

Penalties	Player		Goalkeeper		Remarks
	Who Serves	When Served	Who Serves	When Served	
5-	Penalized Player (5min)	Immediately	Player from ice (5min)	Immediately	
5+2	Penalized Player (7min)	Immediately	Player from ice (7min)	Immediately	
5+10	Penalized Player (15min)	Immediately	Player from ice (15min)	Immediately%	%Team must lose one player immediately for Goalie
	Additional Player (5min)	Wait	Additional Player (5min)	Wait	
5+GM	Substitute Player (5min)	Wait	Player from ice (5min)	Immediately	
Match	Substitute Player (5min)	Wait	Player from ice (5min)	Immediately	
5+5+GM	Substitute Player (10min)	Wait	Player from ice (10min)	Immediately	
2+5+GM	Substitute Player (7min)	Wait*	Player from ice (7min)	Immediately	*Minor penalty if Sub isn't in box prior to start of Minor
2+5+10	Penalized Player (17min)	Immediately	Player from ice (17min)	Immediately%	%Team must lose one player immediately for Goalie
	Additional Player (7min)	Wait*	Additional Player (7min)	Wait*	
5+10+GM	Substitute Player (5min)	Wait	Player from ice (5min)	Immediately	
2+Match	Substitute Player (7min)	Wait*	Player from ice (7min)	Immediately	*Minor penalty if Sub isn't in box prior to start of Minor
5+Match	Substitute Player (10min)	Wait	Player from ice (10min)	Immediately	
5+10+Match	Substitute Player (10min)	Wait	Player from ice (10min)	Immediately	
2+5+Match	Substitute Player (12min)	Wait*	Player from ice (12min)	Immediately	*Minor penalty if Sub isn't in box prior to start of Minor
10+Match	Substitute Player (5min)	Wait	Player from ice (5min)	Immediately	
2+5+10+Match	Substitute Player (12min)	Wait*	Player from ice (12min)	Immediately	*Minor penalty if Sub isn't in box prior to start of Minor
2+5+GM+Match	Substitute Player (12min)	Wait*	Player from ice (12min)	Immediately	*Minor penalty if Sub isn't in box prior to start of Minor
GM+Match	Substitute Player (5min)	Wait	Player from ice (5min)	Immediately	
5 (Penalized Player Injured)	Substitute Player (5min)	Wait*	Player from ice (5min)	Immediately	*Penalized player must go directly to box if he returns
5 (5th Penalty)*	Substitute Player (5min)	Wait	Player from ice (5min)	Immediately	*Player receives immediate GM after 5th penalty

If a team does not place a substitute in the box during a Major, and the Major expires they may **not** place an additional player on the ice from the Players Bench. They must continue to play 5v4 until the next stoppage. At the next stoppage they may place 5 players on the ice for the ensuing faceoff (**with no additional penalty**).

If a team does not place a substitute in the box during a Major, and after the expiration of the Major they send an additional player onto the ice from the Players Bench, they shall receive a Minor penalty for Illegal Substitution (Penalty Shot/Optional Minor if less than two minutes remain in the third period or anytime during overtime).

All Substitute or Additional Players must enter the Penalty Box during a stoppage and by way of the ice, a Minor penalty (Illegal Substitution) shall be assessed for substitutions made outside these guidelines.

A team shall **not** be allowed to ice the puck if they are stuck playing 5v4 after the expiration of a Major.