



LONDON BLIZZARD RULES EMPHASIS

- Equipment** -pushers must wear ice hockey skates (no figure skates), a SCA approved helmet properly fastened with a full face guard, shin pads, elbow pads, hockey gloves and a numbered matching team sweater
-BNQ certified throat protectors mandatory for all players including goalies
-players feet/ankles and hips must be secured to/in sledge
- Pushers** -may not intentionally stop or pass the puck with their skates
-may not coach other players on the ice
-must not be better than the "average" speed of play eg. cannot catch up to a puck carrier
-must not enter "triangle" of faceoff dots to net posts in defensive zone
-cannot dominate play, exhibit above average agility, skate backwards
- Team Officials** -only team Coach, Assistant Coach, Manager, Equipment Manager are permitted on bench during game
- Hand Contact** -players, except goaltenders, may not close their hands on the puck except to catch the puck out of the air and immediately place it on the ice
-hand passes are allowed only in a player's own defensive zone, both passing and receiving. Otherwise play is stopped with no penalty and a faceoff is held.
-A player may not cradle or hold puck with their fingers, hands or sledge to keep it away from an opponent
- Head Contact** -ZERO tolerance to head contact. All contact above the shoulders is to be called by officials
- Body Checking** -allowed only in A, B and C divisions.
-incidental contact is allowed in Open and Junior divisions. Body checking will result in penalties: minor penalty if no injury results, major and game ejection if injury occurs
- Puck at Bench** -deflectors to be used at bench area when normal hockey benches are not being used
-players are encouraged to push puck onto surface perpendicular from the boards