

## METRO HOCKEY LEAGUE

### PLAYERS RULES TEST #1 ANSWERS

1. **True** - Use of the hands or legs as an extension of the body contact is illegal and will result in a penalty.
2. **False** - The penalty is a minor and misconduct, or a major and game misconduct, regardless of the infraction.
3. **True** - If a player takes less than 3 steps, does not leave his feet and contacts the front of the trunk of the body, the check is legal.
4. **True** - Typically checking from behind penalties are enforced when a player is hit into the boards; the same penalty can be enforced on open ice, resulting in either a minor and misconduct, or, a major and a game misconduct.
5. **False** - Any use of the arms, elbow or hands when checking an opponent can be penalized with either a minor or major penalty when there is contact to the head and/or neck area. Any attempt to intimidate or injure an opponent can be further penalized.
6. **True** – Actions meant to intimidate or injure an opponent that could result in injury, will be penalized.
7. **False** - Depending on the severity of the actual behavior, a minor, major or game misconduct can be assessed on the first occurrence. Continued behavior, or a second occurrence can result in additional penalties.
8. **True** - The same penalty is assessed to a player who makes contact or attempts to make contact. Contact is not necessary - the penalty is the same.
9. **True** - Typically, a major and a game misconduct is assessed to a player who fights. For involvement in a fight the official can assess a minor, double minor or major, and a game misconduct depending on the level of participation. Additionally, in an altercation such as this an official can assess an instigator penalty. Players should avoid negative comments and unsportsmanlike play. In these situations, it is the responsibility of both players to defuse rather than escalate the situation.
10. **True** - It is also true that if an injury occurs during the same incident, a Major and game misconduct or a match penalty can be assessed depending on the severity and intent of the situation.
11. **False** - A game ejection/game misconduct penalty shall be assessed to any player or team official who is guilty of the following actions: (1) Persists in any course of conduct for which he has previously been assessed a misconduct penalty (player) or bench minor penalty (Team Official) or game ejection penalty (both). (2) Uses an obscene gesture anywhere in the rink before, during or after the game (Game Misconduct). (3) Uses language that is offensive, hateful or discriminatory in nature anywhere in the rink before, during or after the game.
12. **False** – At the Junior Gold classification and the 16 classification, a Game Ejection shall be automatically assessed when a player receives a third penalty during a single game. Enforcing this penalty is the joint responsibility of the referees, the scorekeeper, the coach and the player. Any team which allows a player to continue to participate after their third penalty will forfeit that game.