



SECTION 8

RESTRAINING FOULS

SECTION 8 — RESTRAINING FOULS

Rule 8.1 Holding

Holding is any action by a player that restrains an opposing player by impeding their progress whether or not they are in possession of the puck, or by such action prohibiting their ability to pass, shoot, receive, or otherwise propel the puck.

A player is permitted to use their arm in a strength move, by blocking their opponent, provided they have body position and are not using their hands in a holding manner, when doing so.

While players are permitted to block an opponent's stick with their hands, arms, or body, they are not permitted to hold an opponent's stick.

- 8.1 (a) A Minor penalty will be assessed to any player who holds an opponent in any manner.
A Minor Penalty will be assessed to a player who holds an opponent's stick. This penalty will be assessed and announced as "holding the stick".
- 8.1 (b) A Major penalty and a Game Misconduct penalty will be assessed any player who injures an opponent by a holding infraction that would otherwise call for a Minor penalty.
- 8.1 (c) No Match penalty may be assessed for a holding infraction.
- 8.1 (d) No Misconduct penalty may be assessed for a holding infraction.
- 8.1 (e) A Game Misconduct penalty must be assessed any time a Major penalty is assessed for Holding, as detailed under Rule 8.1 (b).

Rule 8.2 Hooking

Hooking is the action of using the stick in a pulling or tugging motion to impede the progress of an opponent. The hooking action may apply to any part of an opponent's body or stick.

Butt-end hooking is an action of a player uses the shaft of the stick above the upper hand to restrain an opponent. This should be penalized as "hooking", rather than under Rule 9.1 — Butt-Ending, which requires a jabbing motion with the shaft of the stick.

- 8.2 (a) A Minor penalty will be assessed to any player who impedes the progress of an opponent by hooking or butt-end hooking with their stick.
- 8.2 (b) A Major penalty and a Game Misconduct penalty will be assessed any player who injures an opponent by a hooking or butt-end hooking infraction that would otherwise call for a Minor penalty.
- 8.2 (c) No Match penalty may be assessed for a hooking infraction
- 8.2 (d) No Misconduct penalty may be assessed for a hooking infraction.
- 8.2 (e) A Game Misconduct penalty must be assessed any time a Major penalty is assessed for Hooking, as detailed under Rule 8.2 (b).

INTERPRETATIONS

Interpretation 1 Rule 8.2 (a)

Where a player uses their stick to lift an opposing player's stick, for the purpose of making a play on the puck, this will be allowed. However, if this action contacts the opponent's hands and impedes their ability to pass, shoot, receive, or otherwise propel the puck, then a penalty for Hooking must be assessed.

Rule 8.3 Interference

Interference is when a player commits any of the following actions:

- i. Interferes with or impedes the progress of an opponent, who is not in possession of the puck,
- ii. Delivers a “late hit” to an opponent,
- iii. Deliberately knocks a stick out of an opponent’s hand when they are not in possession of the puck, or
- iv. Prevents an opponent who has lost or dropped their stick or any other piece of equipment from gaining possession of it.

A “late hit” is defined as a hit where the opponent has released the puck and the offending player does not make immediate contact with the opposing player. Immediate contact is best described as contact occurring within a maximum distance of an arm and stick length between the puck carrier and the player delivering the check, at the instant the puck has been released.

Players of the team in possession of the puck may not run deliberate interference for the puck carrier.

- 8.3 (a) A Minor penalty will be assessed to any player who interferes with an opposing player.

A Minor penalty will be assessed to any player that deliberately piles snow inside their goal crease or is observed by the Referee to have deliberately placed an object in their defending zone at or near the goal.

A **Penalty Shot** will be awarded to the non-offending team if, in the Referee’s opinion, this object actually prevents a goal while the offending team’s goaltender is legally on the ice. If a Penalty Shot is awarded under this rule, the Minor penalty will not be assessed. If, in the opinion of the Referee, the object actually prevents a goal after the offending team’s goaltender has been legally substituted for another player, the Referee will **Award a Goal**, in lieu of the Minor penalty or Penalty Shot.

A Minor penalty will be assessed to any goaltender who:

- i. except in the course of playing their position, initiates deliberate physical contact with an opposing player.
 - ii. plays the puck with their skates over the centre red line.
- 8.3 (b) A Major penalty and Game Misconduct penalty, at the discretion of the Referee, based on the degree of violence of the impact, may be assessed to any player who interferes with an opposing player.
- A Major penalty and Game Misconduct penalty will be assessed to any player who injures an opponent by an interference infraction that would otherwise call for a Minor penalty
- 8.3 (c) A Match penalty will be assessed to any player who attempts to injure or deliberately injures an opponent by interference.
- 8.3 (d) No Misconduct penalty may be assessed for interference.
- 8.3 (e) A Game Misconduct penalty must be assessed any time a Major penalty is assessed for interference, as detailed under Rule 8.3 (b).

INTERPRETATIONS

Interpretation 1 Rule 8.3 (a)

It is the responsibility of the goaltender to keep the area near their net free of any obstacles that may prevent a goal from being scored. If the goaltender intentionally drops their stick or any other object at or near their goal crease, they will be penalized. For an infraction of this rule, whether or not the action is observed by the Referee, a Minor penalty will be assessed. If, when the goaltender has been removed, the puck is prevented from entering the goal due to the stick or object, the Referee will award a goal.

Note 1: The penalty would be the same if a defending player committed this action.

Interpretation 2 Rule 8.3 (a)(i)

As the goaltender is not considered to be “fair game” (see Rule 8.5 – Interference with the Goaltender) for physical contact, the goaltender may not make deliberate physical contact with opposing players. If a goaltender makes an otherwise legal bodycheck on an opposing player, this must be penalized as Interference.

Rule 8.4 Interference from the Bench

No player, goaltender, or team official may interfere with the puck or play while on the Players' Bench or Penalty Bench. A penalty for interference from the bench, will be assessed under the following circumstances:

- i. Any person on the Players' Bench or Penalty Bench makes deliberate contact with or otherwise impedes the progress of an opposing player, who is on the ice, or
- ii. Any person on the Players' Bench or Penalty Bench throws a stick or object onto the ice.

Any person who commits any of these actions will be penalized under this rule, with the penalty announced as “interference”.

This rule is NOT intended to penalize a player who is participating in a line change and makes a play on the puck or an opposing player while still with one or both skates on the bench. This should be penalized as “too many players” under Rule 10.7 – Too Many Players.

- 8.4 (a) A Bench Minor penalty and Game Misconduct will be assessed to any player who commits Interference From the Bench. If the offending individual cannot be identified, the Game Misconduct will not be assessed.

If any player or team official interferes with an opponent who is on a breakaway in the neutral or attacking zone, then a Penalty Shot should be awarded to the non-offending team, in lieu of a Bench Minor penalty.

If the offender is a team official, then a Gross Misconduct penalty must also be assessed (see Rule 8.4 (f)).

- 8.4 (b) A Major penalty and Game Misconduct penalty, at the discretion of the referee, based on the degree of violence of impact, may be assessed to any player or team official who commits Interference From the Bench.

A Major penalty and Game Misconduct penalty will be assessed to any player or team official who injures an opposing player by an Interference From the Bench infraction that would otherwise call for a Minor penalty

- 8.4 (c) A Match penalty will be assessed to any player who attempts to injure or deliberately injures an opponent by Interference from the Bench.
- 8.4 (d) No Misconduct penalty may be assessed for Interference From the Bench.
- 8.4 (e) A Game Misconduct penalty will be assessed in all situations under this rule, except if a Match penalty is assessed under 8.4 (c) or a Gross Misconduct penalty is assessed under 8.4 (f).

Where a penalty shot is awarded under Rule 10.5 – Throwing or Shooting Stick or Object, and the stick or object was thrown from the Players' or Penalty Bench, the offending player will also be assessed a Game Misconduct penalty for Interference from the Bench.

- 8.4 (f) Where a Team Official commits Interference from the Bench, they must be assessed a Gross Misconduct penalty, in addition to any other penalties required by the rules.

A Team Official will be considered to have committed Interference from the Bench if they make any deliberate physical contact with an opposing player, including but not limited to any fouls described in the Playing Rules.

INTERPRETATIONS

Interpretation 1 Rule 8.4 (a) & (b)

A player from Team A is on a clear breakaway in the neutral or attacking zone when an opposing player throws a stick or object at them from the Players' Bench. In the referee's opinion, the stick or object struck the Team A player with a high degree of violence. What is the appropriate call?

Ruling:

The appropriate call would be a Penalty Shot, plus a Major penalty and Game Misconduct penalty for Interference from the Bench.

Interpretation 2 Rule 8.4 (f)

If Team Official butt-ends, spears, cross-checks, grabs, fights or otherwise fouls an opposing player, the Team Official should be assessed the appropriate time penalty plus a Gross Misconduct penalty under Rule 8.4 (f).

EXAMPLE A: A Team Official attempts to butt-end an opposing player with a minimal degree of violence.

RULING: Assess the Team Official a double Minor penalty under Rule 9.1 – Butt-Ending, plus a Gross Misconduct penalty under Rule 8.4 (f).

EXAMPLE B: A Team Official slashes an opposing player with a stick with a high degree of violence.

RULING: Assess the Team Official a Major penalty and Game Misconduct penalty under Rule 9.3 – Slashing, plus a Gross Misconduct penalty under Rule 8.4 (f).

EXAMPLE C: A Team Official jabs an opposing player with a stick with a high degree of violence and, in the opinion of the Referee, this is a deliberate attempt to injure.

RULING: Assess the Team Official a Match penalty under Rule 9.4 – Spearing, plus a Gross Misconduct penalty under Rule 8.4 (f).

Rule 8.5 Interference with the Goaltender

Goaltender interference refers to any attacking player who, by means of their stick or body, interferes with or impedes the movements of the goaltender by actual physical contact. While incidental contact with the goaltender may occur, attacking players must make an effort to avoid contact in all circumstances. The onus is always on the attacking player and players who do not make an effort to avoid the goaltender must be penalized.

Protection of the Goaltender: A Goaltender is not ‘fair game’ just because they are outside their goal crease. A penalty under this rule will be called where an opposing player makes unnecessary contact with the goaltender anywhere on the ice. Likewise, Referees should be alert to penalize goaltenders for infractions they commit within the vicinity of their goal.

Goal Crease Area: Unless the puck is in the goal crease area, a player of the attacking team may not stand in the goal crease. If the puck should enter the net while such conditions prevail, the goal will NOT BE ALLOWED. However, if an attacking player is in the goal crease but does not interfere with the Goaltender and another attacking player (who is outside the goal crease) scores, the goal WILL BE ALLOWED provided that the player who was in the goal crease does not attempt to play the puck, interfere with the play or obstruct the Goaltender’s view or movements. Therefore, it would be reasonable for a Referee to judge that a situation may warrant disallowing a goal under this rule without assessing an attacking player a penalty.

The penalty should be announced as “Interference with the Goaltender”.

- 8.5 (a) A Minor penalty will be assessed to any player who commits interference with goaltender.
- 8.5 (b) A Major penalty and Game Misconduct penalty, at the discretion of the referee, based on the degree of violence of impact, may be assessed to any player who commits interference with the goaltender.

A Major penalty and Game Misconduct penalty will be assessed to any player who charges the goaltender.

Note 1: See Rule 7.4 (b)(Interpretation 2) – Charging, for the definition of “charging”.

A Major penalty and Game Misconduct penalty will be assessed to any player who injures an opponent by an Interference with the Goaltender infraction that would otherwise call for a Minor penalty.

- 8.5 (c) A Match penalty will be assessed to any player who attempts to injure or deliberately injures a goaltender by Interference.
- 8.5 (d) No Misconduct penalty may be assessed for interference with the goaltender.
- 8.5 (e) A Game Misconduct penalty must be assessed any time a Major penalty is assessed for interference with the goaltender, as detailed under Rule 8.5 (b).

INTERPRETATIONS

Interpretation 1 Rule 8.5 (a)

Any goal scored on a play where an attacking player initiates contact with the goaltender will be disallowed, regardless of whether the contact occurs inside or outside of the goal crease. The only exception to this is where the attacking player is fouled by a defending player and, as a result, is unable to avoid contact with the goaltender.

Interpretation 2 Rule 8.5 (a)

Where an attacking player is tripped, hooked, cross-checked, or otherwise interfered with, falls, and makes contact with the goaltender, there must be an effort by the attacking player to avoid making contact with the goaltender. If the player does not make an effort to avoid contact with the goaltender, then they must be penalized for interference with the goaltender. The referee should also penalize the defending player who committed the initial foul under the appropriate rule.

Interpretation 3 Rule 8.5 (a)

An attacking player is NOT committing a foul by simply standing in the goal crease. However, if while standing in the crease, the attacking player attempts to play the puck, interfere with the play, or impede the goaltender's vision or movements, then no goal may be scored. If the puck enters the net in this situation, the goal must be disallowed.

Note 1: No penalty would be assessed unless the attacking player's body or stick makes actual physical contact with the goaltender.

Interpretation 4 Rule 8.5 (a)

An attacking player is standing in the goal crease. The puck is shot, hitting the player in the crease, and drops down in the crease. The attacking player gets out of the crease, then shoots the puck into the goal. GOAL. The puck did not enter the goal while the attacking player was actually in the crease.

Rule 8.6 Tripping

Tripping is where a player places their stick or body in such a way that causes an opposing player to trip or fall. This includes where a player deliberately slides across the ice, causing the puck carrier to trip, unless they make contact with the puck prior to contacting their opponent.

This rule does not apply to actions defined under Rule 8.7 – Clipping or Rule 8.8 – Slew-Footing.

- 8.6 (a) A Minor penalty will be assessed to any player who trips an opposing player.
- 8.6 (b) A Major penalty and Game Misconduct penalty will be assessed to any player who injures an opponent by a tripping infraction that would otherwise call for a Minor penalty.
- 8.6 (c) No Match penalty may be assessed for tripping.
- 8.6 (d) No Misconduct penalty may be assessed for tripping.
- 8.6 (e) A Game Misconduct penalty must be assessed any time a Major penalty is assessed for tripping, as detailed under Rule 8.6 (b).

INTERPRETATIONS

Interpretation 1 Rule 8.6 (a)

A penalty will NOT be assessed if, in the Referee's opinion, a player gains possession of the puck and, with the same action, trips the puck carrier after gaining possession of the puck.

Interpretation 2 Rule 8.6 (a)

A penalty will NOT be assessed if, while falling or sliding along the ice, a player contacts the puck prior to contacting the body of their opponent and within that same motion causes the opponent to fall.

Rule 8.7 Clipping

Clipping, also known as a “low hit”, is where a player uses their body to make contact below an opponent’s hips. This may take the form of a player lowering their body prior to making a check or being checked. Players may not crouch down to avoid being bodychecked.

- 8.7 (a) A Minor penalty will be assessed to any player who commits a clipping infraction.
- 8.7 (b) A Major penalty and Game Misconduct penalty, at the discretion of the referee, based on the degree of violence of impact (including the impact with the ice or boards), may be assessed to any player who commits a clipping infraction.
A Major penalty and Game Misconduct penalty will be assessed to any player who injures an opponent by a clipping infraction that would otherwise call for a Minor penalty
- 8.7 (c) A Match penalty will be assessed to any player who attempts to injure or deliberately injures an opponent by clipping.
- 8.7 (d) No Misconduct penalty may be assessed for a clipping infraction.
- 8.7 (e) A Game Misconduct penalty must be assessed any time a Major penalty is assessed for clipping, as detailed under Rule 8.7 (b).

INTERPRETATIONS

Interpretation 1 Rule 8.7 (a)

While players may attempt to lower their centre of gravity, in preparation for a hit, the onus is on the player lowering themselves to ensure that they do not commit a clipping infraction, by contacting their opponent at or below the knee area.

Interpretation 2 Rule 8.7 (b)

In determining “degree of violence”, the Referee should also consider the degree of impact with the ice, as clipping fouls may cause players to be thrown through the air and the subsequent impact with the ice can be very dangerous.

Rule 8.8 Slew-Footing

Slew footing occurs when a player uses a leg or a foot to knock, drag, or sweep an opposing player’s feet from under them, or pushes another player’s upper body backward with an arm or elbow and at the same time, with a forward motion of their leg, knocks, drags, or sweeps that player’s feet from under them.

- 8.8 (a) A double Minor penalty will be assessed to any player who slew-foots an opponent.
- 8.8 (b) No Major penalty may be assessed for slew-footing.
- 8.8 (c) A Match penalty, at the discretion of the referee, based on the degree of violence of impact (including the impact with the ice, goal, or boards), may be assessed to any player who slew-foots an opponent.
A Match penalty will be assessed to any player who injures an opponent by a slew-footing infraction that would otherwise call for a double Minor penalty
- 8.8 (d) No Misconduct penalty may be assessed for slew-footing.
- 8.8 (e) No Game Misconduct penalty may be assessed for slew-footing.

INTERPRETATIONS

Interpretation 1 Rule 8.8 (a)

Serious consideration for a Match penalty should be paid when an offending player is “in motion” (skating) while committing this foul. The “degree of violence of impact with the ice, goal, or boards” criteria and intent of the offending player will provide valuable considerations when a Referee makes the decision of whether a Match penalty is warranted under this rule.