

Penalty Assessments

<u>Technical</u>	<u>Time</u>
Offsides	30 secs.
Push w/ Poss.	30 secs.

<u>Personal</u>	<u>Time</u>	<u>Releasable</u>	
Cross Check	1 min.	Yes	
Ill. Body Check	1 min.	Yes	
Illegal Cross			
Delay/Alter	1 min.	No	(Unsportsmanlike)
Pocket	1 min.	No	
Cross	3 min.	No	
Ill. Equip.	1 min.	No	
Slashing	1 min.	Yes	
Tripping	1 min.	Yes	
Unecess. Roughnes	1 min.	Yes	
Unsportsmanlike	1-3 min.	Yes/No	
Fighting	3 min	No	Ejection