BODY CONTACT: Body contact is allowed if the player is going for the ring. Intentional blocks such as in football draw a penalty.

MISUSE OF STICKS: Throwing of the stick, use of the stick as a weapon, or high sticking should be stopped immediately by awarding a penalty shot.

FIGHTING: Fights are forbidden. Players should be suspended from the game.

OFFICIAL EQUIPMENT

Although Ring Hockey is easy to learn, it helps to develop teamwork and skill in stick handling that can be transferred to other more complicated stick games. It is also safe, since the ring is made of soft durable foam.

56300 Complete Set 56301 Replacement sticks 56302 Replacement Ring 5508 Goals and Nets

OFFICIAL RULFS

: 0 R

UFTEERING

In general, Ring Hockey Rules are adopted from ice hockey rules, with the object being to keep the game simpler, safe, and fun.

PLAY AREA: This depends on the area available. The ideal size is 100 feet by 50 feet, but any gymnasium or large room with a smooth floor is acceptable. The length should be twice the width. A line or other marker should be used to show the center line.

TEAMS: A team consists of five or six players: a center, two wings, two defensemen, and a goalie. Drop one wing if playing with only five players on a team. If there are more than twelve participants to play, split up the total number into three or four teams and rotate the teams after each goal is scored.

GENERAL RULES

It is recommended that only the three offensive men be allowed to cross the center line. This means two defensive men and the goalie stay behind the line in their own end, eliminating congestion if playing in an area smaller than the suggested size.

<u>PERIODS:</u> When playing with only two teams, three 10-minute periods are best.

PLAY: Play begins with a face-off in the center. The teams then attempt to move the ring toward the goals. The ring should not be caught or held in the hand except by the goalie. (It can be knocked down by hand, but not held or passed by hand.) The ring should not be kicked.

GOALS: If the defensive player deliberately kicks or throws the ring into the net, the goal is not allowed.

If the goal is made by deflection off any player and is not deliberately kicked or thrown in, the goal is good.

If a defensive man shoots, kicks, or throws the ring into his own net, the goal is awarded to the offensive team.

GOAL TENDING: The goalie can catch and throw the ring anywhere on the playing field. Only the goalie can do this.

OFF SIDES: If the ring goes off the agreed playing surface the last team to have contact loses possession. However, since the game is normally played in a gym, playing the ring off the walls is allowed. The opposing team starts play at the point where the ring went out, similar to basketball. However, to speed up the game, sidelines and backlines can be eliminated.

RING BEHIND THE NET: If the ring becomes stuck behind the net, a face-off is made to the side forward of the net.

CENTER LINE: A player cannot pass the ring to any teammate across the center line. This prevents "Hanging around the goal". If this occurs, "center line" is called and the opponent takes possession of the ring at the center line.

INFRACTIONS AND PENALTIES

CATCHING OR CARRYING THE RING-Penalty-Loss of possession of the ring. The opposing team takes over at the center line.

THROWING THE RING-Penalty-Loss of possession, the opposing team takes over at the center line.

PENALTY SHOTS

One free shot with only the goalie on defense is made for the following:

neeing	Throwing Stick	Hooking
cross checking		Tripping
lacking with stick		Rough Play
ligh sticking	Falling on Ring	Elbowing
nterference	Holding	1

HOス

A regular penalty consists of a single free shot by a player on goal from a distance starting his approach of no less than 20 feet in front of the goal with the Goalie defending. Rebounding is not allowed. If an infraction is severe, a major penalty can be given and the offending player banned from the game. Play resumes after ring is touched by the Goalie.