

PHYSICAL FOULS

RULE 41 BOARDING

41.1. BOARDING

A boarding penalty shall be imposed on any Player who checks or pushes a defenseless opponent in such a manner that causes the opponent to hit or impact the Boards violently or dangerously.

The severity of the penalty, based upon the impact with the Boards, shall be at the discretion of the Referee. There is a considerable amount of judgment involved in the application of this rule by the Referees. The duty is on the Player applying the check to ensure their opponent is not in a defenseless position and if so, they must avoid or minimize contact. However, in determining whether such contact could have been avoided, the circumstances of the check, including whether the opponent put themselves in a vulnerable position immediately prior to or simultaneously with the check or whether the check was unavoidable can be considered. This balance must be considered by the Referees when applying this rule.

Any unnecessary contact with a Player playing the puck on an obvious “icing” or “off-side” play which results in that Player hitting or impacting the Boards is “boarding” and must be penalized as such. In other instances where there is no contact with the Boards, it should be treated as “charging.”

41.2. MINOR PENALTY

The Referee shall, at their discretion, assess a Minor Penalty, based on the degree of force and violence of the impact with the Boards, to a Player guilty of “boarding” an opponent.

41.3. MAJOR PENALTY

The Referee, at their discretion, may assess a Major Penalty to a Player guilty of “boarding” 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 41.5 for the criteria for an additional Game Misconduct Penalty.

41.4. MATCH PENALTY

The Referee, at their discretion, may assess a Match Penalty if, in their judgment, the Player recklessly endangers their opponent by “boarding”. Such assessment of reckless endangerment shall be based on the severity of the infraction, severity of the contact, the degree of violence and the general reprehensibility involved.

41.5. GAME MISCONDUCT PENALTY

When a Major Penalty is assessed under this rule for a “boarding” and, in the judgement of the Referee, such foul was likely to injure an opposing Player, a Game Misconduct shall also be assessed.

41.6. DISCIPLINARY MEASURES

If deemed appropriate, Supplementary Discipline can be applied by the Proper Authorities at their discretion.

→ [Rule 28 – Supplementary Discipline.](#)

RULE 42 CHARGING

42.1. CHARGING

A penalty shall be imposed on a Player who skates, jumps into an opponent, or charges an opponent in any manner.

PHYSICAL FOULS

Charging shall mean the actions of a Player who either jumps to check an opponent, builds up speed by taking multiple strides immediately prior to making contact and / or travels an excessive distance with the sole purpose of delivering such a hit and / or violently checks an opponent in any manner. A “charge” may be the result of a check into the Boards, into the goal frame or in open ice. This rule is superseded by all similar actions regarding an “illegal hit to the head”, except those related to “fighting”. A penalty shall be imposed on a Player who charges a Goalkeeper while the Goalkeeper is within their Goal Crease.

A Goalkeeper is not “fair game” just because they are outside the Goal Crease area. The appropriate penalty should be assessed in every case where an opposing Player makes unnecessary contact with a Goalkeeper. However, incidental contact, at the discretion of the Referee, will be permitted when the Goalkeeper is in the act of playing the puck outside their Goal Crease, provided the attacking Player has made a reasonable effort to avoid such contact.

42.2. MINOR PENALTY

The Referee shall, at their discretion, assess a Minor Penalty, based on the degree of force and violence of the check, to a Player guilty of “charging” an opponent.

42.3. MAJOR PENALTY

The Referee, at their discretion, may assess a Major Penalty to a Player guilty of “charging” 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 42.5 for the criteria for an additional Game Misconduct Penalty.

42.4. MATCH PENALTY

The Referee, at their discretion, may assess a Match Penalty if, in their judgment, the Player recklessly endangers their opponent by “charging”. Such assessment of reckless endangerment shall be based on the severity of the infraction, severity of the contact, the degree of violence and the general reprehensibility involved.

42.5. GAME MISCONDUCT PENALTY

When a Major Penalty is assessed under this rule for “charging” and, in the judgement of the Referee, such foul was likely to injure an opposing Player, a Game Misconduct shall also be assessed.

42.6. DISCIPLINARY MEASURES

If deemed appropriate, Supplementary Discipline can be applied by the Proper Authorities at their discretion.

→ [Rule 28 – Supplementary Discipline.](#)

RULE 43 CHECKING FROM BEHIND

43.1. CHECKING FROM BEHIND

A check from behind is a check delivered to a vulnerable Player who is not aware of the impending hit, therefore unable to protect or defend themselves from such a hit and contact is made on the back part of the body.

A Player who hits an opponent from behind into the Boards, the Goal Net, or on open ice in any manner (i.e., high-sticking, cross-checking, etc.) shall be penalized according to this rule.

When a Player being bodychecked, intentionally turns their back towards an opponent and puts themselves in a vulnerable position