

17.4 10 minutes penalty

- Illegal play against an opponent in a game situation such as slashing his stick, running into, holding, knee or leg tackling or hitting the skates.
 - Protesting a referee's decision.
 - Deliberately throwing the stick or any other object at the ball or another player. This also applies for a player at the team bench, and in such case the team at the field shall be reduced by one player for 10 min.
 - Behaving incorrectly towards players, coaches, officials or spectators.
 - Playing the ball before a new signal when a 5 meter free-stroke distance is demanded.
 - Playing or stopping the ball intentionally with high stick, hand, arm or head, or in another irregular way, with decisive advantage to the team.
 - If a team makes an irregular substitution, or if the team plays with too many players at the field, the player(s) who are committing the fault(s) shall be given a 10 min penalty which is to be served full time and without any abbreviation, even if the opposite team scores a goal.
 - Intentionally hindering an opponent who is not playing the ball (interference) and win a favor off this
- A player not be stated on the signed match report participates in the game. The team captain appoints player to mark the penalty**

17.5 Exclusion for the rest of the match. Personal penalty (mild, not reported)

In all following situations, the player who commits the offence is expelled for the rest of the match time, the exclusion is not to be reported. The team plays with one player less for 10 minutes, full time penalty. The captain decides which player should mark the time penalty.

- A player who commits an offence (17.4) which is punished by a 5 or 10 minutes penalty is to be excluded from the game if he has two previous time penalties.
- A player who hinders a scoring chance by tripping an opponent outside the penalty area is given a red card. (See rule 8.7)
- A player penalized five minutes for incorrect equipment re-enters the game, without demonstrating to the referee that the equipment is properly.
- If a player on the penalty bench or a player during time penalty in half time made a misconduct. Unless the penalty is rough reported
- If a player in connection with the time penalty of 5 or 10 minutes is guilty of an additional foul that will be penalized by 10 minutes. (Except 10+10 minutes misconduct, see 17.6)
- If a penalized player intentionally enters the field before the penalty deadline, or leaving penalty bench without the referee's permission.

17.6 Exclusion for the rest of the match. Rough reported penalty.

The referee is to penalize a player for the remaining time of the game for the following offences:

- Attacking an opponent in a ruthless way, such as by direct blows or kicks on hands, arms or body.
- Abusive language and attacks towards the referee, officials, players, coaches or spectators.
- If a player in connection with a 10-minute time penalty for misconduct is guilty of further time penalty.

Players penalized for the above offences at 17.5 and 17.6 have full game penalty and may not participate or be substituted in the case of extra time or penalty stroke competitions.

17.7 Penalizing coaches and/or substitutes on the substitute bench

The coaches and the substitutes at the bench can be given verbal warning, 10 minutes penalty or red card rough reported.

If a player on the substitute bench is penalized for misconduct 10 minutes he will be placed on the penalty bench and the numbers of players at the ice is reduced by one player. If a player on the bench is

penalized by red card rough reported, the number of players at the ice is reduced by one for the rest of the game.

If the coach is penalized for misconduct 10 minutes he will remain in leadership and continue his coaching work. **The responsible coach will also be punished with a 10 minute penalty for administrative errors on the signed match report. The captain decide which player should sit at the penalty bench. The penalty is full time penalty and the player may sit on the penalty bench for 10 minutes and not reenter if scored by the opposite team.** Penalty according to this rule shall not be regarded as personal penalty for the person who was appointed by the captain.

If the coach is penalized for the rest of the match, red card rough reported, one of the players, but not goal-keeper, shall serve the penalty for 10 minutes and the number of players at the field is reduced by one. This time penalty is called full time penalty and the player may sit on the penalty bench for 10 minutes and not reenter if scored by the opposite team. Penalty according to this rule shall not be regarded as personal penalty for the person who was appointed by the captain.

The penalized person, red card rough reported shall be removed from the playing field/bench-area. In this situation the misbehaviour shall be reported.

17.8 Penalty for simultaneous offences