

Official Hockey Rules & Referee Signals



Delayed Penalty

When a penalty occurs, The Referee may signal a Delayed Penalty until the offending team gains possession of the puck.

Referee signal: The non-whistle hand is extended straight above the head. The Referee may point at the offending player until stoppage of play.



Goal Scored

Referee signal: A single point, with the non-whistle hand, directly at the goal in which the puck legally entered, while simultaneously blowing the whistle.



Hand Pass

No penalty.

Play will be stopped when a player illegally passes the puck with their hand.

Referee signal: The non-whistle hand (open hand) and arm are placed straight down alongside the body and swung forward and up once in an underhand motion.



Cross Checking

Minor or Major penalty.

Shall be imposed on a Player who holds the stick with both hands and hits an opponent using the shaft of the stick.

Referee signal: A series of forward and backward motions with both fists clenched in front of the chest.



High Sticking

Minor or Major penalty.

Shall be imposed on a Player who lifts the stick above shoulder height and hits an opponent.

Referee signal: Holding both fists clenched together at the height of the forehead.



Kneeing

Minor or Major penalty.

Shall be imposed on a Player who uses their knee in any way to foul an opponent.

Referee signal: Slapping the knee with the palm of the hand.



Holding

Minor penalty.

Shall be imposed on a Player who grabs and holds onto an opponent (or his stick) with his hands or arms to impede the opponent's progress.

Referee signal: Clamping either wrist with the other hand in front of the chest.



Hooking

Minor or Major penalty.

Shall be imposed on a Player who attempts to impede the progress of an opponent by hooking any part of the opponent's body with the blade of his stick.

Referee signal: A series of tugging motions with both arms as if pulling someone towards you.



Interference

Minor penalty.

Shall be imposed on a Player who attempts to impede the motion of an opponent not in possession of the puck, deliberately knocks a stick away, or impedes the goalie around the net area.

Referee signal: Crossed arms stationary in front of chest with fists closed.



Roughing

Minor or Major penalty.

Shall be imposed on a Player who subjects an opponent to intentional and unnecessary roughness or uses excessive force to push or hit an opponent.

Referee signal: One punching motion to the side with the arm extending from the shoulder.



Slashing

Minor or Major penalty.

Shall be imposed on a Player who swings his stick at an opponent, whether or not contact is made.

Referee signal: A series of chopping motions with the edge of one hand across the opposite forearm.



Time-Out

Referee signal: Using both hands to form a "T."
Same signal as Un-Sportsman Like Conduct.



Tripping

Minor or Major penalty.

Shall be imposed on a Player who places their stick, or a part of their body, under or around the feet or legs of an opponent causing the opponent to lose their balance. Will also be called if a Player kicks, uses a knee, or uses a leg to cause an opponent to fall.

Referee signal: With both skates on the floor, strike right leg below the knee with right hand.



Washout

From a goalie's perspective, one of their favorite signals - "No goal" (a goal that is ruled invalid by the Referee). Also used to wave off an infraction.

Referee signal: A sweeping motion across the body, palms down.



Boarding

Minor or Major penalty.

Shall be imposed on a Player who uses any method (body check, elbow, or tripping) to throw an opponent into the boards.

Referee signal: Striking the closed fist of the hand once into the open palm of the other hand.



Charging

Minor or major penalty.

Shall be imposed on a Player who runs, jumps into or charges an opponent, including the goalie.

Referee signal: Rotating clenched fists around one another in front of chest.



Checking From Behind

Minor or major penalty.

Shall be imposed on a Player who deliberately checks an opponent from behind.

Referee signal: Arm placed behind the back, elbow bent, forearm parallel to the ice surface.



Delay Of Game

Minor penalty.

1) Shall be imposed on a Player who delays the game by deliberately shooting or batting the puck outside the playing area or by deliberately displacing the goals from their normal position. A Penalty Shot shall be awarded to the opposing team if on a breakaway scoring opportunity the goals are deliberately displaced by a Player.

2) Shall be imposed on a Player, except the Goalie, who does not immediately drop a broken stick. A Player whose stick is broken may participate in the game provided they immediately drop the stick. A Player may not receive a stick thrown on the floor but must obtain one from the player bench. A Goalie may continue to play with the paddle portion of a broken stick until a stoppage of play.

3) Shall be imposed on any Player, other than the Goalie, who deliberately falls on the puck or gathers a puck to the body. A Penalty shall be imposed on a Goalie who deliberately falls on a puck, or gathers it into the body, when entirely outside the boundaries of the goal crease area.

4) Shall be imposed if a Player, except the goalie, closes their hand intentionally on the puck. If a Player picks up the puck in the goal crease, a Penalty Shot shall be awarded to the non-offending team. A player is permitted to 'bat' the puck in the air with the open hand or push it along the floor unless, in the opinion of the Referee, it was deliberately directed to a team mate, in which case play shall be stopped and the puck faced-off at the spot where the offense occurred.

Referee signal: The non-whistle hand, palm open, is placed across the chest and then fully extended directly in front of the body.



Misconduct

10 minute penalty or removal from game.

Shall be imposed on a Player who, at the discretion of the Referee, demonstrates improper behavior. Examples would be use of profanity and verbal abuse of an official. This is a penalty against an individual and not a team. A substitute player is permitted to immediately replace the offending player.

Referee signal: Both hands on hips several times and point at offending player.



Spearing

Major penalty.

Shall be imposed on a Player who illegally jabs, or even just attempts to jab, the point of his stick blade into an opponent's body.

Referee signal: Jabbing motion with both hands in front of body then drop hands to side of body.



Un-Sportsman Like Conduct

Minor penalty.

Shall be imposed on a Player who, in the Referee's judgment, does something unsportsmanlike.

Referee signal: Using both hands to form a "T."
Same signal as Time-Out.



Penalty Shot

A free shot is awarded to a Player who was illegally interfered with during a clear scoring opportunity, or a team illegally delays the game by deliberately moving a goal post or falling on a puck in the crease (see Delay Of Game Penalty). The shot is taken with only the Goalie guarding against it. The Penalty Shot will be taken as follows:

The Referee shall place the puck on the center face-off spot. The Player to take the Penalty Shot will, on the Referee's whistle, play the puck from there and attempt to score. The Goalie must stay in the crease until the Referee sounds the whistle. The Player taking the shot must keep the puck in motion in the direction of the opponent's goal line. Once the shot is taken the play shall be considered complete. No goal can be scored on a rebound of any kind.

Referee signal: Arms extended above the head, clenched fists and wrists crossed.