

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 This rule is superseded by all similar actions regarding an “illegal hit to the head”, except those related to “fighting”.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

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immediately before a bodycheck, to create a “checking from behind” situation, no penalty for “checking from behind” shall be assessed. However, other penalties may still be assessed.

43.2. MINOR PENALTY

This foul is considered serious and dangerous, therefore there is no option to award a Minor Penalty for “Checking from Behind”.

43.3. MAJOR PENALTY

The Referee, at their discretion, shall assess a Major Penalty to a Player guilty of “checking from behind” an opponent, and who recklessly endangers the fouled Player. Refer to Rule 43.5 for an additional Game Misconduct Penalty.

43.4. MATCH PENALTY

The Referee, at their discretion, may assess a Match Penalty if, in their judgment, the Player recklessly endangers their opponent by “checking from behind”. 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.

43.5. GAME MISCONDUCT

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

43.6. DISCIPLINARY MEASURES

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

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

43.7. “PENALTY SHOT”

This rule is identically described under

→ [Rule 24.8 – Infractions](#)

RULE 44 CLIPPING

44.1. CLIPPING

“Clipping” or a “low-hit” is the act of throwing the body across or below the knees of an opponent from any direction. A Player may not deliver a check in a “clipping” manner, nor lower their own body position to deliver a check on or below an opponent's knees.

An illegal “low-hit” is a check that is delivered by a Player who may or may not have both skates on the ice, with their sole intent to check the opponent in the area of their knees. A Player may not lower their body position to deliver a check to an opponent's knees. A Player may not crouch down near the Boards to avoid being bodychecked and as a result, causes an opponent to tumble over them.

44.2. MINOR PENALTY

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