

## **METRO HOCKEY LEAGUE**

### **PLAYER RULES TEST #1**

#### **Standard of Play and Rule Emphasis**

The principles of this enforcement standard include the following:

- The purpose of a body check is to separate the opponent from the puck.
- Only the trunk (hips to shoulders) of the body shall be used to deliver a body check.
- The check must be delivered to the trunk (hips to shoulders) and directly from in front or the side of the opponent.
- Players who use their physical skills and/or anticipation and have a positional advantage shall not lose that advantage provided they use their body to check the opponent within the rules.
- Players will be held accountable for acts of an intimidating or dangerous nature.

#### **Test Questions [11 Questions]**

##### **Select one correct response, True or False**

1. Legal body contact is permitted only when using the trunk (hips to shoulders) of the body.
2. Any infraction (boarding, tripping, cross-checking, charging etc.) that causes the opponent to go dangerously and excessively into the boards should be penalized with a minor penalty.
3. Despite an obvious size advantage, a player takes two strides and legally separates the puck carrier from the puck, delivering check, contacting the front of the puck carrier in the chest with his shoulder. This is a legal play and the player should not be penalized.
4. A player can be penalized for checking from behind if the hit takes place in open ice.
5. While attempting to check an opponent, a player's forearm accidentally contacts the neck of the puck carrier. The play should be allowed to continue - no infraction occurred.
6. Regardless of the infraction (i.e. tripping, interference, high sticking, etc.), any action that is meant to intimidate or injure an opponent can be assessed a major or match penalty.
7. Challenging the ruling of an official, taunting an opponent or creating a disturbance during the game (i.e. shooting the puck after the whistle) will not be penalized the first time it occurs. A warning is necessary before a penalty is assessed.

## METRO HOCKEY LEAGUE

### **PLAYERS RULES TEST #1 – page 2**

8. A major and a game misconduct will be assessed to any player who uses the shaft of his stick above his top hand to check an opponent, or jabs or attempts to jab an opponent in any manner.
9. Out of earshot of the referee, you have been trading comments with a player on the opposing team since the game began. There has been the occasional slash and bump away from the play. The referee has yet to penalize either of you. In the third period, the opposing player turns quickly back in your direction, takes 4 or 5 steps towards you, and violently body checks you into the boards while barking that he has “had enough.” He then drops his gloves, and starts to swing at you, landing multiple punches. Even though you do not return a single punch, you try to hold on to the player and minimize any further opportunity for him to swing and land a punch. Even though you do not retaliate after being struck when a fight occurs, you can be assessed a penalty.
10. A player who initiates head contact, in any manner, with any part of a player’s body or equipment, whether intentional or accidental, at a minimum, is assessed a minor and a misconduct.
11. During the pre-game warm-up, one of your teammates, “Ambrose,” points out a few opposing players and refers to their heritage and ethnicity. Later, in the second period, at a faceoff, Ambrose is instructed to move back, out of the faceoff circle, as both of his skates were inside the line. He snaps his head and scowls at the linesman conducting the draw and says, “Why don’t you make “Blackie” get out as well?” referring to a member of the opposing team who happens be of African American heritage. It is within the rules for the referee to only assess Ambrose a minor penalty for Unsportsmanlike conduct.
12. A player receives a tripping penalty during the first period. He rejoins his team after serving the penalty and continues to play. Early in the third period, he receives a minor penalty for checking from behind and an automatic 10-minute misconduct penalty. Because the player has not yet received 3 “minor” penalties, he is permitted to continue to participate in the game, once he has served his penalty time.