

# RESTRAINING FOULS

## RULE 54 HOLDING

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### 54.1. HOLDING

Any action by a Player that restrains or impedes the progress of an opposing Player whether or not they are in possession of the puck.

### 54.2. MINOR PENALTY

A Minor Penalty shall be imposed on a Player who holds an opponent by using their hands, arms or legs.

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.

A Player is not permitted to hold an opponent’s stick. A Minor Penalty shall be assessed to a Player who holds an opponent’s stick (assessed and announced as “holding the stick”). A Player is permitted to protect themselves by defending against an opponent’s stick. They must immediately release the stick and allow the Player to resume normal play.

### 54.3. “PENALTY SHOT”

This rule is described under

→ [Rule 24.8 – Infractions](#)

### 54.4. AWARDED GOAL

This rule is identically described under

→ [Rule 25.0 – Awarded Goal](#)

## RULE 55 HOOKING

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### 55.1. HOOKING

Hooking is the act of using the stick in a manner that enables a Player to restrain an opponent. If the stick goes against the opponent’s hands / or near the opponent’s hands, it shall be penalized as “hooking”. When a Player is checking another in such a way that there is only stick-to-stick contact, such action is not to be penalized as “hooking”.

### 55.2. MINOR PENALTY

A Minor Penalty shall be imposed on a Player who impedes the progress of an opponent by “hooking” with their stick.

A Minor Penalty for “hooking” shall be assessed to any Player who uses the shaft of the stick above the upper hand to hold or hook an opponent.

### 55.3. MAJOR PENALTY

The Referee, at their discretion, may assess a Major Penalty to a Player guilty of “hooking” an opponent, and who recklessly endangers the fouled Player in a way that at the discretion of the Referee such Player would not be sufficiently sanctioned by imposing a Minor Penalty. Refer to Rule 55.4 for the criteria for an additional Game Misconduct Penalty.

### 55.4. GAME MISCONDUCT

A Game Misconduct Penalty must be assessed anytime a Major Penalty is imposed for “hooking”.