

# 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”.

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## 55.5. “PENALTY SHOT”

This rule is identically described under

→ [Rule 24.8 – Infractions](#)

## 55.6. AWARDED GOAL

This rule is identically described under

→ [Rule 25.0 – Awarded Goal](#)

## 55.7. DISCIPLINARY MEASURES

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

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

## RULE 56 INTERFERENCE

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### 56.1. INTERFERENCE

A Player who obstructs or prevents an opponent “without possession of the puck” from skating, receiving a pass, or moving about the ice freely is considered as “interference”.

A “late-hit” constitutes reckless endangerment of a Player who “no longer has control or possession of the puck”.

Any Player who is in the process of “abandoning” or “losing control or possession of the puck” is subject to a bodycheck so long as the aggressor is in the immediate vicinity of the Skater with the puck.

A strict standard on acts of interference must be adhered to in all areas of the Rink.

**Body Position:** “Body position” shall be determined as the Player skating in front of or beside their opponent, traveling in the same direction. A Player who is behind an opponent, who does not have the puck, may not use their stick, body, or free hand in order to restrain their opponent, but must skate in order to gain or reestablish their “proper position” in order to make a check.

A Player is allowed the ice they are standing on (body position) and are not required to move in order to let an opponent proceed. A Player may “block the path” of an opponent provided they are in front of their opponent and moving in the same direction. Moving laterally and without “establishing body position”, then making contact with the non-puck carrier is not permitted and will be penalized as “interference”. A Player is always entitled to use their “body position” to lengthen an opponent’s path to the puck, provided their stick is not utilized (to make themselves “bigger” and therefore considerably lengthening the distance their opponent must travel to get where they are going); their “free hand” is not used, and they do not take advantage of their “body position” to deliver an otherwise illegal check.

**Possession of the Puck:** The last Player to touch the puck, other than the Goalkeeper, shall be considered the Player in “possession”. The Player deemed in “possession” of the puck may be checked legally, provided the check is rendered immediately following their “loss of control” and their opponent still finds themselves within an “objectively reasonable window of opportunity” to deliver such a check refer to Rule 56.4 – Interference.