

2023 Ice Hockey Study Guide

1. Can penalized players return to their team's players' bench during a time-out?
 - A. Only during overtime
 - B. No
 - C. Yes
2. Before dropping the puck, the official shall set the players by blowing the whistle and holding the puck at the beltline. When players are legally set, the official shall present the puck to the players before dropping it.
 - A. Only at the start of the game or each period.
 - B. Never.
 - C. Always.
3. Which statement(s) below is false?
 - A. Goalkeepers may wear a helmet that does not meet the HECC/ASTM standards with a cat-eye face mask with large eye openings which does not meet the HECC/ASTM standards.
 - B. Goalkeepers shall wear a helmet which meets the HECC/ASTM standards.
 - C. Face masks and helmets, including ear protectors, shall not be altered from the original manufacturer's specifications.
4. The goalkeeper's helmet and/or face mask or glove(s) becomes dislodged during play, or skate blade becomes broken or dislodged. What is the ruling?
 - A. Goalkeeper is issued a minor penalty.
 - B. Play continues.
 - C. Play is stopped immediately.
5. The puck is batted directly on goal with the hand by the attacking team, creating an immediate whistle and stoppage of play. Where is the faceoff?
 - A. At the nearest faceoff spot.
 - B. At a neutral zone faceoff spot.
 - C. At a defending zone faceoff spot of the offending team.
6. During an altercation, Player A grabs Player B's face mask. Which of the following rulings is not an option for this infraction?
 - A. Minor Penalty
 - B. Major Penalty
 - C. Major and Misconduct or Disqualification
7. During a fight between two opposing players, another player enters the altercation only to restrain a player from his/her team. What is the ruling?
 - A. Misconduct
 - B. Major
 - C. Game Disqualification

8. During the faceoff to start the first period, Player A is found not wearing a tooth and mouth protector. What is the ruling?
- A. First offense – Team warning and Player A shall be immediately removed from the ice.
 - B. No warning, Minor penalty.
 - C. No warning, Misconduct penalty.
9. The goalkeeper is required to wear which of the following?
- A. Flapper-style throat protector that is properly attached.
 - B. Tooth and mouth protector.
 - C. All of the above.
10. Use of an electronic device such as a tablet to provide coaching instruction to players during a game is:
- A. Permitted on the players' bench.
 - B. Permitted in the locker room only.
 - C. Not permitted on the players' bench at any time.
11. The puck is shot by a player on Team A and deliberately directed into the opponent's goal by a teammate's skate. What is the ruling?
- A. No goal, faceoff in the neutral zone just outside of Team A's attacking blue line.
 - B. No goal, faceoff in Team A's defending zone.
 - C. No goal, faceoff in Team A's attacking zone.
12. Player A1 serves a "captain's choice of players" penalty. Player A1 accumulates four other penalties during the same game. How many penalties has Player A1 officially incurred?
- A. Five Penalties. Player A1 is assessed a game misconduct for incurring five penalties in one game.
 - B. Four Penalties.
 - C. None of the above.
13. If a goalkeeper's skate blade is broken or displaced, the play shall:
- A. Continue at the official's discretion.
 - B. Stop immediately.
 - C. Stop at the next change in possession.
14. A player has been diagnosed with a concussion. The player can return when:
- A. The coach clears the player to return.
 - B. A referee clears the player to return.
 - C. An appropriate health-care professional clears the player to return.
15. If a goal is scored with an attacking player in the crease who visually impedes the goaltender, what is the result/call?
- A. Good goal.
 - B. Disallowed goal; faceoff in the attacking zone.
 - C. Disallowed goal; faceoff in the neutral zone.

- 16 . What is the maximum length of a legal stick?
- A. 40 inches.
 - B. 65 inches.
 - C. 100 inches.
- 17 . When is a water bottle allowed on the goal cage?
- A. When it is attached on the top of the goal cage.
 - B. When it is placed inside the goal cage.
 - C. When it is tied to the top of the netting or secured to the goal cage.
- 18 . A player from Team A makes direct contact to the head/neck area of a player from Team B. The official must assess:
- A. Minor and misconduct.
 - B. Major or game disqualification.
 - C. Game misconduct.
- 19 . An attacking player, whose team has possession of the puck and is about to enter the attacking zone, is pushed into the attacking zone by an opposing player prior to the puck entering the attack zone. What is the call?
- A. Offsides with a potential minor call for interference.
 - B. Offsides.
 - C. All of the above.
- 20 . Referees shall meet with team captains and head coaches prior to the start of the game. Duties of the referee include:
- A. Receiving verification from the coach that all participants are properly equipped.
 - B. Emphasizing to the coach and captains that all participants are to exhibit good sportsmanship.
 - C. All of the above.
- 21 . During the course of a delayed offsides, the attacking team, Team A, shoots the puck into Team B's goal cage as Team A's players are clearing the zone. What is the ruling?
- A. The goal is allowed.
 - B. No goal may be scored during a delayed offsides.
 - C. A minor penalty shall be assessed to Team A.
- 22 . During the course of a delayed penalty on Team A, the puck is directly shot out of the rink by Team B in Team B's defending zone. Where is the faceoff?
- A. Center ice.
 - B. Team B's defending zone.
 - C. Team A's defending zone.
- 23 . At the time of a faceoff, all players excluding goalkeepers:
- A. Shall take a stationary position before the puck is dropped.
 - B. Shall be positioned so that their bodies and sticks are no closer than 24 inches from an opponent.
 - C. May switch sides for a more favorable match-up.

- 24 . What penalty shall be assessed to a player who attempts to draw a penalty through any exaggerated or deceitful action?
- A. Minor Penalty
 - B. Major Penalty
 - C. Minor Penalty and Misconduct
- 25 . What penalty shall be assessed to any player, coach or bench personnel who uses a racial, ethnic or gender bias slur?
- A. Minor penalty and Misconduct
 - B. Game Misconduct
 - C. Game Disqualification
- 26 . During a stoppage of play, Player A1 spits at Player B1. What is the penalty?
- A. Misconduct
 - B. Game Misconduct
 - C. Game Disqualification
- 27 . A player strikes an opponent in the head area with a closed hand. The official does not consider this to warrant a penalty for fighting. The appropriate penalty is:
- A. Minor penalty for unsportsmanlike conduct.
 - B. Major penalty for direct contact to the head.
 - C. Disqualification penalty for fighting – no other option.
- 28 . At 5:00, Player A1 receives two minor penalties. At 5:30, Player A2 receives a minor penalty. At 6:00, Team B scores. What is the on-ice strength at the next faceoff?
- A. 5 v. 4
 - B. 5 v. 3
 - C. 4 v. 3
- 29 . Player A1 receives a major penalty and Player B1 receives a minor penalty at 7:00. Player A2 receives a minor penalty at 8:00. Team B scores at 8:30. What is the on-ice strength situation?
- A. 4 on 4
 - B. 4 on 3
 - C. 5 on 4
- 30 . What is the ruling if a player or goalkeeper leaves or discards a stick in such a way to prevent an obvious imminent goal?
- A. Goal is awarded.
 - B. Minor Penalty.
 - C. Penalty shot is awarded.
- 31 . If any player is assessed a second major penalty in the same game, the offending player shall receive what penalty?
- A. Game Disqualification
 - B. Game Misconduct
 - C. Misconduct

- 32 . For any flagrant contact after the whistle, what ruling shall the referee assess?
- A. Minor Penalty
 - B. Misconduct
 - C. Major or Game Disqualification
- 33 . What is the minimum penalty assessed for a flagrant high stick?
- A. Minor Penalty
 - B. Misconduct
 - C. Major Penalty
- 34 . If an overtime period is played, then:
- A. Ends shall be changed.
 - B. Ends shall not be changed.
 - C. Ends shall not change, but on-ice strength is 4-4.
- 35 . An attacking player in the neutral zone from Team A shoots the puck which deflects off Team B's goal frame and goes directly out of the rink. Which of the following is true?
- A. If shot from the defending half of the neutral zone, it would be icing if it crosses the goal line after the deflection and the faceoff is in Team A's defending zone.
 - B. If the puck does not cross the goal line after the deflection, the faceoff is in the nearest neutral zone faceoff.
 - C. All of the above.
- 36 . The referee makes a decision to stop play for the goalkeeper covering the puck. Before the whistle can be blown, the puck comes loose and enters the goal. What is the ruling?
- A. The goal shall be awarded.
 - B. No goal, as the referee deemed the play to have stopped.
 - C. No goal, faceoff at center ice.
- 37 . What is the ruling if a player leaves his/her feet to play the puck and trips an opponent while doing so?
- A. A minor penalty shall be called.
 - B. No penalty.
 - C. A major penalty shall be called.
- 38 . If playing conditions become unsatisfactory, the referee may:
- A. Terminate the game.
 - B. Suspend the game.
 - C. Leave the decision to the mutual discretion of the coaches.
- 39 . During a normal stoppage of play the official blows the whistle to start the faceoff procedure. Which statement is true?
- A. Nothing is permitted.
 - B. A time-out may be called.
 - C. Substitution of players is permitted.

- 40 . Both centers are set to faceoff after the official has blown his whistle to start the faceoff procedure in Team A's zone. Prior to the drop of the puck, Team B's defensemen switch sides. What is the proper ruling?
- A. Team B is assessed a minor penalty.
 - B. Team B center is removed from faceoff and replaced by a teammate.
 - C. Centers from both teams shall be removed and replaced by a teammate.
- 41 . What is the ruling if a player pushes, charges, cross-checks or body-checks an opponent from behind into the boards or goal frame?
- A. Game Disqualification.
 - B. Major and Misconduct or, if flagrant, Game Disqualification.
 - C. Major and Game Misconduct.
- 42 . A Team B defenseman covers a loose puck in Team B's crease. A penalty shot is awarded to Team A. What Team A player is eligible to take the penalty shot?
- A. The Team A player who last legally played the puck prior to the infraction.
 - B. Any Team A player on the ice when play is stopped.
 - C. The Team A player closest to the location of the infraction.
- 43 . An interference penalty applies whenever a player prevents an opponent from retrieving:
- A. Any piece of the opponent's equipment.
 - B. The opponent's stick, not any protective equipment.
 - C. Any piece of protective equipment, not the opponent's stick.
- 44 . Player A1 contacts Player B1 away from the boards. The contact violently throws Player B1 into the boards. The referee determines the hit is not flagrant and B1 does not crash headfirst into the boards. What is the minimum penalty that can be assessed?
- A. Major
 - B. Major and Misconduct
 - C. Game Disqualification
- 45 . Which of the following players may not defend a penalty shot?
- A. Goalkeeper
 - B. Substitute Goalkeeper
 - C. Defenseman
- 46 . If any player is injured during a game from an accident and cannot leave the ice, a referee shall stop play:
- A. Immediately, regardless of which team possesses the puck.
 - B. When the injured player's team has possession of the puck.
 - C. At the next natural stoppage in play.
- 47 . An official has erred in calling an icing infraction. The ensuing faceoff shall take place:
- A. At the nearest end zone faceoff spot where play was stopped.
 - B. At the center ice faceoff spot.
 - C. At the defensive zone faceoff spot of the team that iced the puck.

- 48 . The following penalty options are available for unsportsmanslike conduct:
- A. Minor Penalty.
 - B. If further disrespect, MISCONDUCT.
 - C. All of the above.
- 49 . A puck is deflected out of play within Team A's attacking zone. Where shall the faceoff take place?
- A. Neutral zone faceoff spot.
 - B. Faceoff spot in Team A's attacking zone.
 - C. Center ice faceoff spot.
- 50 . If in the event that a spectator interferes with the progress of the game:
- A. The official shall blow the whistle and stop play.
 - B. Play shall continue.
 - C. None of the above.
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- 51 . Contact is initiated by Player B on Player A, which causes Player A to enter the attacking zone before the puck. What is the call?
- A. Offsides with a minor call for interference.
 - B. Offsides.
 - C. Any of the above.
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- 52 . The puck is fairly directed to the net. What should the ruling be on this play?
- A. Goal. The puck broke the plane of the goal line.
 - B. No goal. The puck must completely cross the goal line.
 - C. No goal. The puck is more than halfway across the goal line.
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- 53 . The puck is directed toward the net and deflected out of play by any player's stick. Where shall the faceoff take place?
- A. Nearest neutral zone faceoff spot.
 - B. Nearest faceoff spot in the attacking zone.
 - C. Center ice faceoff spot.