



2021-2025
USA Hockey
Playing Rule Changes
PIHL Coaches Meeting

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Minor Penalties Rule 402

Minor Penalties

(Note) Affiliates are authorized to grant exceptions to the pro-rated schedule for minor penalties for the 14 & under age classification and older.

The length of minor penalties shall be pro-rated for the following period lengths:

- *12 minutes or less – 1:00 minor penalty*
 - *More than 12 but less than 17 minutes – 1:30 minor penalty*
 - *17-20 minutes – 2:00 minor penalty*
All minor and bench minor penalties in the Adult classifications shall be 2:00 in length.

The Mid Am District Board of Directors have voted to grant waivers to leagues regarding this rule wishing to continue using 2 minute minor penalty time at 14 u and older age groups.



Penalties Rule 401

(b) Any player, except in Adult age classifications, who receives **four** penalties in the same game shall be assessed a game misconduct penalty. Any Adult player who receives five penalties in the same game shall be immediately ejected for the remainder of the game with no further suspension.

Any Head Coach whose team, except in Adult age classifications, receives **twelve** (12) or more penalties during one game shall be suspended for the next scheduled game of that team.



Serving a Suspension Rule 401 c

For any Team Official or Player serving a suspension for a prior game misconduct violation or disciplinary suspension, the suspension will commence **45 minutes prior** to the start of each game and conclude **30 minutes following** the conclusion of each game.

The Team Official or Player serving the suspension shall be prohibited from:

- (1) Having any interaction, involvement or communication “in person,” electronically or otherwise with the team
- (2) Being present in the locker room
- (3) Being on or near the bench of their team

Any violation of this Rule may result in supplementary discipline and may subject such Team Official or Player to further disciplinary proceedings.



Face Off location after a Penalty Call

Any time a penalty is assessed that appears on the game clock and causes a team to be short-handed, the ensuing face-off shall take place at a defending zone face-off spot of the offending team unless:

- (1) A penalty is assessed after a goal is scored; the face-off will take place at the center ice face-off spot.
- (2) A penalty is assessed at the start of a period or at the end of the previous period; the face-off will take place at the center ice face-off spot.
- (3) The defending team is penalized and the attacking players enter into the attacking zone beyond the outer edge of the end zone face-off circle; the face-off shall take place at one of the neutral zone face-off spots nearest the attacking blue line (see Rule 612(d)).
- (4) Play is stopped as a result of a violation by the non-offending team such as icing the puck, premature substitution of the goalkeeper, offside, high sticking the puck or hand pass or any other violation of the rules. In these instances, the ensuing face-off shall take place at the appropriate neutral zone face-off location as covered by the rules.



Coach Progressive Penalty Rule 411

Any coach who receives their second game misconduct penalty in the same season for a violation of Rule 601 shall automatically receive an additional three-game suspension.

Any coach who receives their third game misconduct penalty in the same season for a violation of Rule 601 shall automatically be suspended from USA Hockey activities until a hearing is conducted by the Proper Authority.



Abuse of Officials and other Misconducts

A **bench minor penalty** shall be assessed to any team whose players or team officials commit the following actions while on the player's bench:

- Banging the boards with a stick or other object, including skates or arms, **after a body check** regardless as to whether the check is being penalized. It is deemed to be unsportsmanlike conduct and should be penalized when done as a means of escalating dangerous and/or unnecessary physical play where there is no intent to legally gain possession of the puck.



Abuse of Officials and other Misconducts

A **misconduct penalty** shall be assessed to any player who commits the following actions:

- Intentionally bangs the boards or protective glass or goal frame with their stick or any other object **at any time** in an unsportsmanlike manner (**when not done in protest of an official's decision**).



Abuse of Officials and other Misconducts

A **game misconduct penalty** shall be assessed to any player or team official who is guilty of the following actions:

- Bangs the boards, goal frame or protective glass **in protest of an official's decision** (not new).
- (6) Physically interferes with a **spectator**.
- (7) **Shoots or bats** the puck outside of the playing area during a stoppage of play when done **in protest of an official's decision**.
- (8) Attempts to intimidate or physically contacts an on-ice or off-ice official **by throwing** a stick, water bottle, puck or any other object in the general direction of a game official.
- (9) **Shoots the puck** in the general direction of an on-ice official, or in the direction of a spectator during a stoppage of play.



Hateful Language

Uses language that is hateful or discriminatory in nature anywhere in the rink before, during or after the game.

- ~25% Mid Am Match Penalties involve Hateful Language
- Calling someone a retard or a homophobic term is defined by the officials as hateful language



Attempt to Injure or “Reckless Endangers” An Opponent

Boarding

(Note) Boarding is the action where a player pushes, trips or body checks an opponent causing them to go dangerously into the boards. This includes: Accelerating through the check to a player who is in a vulnerable or defenseless position and driving an opponent excessively into the boards with no focus on or intent to play the puck, or any check delivered for the purpose of punishment or intimidation that causes the opponent to go unnecessarily and excessively into the boards.

The **onus** is on the player delivering the check to avoid placing a vulnerable or defenseless opponent in danger.

- (a) A minor plus a misconduct or major plus game misconduct penalty shall be assessed for boarding an opponent.
“Rolling” an opponent along the boards where they are attempting to go through too small an opening is not considered boarding.
- (b) A **major plus game misconduct** penalty shall be assessed to any player **who recklessly endangers an opponent as a result of** boarding.
- (c) A **match penalty** for **reckless endangerment** may also be assessed for boarding.



Body Checking

Body Checking (Competitive Contact Categories)

(Note 1) For the purpose of this rule, an illegal body check is defined as when a player makes intentional physical contact with the opponent using overt hip, shoulder, forearm or torso action. This includes physically forcing the opponent off the puck and with no effort to legally play the puck.

(Note 2) USA Hockey has identified two different categories of play. They are Competitive Contact (where Body Checking is prohibited) and Body Checking (where a legal body check is permissible). Please refer to the Glossary for specific definitions of Competitive Contact and a Body Check.

(a) Body checking is prohibited in the 12 & under youth age classifications and below, all Girls'/Women's age classifications and all non-check Adult classifications. These levels would be considered the Competitive Contact Category of play.

A local governing body may prohibit body checking in any classification and is encouraged to provide Competitive Contact options at all levels of recreational play.

(Note) USA Hockey strongly encourages competitive contact to occur in all age classifications as part of the skill progression that teaches body checking.

(b) Any time a team from a Competitive Contact category (see sub-section (a) above) plays a team from a Body Checking category, body checking shall be prohibited under this rule.

(c) A minor penalty shall be assessed to a player who body checks an opponent in a Competitive Contact category.

(Note) Competitive Contact hockey does not mean "no contact." Legal competitive contact (see Glossary) occurs when players are focused on gaining possession of the puck and are simply maintaining established body position. This most often occurs when two players are physically engaged (see Glossary) in front of the goal or along the boards. Competitive contact also occurs when a player

has established an angle (Angling - see Glossary) on the opponent and closes the gap to create an opening that is too small for the puck carrier to advance.

Legal competitive contact shall not be penalized under this rule. However, deliberate physical contact with an opponent, with no effort to legally play the puck, shall be penalized.

(d) A major plus a game misconduct penalty shall be assessed to any player who recklessly endangers an opponent with a body check in a Competitive Contact category.

(e) A match penalty for reckless endangerment may also be assessed for body checking in a Competitive Contact category or non-check Adult classification.



Body Checking

3 Levels of Puck Involvement

To define when a player is eligible to be body checked...

- 1. Contact with the Puck**
- 2. Possession of the Puck**
- 3. Control of the Puck**



Body Checking

Contact with the Puck

The last skater or goalkeeper to have touched the puck (puck touch). This includes a puck that is deflected off a player or any part of their equipment.

A player considered to be in “contact with the puck” is NOT eligible to be body checked and/or engage in competitive contact.



Body Checking

Possession of the Puck

Placing your **stick on the puck** in an effort to establish control or to deliberately direct the puck with any part of the body. The last player to have intentionally played the puck is considered to have “possession of the puck.” A player may be in “possession of the puck” without establishing “control of the puck.” However, a player must first gain “possession of the puck” prior to being considered in “control of the puck.”

A player considered to be in “possession of the puck” is NOT eligible to be body checked and/or engage in competitive contact.

A skater attempts to gain “possession of the puck” by using the stick, and then body, in an effort to establish “control of the puck” or prevent an opponent from maintaining or gaining “control of the puck.”

A skater considered to be “attempting to gain possession of the puck” is eligible to body check an opponent in “control of the puck” and/or engage in competitive contact.



Body Checking

Control of the Puck

The skater or goalkeeper that, in the opinion of the official, has “possession of the puck” and is **guiding the puck in any desired direction**. “Contact with the puck” is not considered “control of the puck.” A player in “possession of the puck” may also immediately establish “control of the puck.”

A skater considered to be in “control of the puck” is eligible to be body checked and/or engage in competitive contact.

(Note) This includes using the stick, skates or hands in directing the puck with purpose and will allow the player to maintain extended possession. It does not require the player to be in immediate contact with the puck (i.e. the puck does not need to be touching the stick to be considered in “control of the puck”).



Body Checking

3 Levels of Puck Involvement

To define when a player is eligible to be body checked...

1. Contact with the Puck

2. Possession of the Puck

3. Control of the Puck

- **Must be in control of the puck to be eligible to be body checked!!!**
- **The goal of a body check is to gain possession of the puck!**



Questions???

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Thank You!!!

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