

IIHF OFFICIAL RULE BOOK IN-LINE HOCKEY

INTERNATIONAL RULES GOVERNING THE GAME OF IN-LINE HOCKEY

OFFICIAL SIGNALS

NEW Boarding/Body-checking

Striking the closed fist of the hand once into the open palm of the other hand.

Butt-Ending

Moving the forearm, fist closed, under the forearm of the other hand held palm down.

Charging

Rotating clenched fists around one another in front of chest.

Checking from Behind

Arm placed behind the back, elbow bent, forearm parallel to the playing surface.

Cross-Checking

A forward motion with both fists clenched, extending from the chest.

Delayed Calling of Penalty

The non-whistle hand is extended straight above the head.

Delaying the Game

The non-whistle hand, palm open, is placed across the chest and then fully extended directly in front of the body.

Elbowing

Tapping the elbow with the opposite hand.

Fighting (Roughing)

One punching motion to the side with the arm extending from the shoulder.

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Goal Scored

A single point, with the non-whistle hand, directly at the goal in which the puck/ ball legally entered, while simultaneously blowing the whistle.

Hand Pass

The non-whistle hand (open hand) and arm are placed straight down alongside the body and swung forward and up once in an underhand motion.

High-Sticking

Holding both fists, clenched, one immediately above the other, at the side of the head.

Holding

Clasping the wrist of the whistle hand well in front of the chest.

Holding the Face Mask

Closed fist held in front of face, palm in, and pulled down in one straight motion.

Hooking

A tugging motion with both arms, as if pulling something toward the stomach.

Interference

Crossed arms stationary in front of chest with fists closed.

Kneeing

A single tap of the right knee with the right hand.

Match Penalty

Pat flat palm of hand on the top of the head.

Misconduct

Placing of both hands on hips one time.

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Penalty Shot

Arms crossed (fists clenched) above head.

Slashing

One chop of the hand across the straightened forearm of the other hand.

Spearing

A single jabbing motion with both hands together, thrust forward from in front of the chest, then dropping hands to the side.

Tripping

Strike the side of the knee and follow-through once, keeping the head up.

Time-out and Unsportsmanlike Conduct

Using both hands to form a "T".

Washout

Both arms swung laterally across the body at shoulder level with palms down. It means no goal or infraction so play shall continue.