

## **Restarts “Everything In its place”**

No player of either team shall be within 5 yards of player with possession on a free play (restart)

Goalie out of the cage gets 5 seconds everywhere or anywhere on the field – no exceptions!

Verbalize location of restart whenever offensive team has replay in attack half of the field

**NO RUNNING RESTARTS – STOP! Then whistle**

### **Face off violation**

- Over the midline (offensive half)

### **Out of Bounds**

- At the inbounds spot – spot where ball went out of bounds
- End line after a shot or pass out of bounds
- Spot of restart even after a time out if there was no violation
- Bring player a full yard or two in bounds – don’t allow him to step out on restart
- Bring player 5 yards away from special substitution area if that is out of bounds spot

### **Loose ball violation**

- Spot of the violation when more than 20 yards laterally from goal
- Outside the box
- Back up 5 yards if at top center of the box
- Offside = free clear (offensive half)

### **Technical violation – change of possession fouls**

- Goaltender interference – ball loose = outside the box
- Goaltender interference – possession = “play on”, free clear if play on fails
- Spot of violation when more than 20 yards laterally from goal
- 20-second violations start in the offending team’s defensive half of the field

- Offside = free clear (offensive half)

### Time-serving penalties (Rule 7-3)

- Offended team in attack half = spot where play ends 20 yards laterally from goal
- EMO – bring attack team to a corner if restart is up high
- EMO – bring attack team up to GLE if play ends deep (end line)
- NEVER TOP CENTER OF BOX
- Offended team in defensive half = free clear (offensive half)
- Simultaneous fouls (equal time served) at spot where play ends 20 yards laterally from goal
- Simultaneous Fouls (unequal time served) per Rule 7-3

### The only time the ball is restarted inside the box is on an end line out of bounds

Always have a restart take place in the proper spot. Improper restarts can lead to confusion and frustration on the part of the players and coaches. A worst-case scenario can be borne out of improper restart placement (an undeserved goal, a turnover or injury caused by putting a player in a position of jeopardy).

Use common sense and good judgment on everything you do in a game – even restarts – because it's the little things that count. Don't let little things become big, bad things.

Stay out of trouble right from the (re)start.