrected by the player concerned, who after this may continue the match), all incorrect equipment discovered during the match shall lead to the prescribed penalty.
 - b. Offenses concerning players' uniforms shall not lead to more than one penalty per team per match. However, all incorrect equipment shall be reported. No other players than the team captains and the player with the equipment being measured may be at the secretariat during the measuring. After measuring, play shall be resumed according to what caused the interruption.
- II. Measuring of a hook may be requested by the opposing team coach.
 - a. The coach of the opposing team also has the right to point out to the referees other incorrectness in the opponents' equipment, but in this case the referees decide whether or not to take action. Measuring may be requested at any time, but shall not be carried out until play is interrupted. If measuring is requested during an interruption, it shall be carried out immediately, including in connection with goals and penalty shots, unless in the referees' opinion, it negatively affects the situation for the opposing team. In this case the measuring shall be carried out at the next interruption.
 - b. The referees are obliged to check a hook at the coach of the opposing team's request, but only one measuring per team per interruption shall be allowed. No other players than the team captains and the player with the equipment being measured may be at the secretariat during the measuring. After measuring, play shall be resumed according to what caused the interruption.



C.5 The Referee

- I. A match shall be led and controlled by one or two referees, who must be approved by the competition organizing committee.
- II. The referee shall have the right to stop a match if there is an obvious risk that it cannot be continued according to the rules.

C.6 The Secretariat

- I. A secretariat shall be in place.
- II. The secretariat shall be neutral and responsible for the match record, time keeping and possible speaker tasks.



C.7 Duration of the game

C.7.1 Regular game time

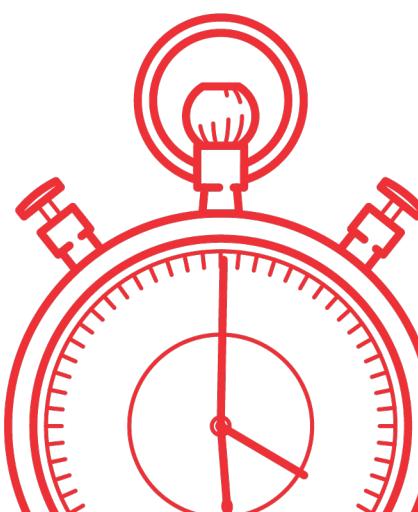
- I. Regular game time is two halves x 15 minutes each with a maximum five-minute intermission when the team changes ends. Game times may be adjusted in local competitions to meet scheduling requirements. SOC National Games will include games that are two periods of 15 minutes. The game clock shall when possible, count from 00:00 and up.
- II. When changing ends, the teams shall also change substitution zones. The home team shall choose ends at an early stage before the match. Every new period shall start with a face-off from the center spot. At the end of every period the secretariat is responsible for providing a siren or other suitable sound device, unless this is automatic. The timing of the intermission shall start immediately at the end of the period. The teams are responsible for being back onto the rink in time to resume play after the intermission.
- III. Game time shall be effective however depending on venue being used or number of games being played simultaneously a running clock would be preferable to help with scheduling, etc.
 - a. Effective game time implies that time shall be stopped whenever play is interrupted by the referees' whistle, and started again when the ball is played.
 - b. At unnatural game interruptions a triple signal shall be used. The referees decide what shall be regarded as an unnatural interruption, but this always includes: a damaged ball, the board coming apart, injuries, measuring of equipment, unauthorized persons or objects on the rink, the lights going out either completely or partly, and the final signal being sounded by mistake.
 - c. Should the board come apart play shall not be interrupted until the ball is near the place in question. In case of injuries play shall be interrupted only on suspicion of serious injury or if the injured player directly affects play.
 - d. An administering authority may grant an exemption to use non-effective time, in which case game time shall only be stopped in connection with a goal, a penalty, a penalty shot, a time out or at the referees' triple signal at an unnatural interruption. The last two minutes of regular game time shall always be effective.
 - e. Game time shall be stopped during a penalty shot.
 - f. If running time is used, time stops when goals are scored, when referee decides to stop the time. Depending on playing time, the last 2-3min of last period will be effective.

C.7.2 Time out

- I. Time out is only used if effective clock is in use.
- II. During regular game time, each team shall have the right to request one time out, which shall be carried out, and be marked by a triple signal, as soon as play is interrupted.
- III. A time out may be requested at any time, including in connection with goals and penalty shots, but only by the team coach or a member of the team staff. A time out requested during an interruption 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. A requested time out shall always be carried out, except after a goal, when the team may withdraw the request.
- IV. A time out starts at the referees' additional signal when the teams are at their substitution zones and the referees at the secretariat. Another additional signal after 30 seconds mark the end of the time out. After a time out, play shall be resumed according to what caused the interruption. A penalized player must not participate in a time out.

C.7.3 Extra time

- I. If a match, that has to be decided, ends with a tie, it shall be extended to a maximum extra time of five minutes.
- II. Before extra time, the teams have the right to a two-minute intermission, but no changing of ends shall take place. During extra time the same rules apply to starting and stopping time as during regular game time. Extra time is not divided into periods. Penalty time remaining after regular game time shall continue during extra time. If the score after limited extra time is still equal, the match shall be decided by penalty shots.
- III. The team first to score will win the match.





C.7.4 Penalty shots after limited extra time

- I.** Three field players from each team shall take one penalty shot each.
- II.** If the score after this is still equal, the same players shall take one penalty shot each until a decisive result is achieved.
- III.** The penalty shots shall be taken alternately. The referees decide which goal to use and shall carry out a draw between the team coaches. The winner decides which team will start taking the penalty shots. The team coach or a member of the team staff shall, in writing, inform the referees and the secretariat of the numbers of the players and the order in which they will take the penalty shots. The referees are responsible for ensuring that the penalty shots are taken in the exact order as noted by the team staff.
- IV.** As soon as a decisive result is achieved during the penalty shots, the match is over and the winning team shall be considered to have won by one extra goal. During the regular penalty shots, a decisive result is considered to be achieved when a team is leading by a larger number of goals than the opposing team has remaining penalty shots. During the possible extra penalty shots, a decisive result is considered to be achieved when a team has scored one goal more than the opposing team and both teams have taken the same number of penalty shots. The extra penalty shots do not have to be taken in the same order as the regular penalty shots, but a player must not take their third penalty shot until all the noted players in their team have taken at least two, and so on.
- V.** A penalized player may participate in the penalty shots if he has not incurred a match penalty. If one of the noted players incurs any penalty during the penalty shots, the team coach shall choose a field player, who is not already noted, to replace the player who has incurred the penalty. 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 must equip a field players as quickly as possible, who is not already noted, but none of this time may be used for warming up. The new goalkeeper shall be marked in the match record, and the time of the change shall be noted. A team that is unable to note 5 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.

C.7.5 Method of scoring: Goal

I. Allowed goals

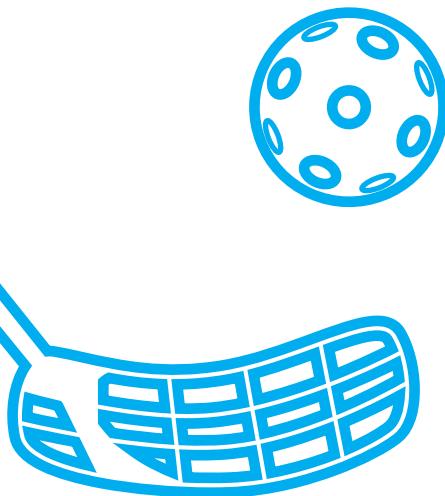
- a. A goal shall be considered allowed when it has been correctly scored and confirmed with a face-off at the center spot.
- b. All allowed goals shall be noted in the match record with the time and the numbers of the scoring and assisting players. As assisting player is considered a player of the same 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 center spot and the goal has been noted in the match record.
- c. An allowed goal must not be disallowed.
- d. If the referees are certain that an allowed goal is incorrect, this shall be reported.

II. Correctly scored goals

- a. 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 offense 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 a player in the defending team has moved the goal cage 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. An own goal may be allowed off the stick or body of the defender. 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.
- b. 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 is body, and no offense leading to a free-it or a penalty has been committed by the attacking team in connection with, or immediately before the goal.
- c. The goal shall not be considered correctly scored if a field player in the attacking team intentionally kicks the ball immediately before it is directed into 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.
- d. When a player who is not noted in the match record, or is incorrectly numbered, is involved in the scoring of a goal.
 - Note: Involved implies scoring or assisting.

III. Incorrectly scored goals

- a. When a player in the attacking team has committed an offense leading to a free-it or a penalty in connection with, or immediately before, the goal.
(Prescribed offense sign)
 - Note: This includes when a team scores with too many players or a penalized player on the rink, and when a player in the attacking team intentionally moves the goal cage out of position.
- b. When a player in the attacking team intentionally directs the ball into the goal with any part of their body.
 - Note: Since this is not considered an offense, play shall be resumed with a face-off.
- c. When the ball passes the goal line during, or after, a signal.
- d. A period or a match is over as soon as the final signal has started sounding.
- e. When the ball goes into the goal cage without passing the goal line from the front.
- f. When a goalkeeper throws or kicks the ball into the opposing team's goal, in an otherwise correct way. Since this is not considered an offense, play shall be resumed with a face-off. The ball has to touch another player or another player's equipment before it goes into goal.
- g. When a field player in the attacking team intentionally kicks the ball and it goes into goal after having touched another player or another player's equipment.
 - Note: Since this is not considered an offense, play shall be resumed with a face-off.
- h. When the offending team scores during a delayed penalty, the penalty shall be carried out and play resumed with a face-off.
- i. When the ball bounces off one of the referees and directly into goal.



SECTION D

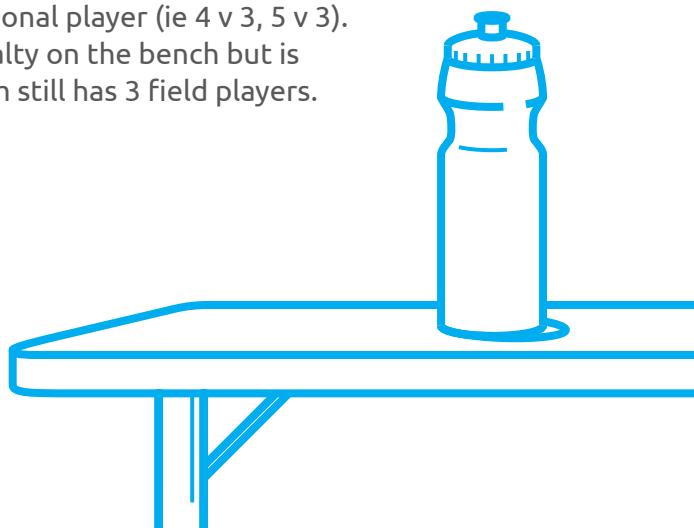
General Rules for All Team Competitions

The final team roster must be submitted to the competition committee the day before the competition begins, or by the date specified in the competition technical package. To ensure meaningful involvement at all levels of competition, all players on the final team roster shall play in each game of the competition. Athletes listed on the final team roster shall be exempt from playing only due to injury or illness occurring during the competition as certified by medical staff on site, or behavioural reasons certified by the head coach and competition lead.

D.1 Penalties

D.1.1 General regulations for penalties

- I. When an offense leading to a penalty is committed, the offender shall be penalized.
 - a. If the referees are unable to point out the offender, or if the offense is committed by a member of the team staff, the team coach shall choose a field player, who is not already penalized, to serve the penalty. If the team coach refuses to do this, or is penalized, the referees shall choose the player.
 - b. All penalties carried out shall be noted in the match record with the time, number of the player, type of penalty and cause of penalty. If the penalty is caused by an offense in connection with play, the non-offending team shall be awarded a free-hit. If the penalty is caused by an offense not in connection with play, play shall be resumed with a face-off. If the penalty is caused by an offense committed during an interruption, play shall be resumed according to what caused the interruption.
- II. No teams shall play with fewer than three field players at any time. When a penalty does occur, the non offending team may play with an additional player (ie 4 v 3, 5 v 3). The offending player must be subbed off to take their penalty on the bench but is replaced by a player of the offending team so that the team still has 3 field players.



III. A penalized player shall be on the penalty bench during the entire penalty.

- a. All penalties terminate when the match is over. A penalty, which has not expired at the end of regular game time, shall continue during extra time. A penalized player shall be on the same side of the center line as their team, with the exception of when the secretariat and the penalty benches are situated on the same side of the rink as the substitution zones. During regular game time a penalized player may leave the penalty bench during an intermission. A penalized player may not leave the penalty bench during the intermission between regular game time and extra time. A penalized player must not participate in a time out. A player, whose penalty expires, shall immediately leave the penalty bench, unless the number of penalties for their team makes this impossible or the penalty expiring is a personal penalty. A goalkeeper, whose penalty expires, shall not leave the penalty bench until the next interruption.
- b. 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. If the injured player enters the rink before the penalty expires, match penalty one will be imposed.
- c. If the secretariat is responsible for a player being admitted to the rink too soon and this mistake is noticed during regular penalty time, the player shall resume their position on the penalty bench. There shall not be additional penalty time and the player shall return to the rink when their regular penalty time expires.

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

- a. If a goalkeeper incurs one or several 2-minute minor bench penalties, the team coach shall choose a field player, who is not already penalized, to serve the penalty. A goalkeeper incurring bench penalty, or a personal penalty shall serve the penalty themselves.
- b. If a goalkeeper serves penalties and a reserve goalkeeper is not available, the team must change and equip a field player as quickly as possible, but none of this time may be used for warming up, new goalkeeper shall be marked in the match record, and the time of the change shall be noted.
- c. When the penalty expires, the goalkeeper must not enter the rink until play is interrupted. Due to this the team coach 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.

V. Penalty time shall be synchronized to game time.

D.1.2 Bench penalty

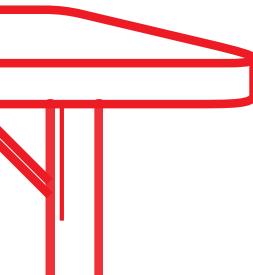
- I. A bench penalty shall affect the team, and due to this the penalized player must not be replaced on the rink during the penalty.
- II. No more than one bench penalty per player and two bench penalties per team may be measured simultaneously.
 - a. All bench penalties shall be measured in the order they are imposed. A player, whose penalty cannot be measured, shall be on the penalty bench from the moment the penalty is carried out.
 - b. If more than one penalty is imposed simultaneously on a team already having a bench penalty, the team coach decides which of the new penalties shall be measured first. Shorter bench penalties shall, in this case, always be measured before longer. If, during a delayed penalty, the team incurs yet another bench penalty, the delayed penalty first imposed on the team shall be the one measured first.
- III. A team, which has more than two players with carried out bench penalties, shall still have the right to play with three players on the rink.
- IV. The team shall play with three players on the rink until they have only one bench penalty being measured. A player, whose bench penalty expires before this, shall remain on the penalty bench until play is interrupted or, if this occurs sooner, further bench penalties expire so that their team has only one bench penalty being measured.
- V. All penalized players in a team shall leave the penalty bench in the same order as their bench penalties expire, but the rules concerning the number of players allowed on the rink shall be noticed all the time. The referees, together with the secretariat, shall help a player, whose penalty has expired during play, to leave the penalty bench as soon as play is interrupted.
- VI. If a player, who has incurred a bench penalty, commits further offenses leading to a penalty, all their penalties shall be served consecutively.
 - a. This is regardless of whether the first penalty has started or not. If a bench penalty has already started and the same player incurs another penalty, the measuring of the first penalty shall not be affected, but go one from where it was when the new penalty was carried out.
 - b. Consecutively implies that as soon as the player's first bench penalty expires or terminates, the next one shall start being measured, unless the team has other bench penalties, not yet being measured, which have been imposed in between the first player's bench penalties.
 - c. An unlimited number of bench penalties can be imposed on the same player. If a player has incurred a personal penalty, all their bench penalties have to expire or terminate before the personal penalty may start to be measured.
 - d. If a player is serving a personal penalty, then incurs a bench penalty, the measuring of the remaining personal penalty shall, as soon as the bench penalty can be measured, be postponed until the bench penalty expires or terminates. The team coach shall choose a field player, who is not already penalized, to accompany the player on the penalty bench in order to enter the rink when the bench penalty expires. If a penalized player commits an offense leading to a match penalty, the rules concerning match penalties shall also be applied.

D.1.3 2-minute bench penalty

- I. If the opposing team scores during a 2-minute 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.
- II. The penalty will not terminate if the goal is scored neither during a delayed penalty nor from a penalty shot caused by an offense leading to a penalty. If a 2-minute 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.
- III. If a team has more than one 2-minute bench penalty, these shall terminate in the same order they have been carried out.

D.1.4 Delayed penalty

- I. 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 offense leading to a penalty. Only one penalty at a time can be delayed except when a goal situation is in progress, in which case a second penalty may also be delayed.
- II. If one or several delayed penalties are 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.
- III. A delayed penalty implies that the non-offending team is given the possibility to continue the attack until the offending team gains and controls the ball or play is interrupted.
 - a. During a delayed penalty, the non-offending team shall be given the opportunity to replace the goalkeeper with a field player and continue attack. A delayed penalty shall still be carried out after the end of a period or match. If the delayed penalty is carried out because the offending team gains and controls the ball, play shall be resumed with a face-off.
 - b. The 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 face-off.
 - c. If the delayed penalty is carried out because of any other interruption, play shall be resumed according to what caused the interruption.
 - d. If the non-offending team scores in a correct way during a delayed penalty, the goal shall be allowed and the delayed 2-minute bench penalty last imposed on the team shall not be carried out. No other penalties shall be affected.
 - e. If the offending team scores during a delayed penalty, the goal shall be disallowed and play resumed with a face-off. If the non-offending team scores an own goal, the goal shall be allowed.



IV. Offenses leading to a 2-minute bench penalty

- a. When a player hits, blocks, lifts, kicks or holds an opponent or opponent's stick in order to win a considerable advantage, or with no possibility of reaching the ball.
- b. When a field player plays the ball above waist level with any part of their stick, lower leg, or their foot.
 - Note: As waist level is considered the level of the player's waist when standing upright.
- c. When a player is guilty of careless play with the stick.
 - Note: This includes uncontrolled forward or backward swing of the stick, and raising the stick above an opponent's head if this is considered dangerous or disturbing for the opponent.
- d. When a player forces or pushes an opponent against the board or the goal cage.
- e. When a player is guilty of careless physical play.
- f. When a requests measuring of a hook and the measured equipment is correct. (No offense sign). Any field player will serve the penalty.
- g. When a field player participates in play without a stick. (No offense sign)
 - Note: This does not include the goalkeeper, temporarily considered a field player.
- h. When a field player fetches a stick from a place other than the team's own substitution zone. (No offense sign)
- i. When a field player omits to pick up their broken or dropped stick from the rink and bring it to their substitution zone. Only clearly visible parts of the stick have to be removed by the player.
- j. When a player intentionally moves to obstruct an opponent, who is not in control of the ball.
 - Note: 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.
- k. When a field player actively obstructs the goalkeeper's throw-out.
 - Note: This shall be considered an offense only if the field player is inside the goal area (1 m x 2.5 m) or closer to the goalkeeper than three meters, 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.
- l. When a player violates the three-meter rule at a hit-in or a free-hit. If the hit-in or the free-hit is performed while the opponents are trying to take position in a correct way, no action shall be taken. If a team forms a defense line which is not at a proper distance, only one player shall be penalized.
- m. When a field player, to gain a considerable advantage, lies or sits down and stops or plays the ball, or in another way affects the situation.
- n. When a field player stops or plays the ball with their hand or arm.

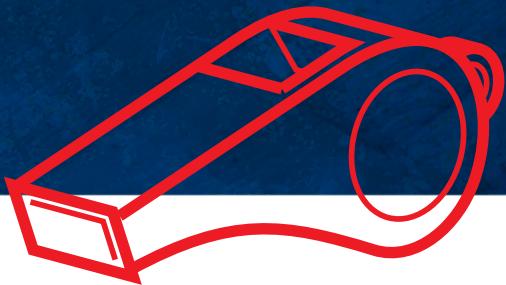
- o. When an incorrect substitution takes place.
 - Note: The player leaving the rink has to be passing over the board before a new player may enter the rink. If the case is close, action shall only be taken if play is affected. It is also incorrect substitution when a player changes outside the team's own substitution zone when play is interrupted. The player entering the rink is the one to be penalized.
- p. When a team plays with too many players on the rink. Only one player shall be penalized.
- q. When a penalized player:
 - Without entering the rink, leaves the penalty bench before their penalty expires or terminates. Refuses to leave the penalty bench when their penalty expires. Enters the rink during an interruption in the game, before their penalty expires or terminates.
 - The secretariat shall notify the referees of this as soon as possible. A player, whose penalty expires, shall not leave the penalty bench if the number of penalties for the team makes this impossible or the penalty expiring is a personal penalty. A goalkeeper, whose penalty expires, shall not leave the penalty bench until the next interruption. If a penalized player enters the rink during play, this is considered sabotage of the game.
- r. When a player commits repeated offenses leading to a free-hit. This includes both shorter and longer time.
- s. When a team systematically disrupts play by committing repeated offenses leading to a free-hit.
 - Note: This also includes when a team commits a number of minor offenses during a short time. The player committing the last offense shall serve the penalty.
- t. When a player intentionally delays play. This includes when a player 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 hitting the ball out of bounds or intentionally damaging the ball.
- u. When a team systematically delays play. If the referees consider a team close to being penalized for delaying play, the team coach shall, if possible, be notified before any action is taken. The team coach shall choose a field player, who is not already penalized, to serve the penalty.
- v. When a player or a member of the team staff protests against the referees' decisions, or when coaching is performed in a disturbing or otherwise incorrect way.
 - This includes when the team coach constantly and without reason questions the referees' decisions.
 - Protesting against the referees' decisions and coaching in a disturbing way is considered spontaneous and a minor offense compared to unsportsmanlike behavior.
 - This also applies if a member of the team staff enters the rink without the referees' permission. The referee shall, if possible, notify the team staff before any action is taken.

- w. When a goalkeeper, despite summons from the referees, omits to put the goal cage back into position.
 - Note: It is the goalkeeper's responsibility to put the goal cage back as soon as this is considered possible.
- x. When a player, despite summons from the referees, omits to correct their personal equipment. (No offense sign)
- y. When a player uses incorrect clothing. (No offense sign)
 - This includes missing parts of the clothing and offenses concerning the team captain's armlet.
 - Offenses 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.
- z. When a goalkeeper participates in play improperly equipped (no offense sign). If the goalkeeper unintentionally loses their face mask, play shall be interrupted and resumed with a face-off.
- aa. When an incorrectly numbered player participates in the match. (No offense sign) The match record shall be corrected. Offenses concerning wrong numbering shall only lead to one penalty per team per match. Other instances of this offense shall be reported to the administrating authority.



D.1.5 Major bench penalty

- I. A major bench penalty consists of two bench penalties served consecutively by the player committing the offence.
- II. 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.
- III. Offenses leading to a major bench penalty
 - a. When a field player, is guilty of reckless play with the stick
 - b. When a field player uses their stick to hook an opponent's body.
 - c. When a player throws their stick or other equipment on the rink to hit or try to hit the ball.
 - d. When a player is guilty of reckless physical play.



D.1.6 Personal penalty

- I. A personal penalty can only be imposed in connection with a bench penalty and shall not be measured until the bench penalty expires or terminates. An unlimited number of personal penalties may be measured simultaneously.
 - a. If a player, already serving a personal penalty, incurs a bench penalty, the measuring of the remaining personal penalty shall, as soon as the bench penalty can be measured, be postponed until the bench penalty expires or terminates.
 - b. The team coach shall choose a field player, who is not already penalized, to accompany the player on the penalty bench in order to enter the rink when the bench penalty expires.
- II. A personal penalty shall only affect the player, and due to this they may be replaced on the rink during the penalty.
 - a. The team coach shall choose a field player, who is not already penalized, to accompany the player on the penalty bench in order to enter the rink when the bench penalty expires.
 - b. When the personal penalty expires, the player must not enter the rink until play is interrupted. The referees shall, together with the secretariat, help a player, whose personal penalty has expired during play, to leave the penalty bench as soon as play is interrupted. A member of the team staff incurring a personal penalty shall be sent to the spectators' stand for the rest of the match, and the team coach shall choose a field player, who is not already penalized, to serve the bench penalty.

D.1.7 10-minute personal penalty

- III.** If the opposing team scored during a 10-minute personal penalty, the penalty shall not terminate.
- IV.** Offenses leading to a 2-minute bench penalty + 10-minute personal penalty
- V.** When a player or a member of the team staff is guilty of unsportsmanlike behavior. Note: Unsportsmanlike behavior implies: Behaving in an insulting or unfair way towards referees, players, team staff, officials, spectators, or 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.

D.1.8 Match penalty

- I. A player or a member of the team staff incurring a match penalty shall immediately go to the dressing room and must not take any further part in the match.
- II. The arranging team 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. All match penalties shall be reported.
- III. Offenses committed before or after the match, which normally lead to a match penalty, shall be reported, but no bench penalty shall be imposed. With the exception of incorrect equipment (which shall be corrected by the player concerned, who may then start the match), offenses leading to a match penalty committed before the match shall also lead to the offender's non participation in that match, possible extra time and penalty shots included.

D.1.9 Technical match penalty

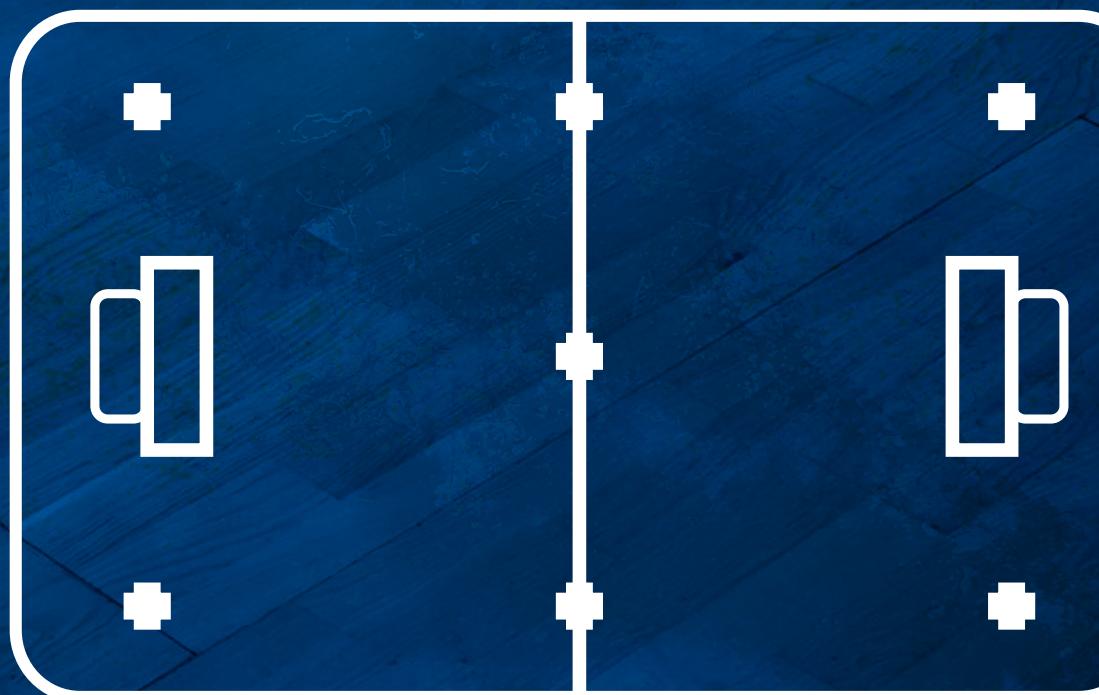
- I. A technical match penalty can only be imposed in connection with a major bench penalty.
 - a. The coach shall choose a field player, who is not already penalized, to serve the bench penalty, and possible other bench penalties concerning the player or member of the team staff incurring the match penalty.
 - b. Possible personal penalties concerning the player incurring a match penalty shall terminate.
- II. Technical match penalty shall lead to suspension for the rest of the match and shall not lead to any further punishment for the player.
- III. Offences leading to a technical match penalty:
 - a. When a field player uses a non-approved stick or a stick with a hook which is too wide. When a goalkeeper uses a non-approved face mask.

- b. When a player or member of the team staff, not noted in the match record, participates in the match.
- c. When a player is guilty of continued or repeated unsportsmanlike behavior. The match penalty replaces the second minor bench penalty as well as the 10-minute personal penalty 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.
- d. When a player, breaks a stick or other equipment in a reckless or violent.
- e. When a player is guilty of violent play.
- f. When a player or a member of the team staff participates in a scuffle.
- g. When a player commits an offence leading to a major bench penalty, for the second time in the same match.
- h. When a member of the team staff, is guilty of continued unsportsmanlike behavior.
- i. When a player, whose equipment is about to be controlled, tries to correct or exchange the equipment before the control of the equipment.
- j. When a player or a member of the team staff commits an offence clearly intending to sabotage play.
- k. When a field player continues to use a defective stick or uses a strengthened or lengthened shaft.
- l. When a player or a member of the team staff leaves the substitution bench or the penalty bench to engage in an altercation.
- m. When a player or a member of the team staff is involved in a fight.
- n. When a player or a member of the team staff commits or tries to commit a brutal offence.
- o. When a player or a member of the team staff is guilty of rude conduct When a player or a member of the team staff is guilty of threatening conduct

D.2 Fixed Situations

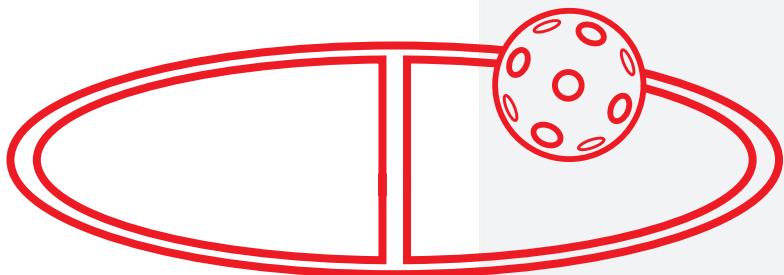
D.2.1 General regulations for fixed situation

- I. When play has been interrupted, it shall be resumed with a fixed situation, according to what caused the interruption.
 - Note: Fixed situations are face-offs, hit-ins, free-hits and penalty shots.
- II. The referees shall use on signal, show prescribed signs and mark the place for the field situation. The ball may be played after the signal if it is not moving and is in the right position.
 - a. The referees shall first show the consequence sign and then a possible offense sign. The offense sign shall only be used if considered necessary, however always in connection with penalties and penalty shots.
 - b. If, in the referees' opinion, play is not affected, the ball does not have to be entirely still or in exactly the right place at a hit-in or a free-hit.
- III. A fixed situation must not be unreasonably delayed.
 - Note: The 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.



D.2.2 Face-off

- I. At the start of a new period and to confirm a correctly scored goal, a face-off shall be taken at the center spot with the stick.
 - a. 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.
 - b. When a face-off is taken at the center spot, each team shall be on their own side of the center line.
- II. When play is interrupted and neither team can be awarded a hit-in, a free-hit or a penalty shot, play shall be resumed with a face-off.
- III. A face-off shall be taken at the nearest face-off dot, according to where the ball was at the interruption.
- IV. All players, except those taking the face-off, shall immediately, without summons from the referees, take a position at least three meters from the ball, sticks included.
 - Note: Before a face-off, it is the referees' responsibility to check that the teams are ready and that all players have taken position.
- V. A face-off shall be taken by one field player from each team. The players shall be facing the opposing team's short side and must not have physical contact before the face-off. The feet shall be placed perpendicular to the center line. Each player shall have both their feet at the same distance from the center line. The sticks shall be held with a normal grip and with both hands above the grip mark. The blades shall be placed perpendicular to the center line on either side of the ball, but without touching it.
 - a. Normal grip implies the way the player holds their stick during play. The defending team's player chooses on which side of the ball to place their stick. If the face-off is on the center line, the visiting team's player chooses. The ball shall be at the centers of the blades.
 - b. If a player taking a face-off does not obey the referees' instructions, another player who is on the rink shall take the face-off. In case of a dispute in connection with a substitution before a face-off is taken, the away team is obliged to carry out their substitution first.
- VI. A face-off may go directly into goal.



D.2.3 Events leading to a face-off

- I. When the ball is damaged unintentionally.
- II. When the ball is not correctly playable.
 - Note: The referees shall, before interrupting play, give the players a reasonable opportunity to play the ball.
- III. When parts of the board have been separated and the ball comes near the place in question.
- IV. When the goal cage is moved unintentionally and cannot be put back within a reasonable time. It is the goalkeeper's responsibility to put the goal cage back as soon as this is considered possible.
- V. When a serious injury occurs or an injured player directly affects play.
 - Note: The referees decide what shall be considered a serious injury, but as soon as this is suspected, play shall be interrupted immediately.
- VI. When an unnatural situation occurs during play. The referees decide what shall be considered an unnatural situation, but this always includes unauthorized persons or objects on the rink, the lights going out either completely or partly, and the final signal being sounded by mistake, or when a referee is hit by the ball and this has a significant effect on the play.
- VII. When a goal is disallowed despite the fact that no offense leading to a free-hit has been committed. This includes when the ball goes into goal without passing the goal line from the front.
- VIII. When a penalty shot does not result in a goal. This includes when a penalty shot is incorrectly performed.
- IX. When a delayed penalty is carried out because the offending team gains and controls the ball. This includes when the non-offending team, in the referees' opinion, is trying to waste time.
- X. When a penalty is imposed for an offense which is not in connection with play, but is committed or noticed during play. This includes when a penalized player enters the rink before their penalty expires or terminates.
- XI. When the referees are unable to decide the direction of a hit-in or a free-hit. This includes when players from both teams commit offenses simultaneously.
- XII. When the referees' decision is incorrect.



D.2.4 Hit-in

- I. When the ball leaves the rink, a hit-in shall be awarded to the non-offending team. The offending team is considered to be the team whose player, or player's equipment, last touched the ball before it left the rink. This also includes when a player, to remove the ball from the goal cage, hits the net without touching the ball.
- II. A hit-in shall be taken from where the ball leaves the rink, 1.5 meters from the board, but never behind the imaginary extensions of the goal lines.
 - a. If, in the referees' opinion, play is not affected, the ball does not have to be entirely still or in exactly the right place. If a team gets an advantage from taking a hit-in closer to the board than 1.5 meters, this shall be allowed.
 - b. A hit-in behind the imaginary extension of the goal line shall be taken from the nearest face-off dot. When the ball touches the ceiling or objects above the rink, the hit-in shall be taken 1.5 meters from the board at the same distance from the center line.
- III. The opponents shall immediately, without summons from the referees, take a position at least three meters from the ball, sticks included. The player taking the hit-in does not have to wait for the opponents to take position, but if the ball is played while the opponents are trying to take position in a correct way, no action shall be taken.
- IV. The ball shall be played with the stick. It shall be hit cleanly, not dragged, flicked or lifted on the stick.
- V. The player taking the hit-in must not touch the ball again before it has touched another player or another player's equipment.
- VI. A hit-in may go directly into goal.



D.2.5 Events leading to a hit-in

- I. When the ball passes the board or hits the ceiling or any other object above the rink.

D.2.6 Free-hit

- I. When an offense leading to a free-hit is committed, a free-hit shall be awarded to the non-offending team.
 - a. With offenses leading to a free-hit, the advantage rule shall be applied whenever possible.
 - b. The advantage rule implies that if the non-offending team still controls the ball after an offense, they shall have the opportunity to go on playing if this gives them a greater advantage than a free-hit. If advantage is being played, and the game is interrupted because the non-offending team loses control of the ball, the resulting free-hit shall be placed where the original offense occurred.
- II. The free-hit shall be taken where the offense was committed, but never behind the imaginary extensions of the goal lines, or closer to the goalkeeper areas than 3.5 meters.
 - Note: If, in the referees' opinion, play is not affected, the ball does not have to be entirely still or in exactly the right place. A free-hit closer to the board than 1.5 meters may be moved out to this distance. A free-hit behind the imaginary extension of the goal line shall be taken from the nearest face-off dot. A free-hit closer to the goalkeeper area than 3.5 meters shall be moved out to this distance along an imaginary line from the center of the goal line through the place where the offense was committed. In this case the defending team shall always have the right to form a defense line immediately outside their goalkeeper area. If the attacking team is not obliged to wait for the defending team to form the defense line and has the right to place their players in front of the defense line.
- III. The opponents shall immediately, without summons from the referees, take a position at least three meters from the ball, sticks included.
- IV. The player taking the free-hit does not have to wait for the opponents to take position, but if the ball is played while the opponents are trying to take position in a correct way, no action shall be taken.
- V. The ball shall be played with the stick. It shall be hit cleanly, not dragged, flicked or lifted on the stick.
- VI. The player taking the free-hit must not touch the ball again before it has touched another player or another player's equipment.
- VII. A free-hit may go directly into goal.

D.2.7 Offenses leading to a free-hit

- I. When a player hits, blocks, lefts, kicks or holds an opponent's stick, or hits the opponent's body with the possibility of reaching the ball.
 - Note: If the referees consider the player to have played the ball before hitting the opponent's stick, no action shall be taken.
- II. When a field player raises the blade of their stick above waist level in the back swing before hitting the ball, or in the forward swing after hitting the ball. This includes mock shots. A high forward swing is allowed if no other players are in the vicinity, and there is no risk of injury. As waist level is considered the level of the waist when standing upright.
- III. When a field player uses any part of their stick or their foot, to play to try to play the ball above knee level.
 - Note: Stopping the ball with a thigh is not considered to be playing the ball above the knee level, unless considered dangerous. As knee level is considered the level knees when standing upright.
- IV. When a field player places their stick, their foot or their leg between an opponent's legs or feet.
- V. When a player, in control of the ball, or trying to reach it, forces or pushes an opponent in any way other than shoulder to shoulder.
- VI. When a player, in control of the ball, trying to reach it, or trying to get a better position, moves backwards into an opponent, or prevents an opponent from moving in the direction intended. This includes when the attacking team prevents or obstructs the formation of a defense line at a free hit awarded within 3.5 meters of the goalkeeper's area.
- VII. When a field player is in the goalkeeper area.
 - a. A field player is allowed to pass through the goalkeeper area if, in the referees' opinion, play is not affected and the goalkeeper's actions are not hindered.
- b. If, when a free-hit for the opposing team is hit directly at the goal, a field player of the defending team is in the goalkeeper area, in the goal cage or, if the goal cage has been moved, in the area where the goal cage normally stands, a penalty shot shall always be awarded.
- c. A field player is considered to be in the goalkeeper area if any part of their body touches the floor inside the goalkeeper area. A field player with only their stick in the goalkeeper area is not considered to be in the goalkeeper area. The lines belong to the goalkeeper area.
- VIII. When a field player intentionally moves the opposing team's goal cage.
- IX. When a field player passively obstructs the goalkeeper's throw-out.
 - a. This shall be considered an offense only if the field player is inside the goal crease or closer to the goalkeeper than three meters, measured from where the goalkeeper gains control of the ball.
 - b. Passively implies unintentionally or through omission to move.
- X. When a field player jumps up and stops the ball.
- XI. As jumping is considered to be when both feet entirely leave the floor. Running is not considered as jumping.
- XII. A player is allowed to jump over the ball if he does not touch it.
- XIII. When a field player plays the ball from outside the rink. (No offense sign) Outside implies having one or both feet outside the rink.
 - a. If a player plays the ball from outside the rink during substitution, this shall be considered too many players on the rink.

- b.** If a player, not in the process of changing, plays the ball from the substitution zone, this shall be considered sabotage of play. It is allowed to run outside the rink, but the ball must not be played from here.
- c.** If a player plays the ball from the substitution zone unrelated to a substitution, this offense will be penalized as a planned disturbance. Running off the court is permitted, but the ball must not be played from there.

XIV. In 6 v 6: When a goalkeeper entirely leaves the goal crease during a throw-out

XV. In 4 v 4: When a goalkeeper entirely leaves the goal area (1 m x 2.5 m)

- a. In this case the goalkeeper is not considered a field player. The goalkeeper is considered to have entirely left the goal crease when a part of their body touches the floor in the goal crease. The throw-out is completed when the goalkeeper lets go of the ball, and if he leaves the goal crease after this, no action shall be taken. This rule shall also apply if the goalkeeper gathers the ball inside the goal crease and their entire body then slides outside the goal crease.
- b. The lines being to the goal crease.

XVI. When a goalkeeper throws or kicks the ball over the center line. This shall be considered an offense only if the ball does not touch the floor, the board, another player or another player's equipment before it passes the center line. The entire ball has to bypass the center line.

XVII. When a face-off, hit-in or a free-hit is incorrectly performed or intentionally delayed. This includes when the non-offending team takes the ball away when the play is interrupted, the ball is dragged, flicked, or lifted on the stick. If a hit-in or a free-hit is taken from the wrong place or when the ball is not entirely still, it may be taken again. If, in the referees' opinion, play is not affected, the ball does not have to be entirely still or in exactly the right place.

XVIII. When a goalkeeper has the ball under control for more than three seconds. If the goalkeeper puts the ball down and picks it up again this shall be considered controlling the ball all the time.

XIX. When a goalkeeper receives a pass from a field player in the same team.

- a. This shall be considered an offense only if the pass, in the referees' opinion, is intentional. Receiving implies that the goalkeeper touches the ball with either their hands or arms, also even after the goalkeeper has possibly touched or stopped the ball with any other part of their body. A goalkeeper may receive a pass from a player in the same team if the goalkeeper is completely outside their goal crease when he receives the pass, and is thereby considered a field player. If the goalkeeper leaves their goal crease entirely, stops the ball, returns to their goal crease and picks the ball up this shall not be considered a pass to the goalkeeper.
- b. A pass to the goalkeeper is not considered a goal situation and cannot result in a penalty shot.

XX. When a penalty is imposed for an offense committed in connection with play.
(Prescribed offense sign)

XXI. When a player delays play. This includes when a field player, in order to gain time, places himself against the rink or goal café in such a manner that the opponent is unable to reach the ball in a correct way. The player should, if possible, be made aware of this before any actions are taken.

XXII. When a team delays play, they will receive a 2 minute penalty.

XXIII. When a field player plays the ball with their head, the player receives a free hit.

XXIV. When a delayed penalty is carried out because the offending team plays or takes control of the ball

D.2.8 Penalty shot

- I. When an offense leading to a penalty shot is committed, a penalty shot shall be awarded to the non-offending team.
- II. The penalty shot shall be started with the stick and taken from the center spot.
- III. All players except the player taking the penalty shot and the defending goalkeeper shall be in their substitution zones during the entire penalty shot. The goalkeeper shall be in the goalkeeper area on when the penalty shot starts.
 - a. The goalkeeper must not be replaced by a field player. If the goalkeeper commits an offense during the penalty shot, a new penalty shot shall be awarded and any prescribed penalty carried out.
 - b. If another player in the offending team commits an offense during the penalty shot, a new penalty shot shall be awarded and the offense considered sabotage of play.
 - c. A player who has incurred bench penalty shall be on the penalty bench during the penalty shot.
- IV. 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
- V. Game time shall be stopped during the entire penalty shot. Forward movement implies away from the center line. If the ball hits the front face of the goal then the goalkeeper, and passes the goal line from the front, the goal shall be allowed. If the ball at the very start of a penalty shot is drawn backwards the penalty shot shall be interrupted and started all over again.
- VI. If a 2-minute bench penalty is imposed in connection with a penalty shot, the 2- minute bench penalty shall be noted in the match record only if the penalty shot does not result in a goal. The penalized player shall be on the penalty bench during the penalty shot.

