





Penalties: Minor penalties will be a 2 minute running time power play. Major Penalties will be a 5 minute running time power play with a player ejection. Here are the list of penalties below:

- Tripping
- Checking (can be major)
- Holding
- Hooking
- Slashing (can be major)
- High Sticking (can be major)
- Roughing (can be major)
- Spearing (automatic major)

Instances of a Penalty Shot

- A player is prevented a breakaway with a clear path to the net
- A defensive player covers the puck with his hand in his defensive goal crease