

IIHS
International
Inline Hockey
Series

Regulations | Guidelines | Rules
2026

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1. General

- 1.1. The goal of the international inline hockey series (IIHS) is to provide an international inline hockey event where everyone in the sport (including but not limited to players, clubs/teams, coaches, managers, and game officials) can participate, in a structured, organized, and competitive manner.
- 1.2. The IIHS will operate in accordance with their own Regulations, Guidelines and Rules, including but not limited to the International Ice Hockey Federation (IIHF) Inline Hockey Official Rulebook.

2. Organization

- 2.1. Transportation: While the IIHS organization may provide assistance or recommendations, all transportation must be organized by each participating team.
- 2.2. Accommodation: The IIHS organization may recommend accommodation for the participating teams, ideally including reduced fares. The recommended accommodation is specific to each event and will be indicated on the tournament website www.iihshockey.com and/or in the official invitation and information email. However, the IIHS organization is not responsible for the hotel's services, and all the accommodation shall be organized by each respective participating team.
- 2.3. Food: The IIHS organization may organize food for teams. If so, the participating teams will need to prepay for a set number of players and staff in accordance with the payment terms agreed upon with the IIHS.
- 2.4. Fee: The tournament fee covers only the right to play and does not include accommodation, food, or transportation.
- 2.5. Insurance: All participants are responsible for ensuring that all individuals who are part of their teams for the tournament have taken out sufficient health and accident insurance coverage. The IIHS organization is not responsible for any medical expenses, injuries, nor is it responsible for any claim whatsoever made by any participant or player. This is the sole responsibility of each and every participant.
- 2.6. Mandatory Waiver: participation in any IIHS event is strictly conditional upon the execution of a valid Player Registration – Release and Indemnifying Agreement (“Waiver”). Each player, coach, team staff member, and team representative must personally sign the Waiver prior to participation. In the case of an underage participant, the Waiver must be signed by the legal parent or guardian. By signing the Waiver, each participant (or legal guardian) expressly confirms and declares that they hold valid and sufficient accident and health insurance coverage applicable to participation in the Event, including coverage for sports-related injuries occurring abroad, where applicable. Failure to submit a properly completed and signed Waiver shall result in the participant being ineligible to take part in the Event, without refund or exception. The IIHS organization reserves the right to deny access to the playing area or remove any participant who has not complied with this requirement.
- 2.7. Team representative: Each participating team shall assign a representative for all management duties both before and during the tournament. This person will be the team's sole representative for all decisions and tournament responsibilities.

- 2.8. Division directors: Each division will have a director assigned by the IIHS, in charge of managing, reporting on, and controlling the organization of such a division.
- 2.9. All players, coaches, team staff, and team representatives will adhere to good conduct, respect for arena staff, fair play, respect of the applicable rules & regulations, respect for on- and off-rink officials, respect for the IIHS organization, and respect for the other participants.
- 2.10. The participating teams agree that for any breach of the provisions of these the IIHS organization may, at their discretion, and in accordance with IIHS regulations, implement any sanction they deem appropriate (warning, suspension from one or more games, removal from the premises, reporting to the national authorities, among others). The IIHS organization reserves the right to update or modify the guidelines, rules, and regulations at its sole discretion.

3. Tournament participation – Guidelines and Rules

3.1. Participation

- a. Men's Pro Division: participation in this division is by invitation only.
- b. Women's Pro Division: participation in this division is by invitation only.
- c. Men's, 38&Over, 45&Over, 21U, 18U, 16U, 14U, 12U, 10U, and 8U: participation in these divisions is open to everybody, NO invitations are required.

3.2. Player Age Eligibility – for 2026

- a. Men's Divisions: The minimum age for participation is 15 years old as of January 1st of the year of the tournament.
- b. Women's Pro Division: The minimum age for participation is 15 years old as of January 1st of the year of the tournament.
- c. 21U: Players born in 2004 and younger.
- d. 18U: Players born in 2007 and younger.
- e. 16U: Players born in 2009 and younger.
- f. 14U: Players born in 2011 and younger.
- g. 12U: Players born in 2013 and younger.
- h. 10U: Players born in 2015 and younger.
- i. 8U: Players born in 2017 and younger.
- j. 38&Over: Players born in 1988 and older.
- k. 45&Over: Players born in 1980 and older.

3.3. Fees

Tournament fee are per team:

- a. Men's Pro Division: 1,350 EUR.
- b. Women's Pro Division: 1,000 EUR.
- c. 21U, 18U, 16U, 14U, and 12U: 1,000 EUR.
- d. 10U and 8U: 800 EUR.
- e. Men's, 38&Over, 45&Over: 1,000 EUR.
- f. Format 3 on 3: 650 EUR Men's, 350 EUR Kids divisions.

3.4. Awards Prizes

- a. Men's Pro Division: A cash prize will be advertised for each tournament, provided a minimum of 6 teams is registered. IIHS reserves the right to adjust the prize based on the number of participants.
- b. Women's Pro Division: A cash prize will be advertised for each tournament, provided a minimum of 4 teams is registered. IIHS reserves the right to adjust the prize based on the number of participants.

- c. 21U, 18U, 16U, 14U, 12U, 10U, and 8U Divisions: Trophies and medals will be awarded to the 1st and 2nd place teams.
- d. Men's, 38&Over, and 45&Over Divisions: Trophies and medals will be awarded to the 1st and 2nd place teams.
- e. Format 3-on-3: A cash prize or not will be advertised for each tournament. If fewer than 6 teams participate, the prize may be adjusted. IIHS reserves the right to modify the prize based on registration numbers.

3.5. Number of Games Guaranteed

- a. Men's Pro and women's Pro divisions: a minimum of five games.
- b. 21U, 18U, 16U, 14U, 12U, 10U, and 8U divisions: a minimum of five games.
- c. Men's, 38&Over and 45&Over divisions: a minimum of five games.
- d. Skills competitions will be organized. The IIHS organization has sole discretion to set the rules and age eligibility of these competitions.

3.6. Schedule

- a. The competition format and game schedule will be provided to all participating teams well in advance of the start of the tournament, once the organization have confirmation of how many teams would be participating per division.
- b. The participating teams agree that the IIHS organization has sole discretion to draw up such a schedule.

3.7. Team registration

- a. Online form: Team registrations are done online. The registration form and its link are specific to each event and will be indicated on the tournament website www.iihshockey.com and in the official invitation and information email sent by the IIHS organization. The form requires the following information:
 - i. Team Division (Men's Pro, Women's Pro, 21U, 18U, 16U, 14U, 12U, 10U, 8U, Men's, 38&Over, 45&Over)
 - ii. Team Name
 - iii. Team Manager information (Name, Phone, Address, Email)
 - iv. Team Origin Country
- b. Tournament registration: By registering for the tournament, participants acknowledge that they are obligated to respect and follow all IIHS regulations, guidelines, and rules.
- c. Payment: After the form is completed, information to proceed with the payment would be sent and/or display to the team manager.
- d. Verification: Once the form and payment have been verified, an email with the confirmation of the team registration will be sent to the contact person registered.

- e. Registration basis: Registration, fees, and refunds are handled per team and not per player. The participation fee is a single team entry fee and is not divided into, or attributed to, individual player shares.
- f. Non-refundable deposit: 25% of the participation fee constitutes a non-refundable deposit. The deposit secures the team's slot in its division and is retained by the IIHS in every case of cancellation by the team, whatever the date of the cancellation. Any refund granted under the policy below shall in no case exceed the participation fee less this deposit.
- g. Cancellation Policy: In the event of a cancellation by the IIHS:
 - i. The IIHS reserves the right to cancel a division if the minimum number of teams required for competitive play is not met. In such cases, registered teams will be notified in advance and eligible for a full refund.
 - ii. The IIHS reserves the right to cancel a team's registration at any time if the team or its members are found to be in violation of tournament rules, code of conduct, or eligibility requirements. In such cases no refund of the participation fee will be issued.
- h. Cancellation Policy: In the event of a cancellation by the team. Cancellations must be notified in writing to info@iihshockey.com. The date on which the written notice is received by the IIHS determines which of the following applies:
 - i. More than one (1) month before the first day of the competition: the participation fee will be refunded to the payer less the non-refundable deposit and less any applicable banking or transfer charges.
 - ii. Between one (1) month and twenty (20) days before the first day of the competition: 50% of the participation fee will be refunded to the payer, less any applicable banking or transfer charges. The 50% retained by the IIHS includes the non-refundable deposit and covers costs already committed for the event.
 - iii. Less than twenty (20) days before the first day of the competition: No refund or credit will be provided under any circumstances.
 - iv. Replacement team: a slot released by a cancelling team may be offered by the IIHS to another team, and the cancelling team may also propose a replacement team. Acceptance of any replacement team is at the sole discretion of the IIHS and is subject to that team meeting all eligibility, registration and payment requirements.
 - v. If the released slot is effectively filled by another team that registers and pays in full, the IIHS may refund the cancelling team a further part of the participation fee, up to the amount actually recovered and always excluding the non-refundable deposit. Such an additional refund is granted at the sole discretion of the IIHS and is not guaranteed.

- vi. In duly justified cases of force majeure, the IIHS may, at its sole discretion, issue a credit towards a future IIHS event instead of a monetary refund. The refusal or delay of visas or travel authorisations, the cancellation or unavailability of flights or other transport, and any other travel arrangement or cost are the sole responsibility of the team and shall not be considered force majeure. Any credit issued is valid for the next edition of the same event or for twelve (12) months, whichever is later, is not exchangeable for cash and may not be transferred outside the team's club.
- vii. A team that fails to appear at the competition without written cancellation forfeits the full participation fee.
- viii. Food, camp packages and other prepaid services: any prepayment made for food, camp packages or other extra services is subject to the same cancellation and refund conditions set out above, including the non-refundable deposit, and is calculated on the date the written cancellation notice is received by the IIHS.
- i. No individual player refunds:
 - i. As the fee is charged per team, no refund, partial refund, or reduction of the team fee will be issued when one or more registered players are unable to participate, for any reason, including injury, illness, suspension, travel restrictions, visa denial, or personal withdrawal.
 - ii. Should a registered player become unavailable, it is the responsibility of the team to find a replacement player. Replacements are accepted at no additional cost up to the roster submission deadline, and thereafter only in accordance with the roster rules of these Regulations.
 - iii. If a team is reduced below the minimum number of players required to field a line-up, the team cancellation policy above applies; no player-level refund shall be issued in any case.
- j. Deadline: The IIHS organization would determine and publish the tournament's registration deadline.
 - i. No registrations would be allowed after this date unless the IIHS organization see it as necessary for the tournament.
 - ii. Men's and Women's Division invitations must include the registration deadline.

3.8. Teams, Roster and waivers

- a. Each team is permitted to create its own line-up with any player(s) of their choosing. Our objective is to enable each team to form their line-up with the most exceptional players available, without any limitations.

- b. Team names, jerseys, and any related materials of a derogatory nature, including obscenities or threats, are strictly prohibited. Additionally, they must not infringe on any copyrights or trademarks. The IIHS enforces a zero-tolerance policy regarding offensive behavior, including personal attacks, sexist remarks, and racist comments. If a team violates this rule, the organization will immediately require the team manager to change the offensive name or jersey. Failure to comply will result in the team being disqualified from the tournament.
- c. The team must submit its roster using the form or the email address indicated for each event on the tournament website www.iihshockey.com and/or in the official information email sent by the organization committee, no later than two days before the first game. A confirmation email will be sent once the roster has been received.
- d. A physical copy of the roster, signed by each player, shall be submitted before the first game. Once the first game has started the roster is locked.
- e. No player may be added or change after the first game has started unless a player is not able to continue playing due to injury or other extreme and valid reasons.
- f. Before the first game:
 - i. Each player must fill out and sign the waiver form in order to be eligible to play. The waiver form states that each player is responsible for their own insurance and has obtained sufficient health coverage, and that the IIHS organization is not liable for any injuries or claims made by any participant or player.
 - ii. In the case of an underage player, the player's legal guardian must sign and return their registration and waiver forms.
- g. Proof of age: Each player needs to show proof of age at the on-site registration office. Any team using an illegally aged player will be forfeited out of the tournament.
- h. Pro Players in Men's Division: Each team in the Men's Division is permitted to register a maximum of three Pro players. However, no more than two Pro players may be included in the lineup for a single game. This rule applies to players currently competing in the Men's Pro Division. This regulation has been established to promote the sport and accommodate scheduling requirements.
- i. A player is strictly prohibited from playing for more than one team within the same division.
- j. Junior Players Across Divisions, to support the development of the sport, players aged 18 and under (18U) are permitted to play in multiple divisions, provided they participate in only one team per division.

4. Floor and Playing Area – Guidelines and Rules

4.1. Rinks

- a. Number of rinks: as indicated for each event on the tournament website and/or in the official information email.
- b. Size:
 - (i) 4 on 4: 60x30 meters / 56x26 meters – Ice Hockey size.
 - (ii) 3 on 3: 40x20 meters
- c. Boards: Ice Hockey boards.
- d. Floor: STILMAT floor on all rinks.
- e. Faceoffs: 5 faceoff spots are marked.
- f. Lines: The center red line is marked.

4.2. Goal Nets

- a. Ice hockey size nets, 1.22m x 1.83m, 4' x 6'.

4.3. Puck

- a. STILMAT puck.

5. Playing – Guidelines and Rules

The IIHS rules incorporate the rules of the IIHF by reference. Any rules not expressly provided for in the IIHS shall be subject to the provisions set forth in the IIHF Rule Book.

5.1. Referees

- a. Two referees per game.
- b. In case of injury or illness, the organization would replace the referee.

5.2. Playing time

- a. Regulation time:
 - i. Men's Pro division: Two 15-minute periods with a stop clock.
 - ii. Women's Pro division: Two 12-minute periods with a stop clock.
 - iii. 21U, 18U, 16U, 14U, 12U, 10U and 8U Divisions: Two 12-minute periods with a stop clock.
 - iv. Men's, 38&Over, 45&Over: Two 12-minute periods with a stop clock.
 - v. Format 3 on 3: Two 10-minute periods with a stop clock.

- b. Warm up time:
 - i. Men's Pro division: 3 minutes per game.
 - ii. Women's Pro division: 3 minutes per game.
 - iii. 21U, 18U, 16U, 14U, 12U, 10U and 8U Divisions: 3 minutes per game.
 - iv. Men's, 38&Over and 45&Over Divisions: 3 minutes per game.
 - v. Format 3 on 3: 3 minutes per game.
- c. Half time break:
 - i. Men's Pro division: 1 minute per game.
 - ii. Women's Pro division: 1 minute per game.
 - iii. 21U, 18U, 16U, 14U, 12U, 10U and 8U Divisions: 1 minute per game.
 - iv. Men's, 38&Over and 45&Over Divisions: 1 minute per game.
 - v. Format 3 on 3: 1 minute per game.
 - vi. In Overtime for all divisions: 1 minute.
- d. Timeout: 1 minute, max 1 per game. max 1 per overtime.
- e. Changes: regulation time, warm-up time, and halftime breaks may be adjusted as necessary depending on tournament conditions. Any changes will be communicated to all teams prior to the start of the competition.

5.3. Teams

- a. Composition:
 - i. 4 on 4: Maximum number of players per team is 14 skaters and 2 goalies.
Recommended number of players per team is 12 skaters and 2 goalies.
 - ii. 3 on 3: Maximum number of players per team is 9 skaters and 1 goalie.
Recommended number of players per team is 6 skaters and 1 goalie.
- b. Uniforms:
 - i. Each team should have two sets of jerseys of different colors (ideally one bright and one dark) with matching pants to participate in the tournament.
 - ii. Each player should wear the same helmet color.
- c. Captain and assistants: Per team, there should be one captain, wearing the "C" in the jerseys and two assistants wearing the "A". Only these designated players, if not penalized, are allowed to discuss with the referees any matter regarding the interpretation of the game.
- d. Players in playoffs: A player does not need to play a certain number of games to be able to play in the playoffs, as long as the player is on the roster.

5.4. Points, tiebreakers and classification system:

- a. Round robin - Points per game:
 - i. In regulation time: The winner gets 3 points; loser gets 0 points.
 - ii. After regulation time, if the game is tied, no overtime is played and each team is awarded 1 point.

- b. Playoffs – In case of a tie after regulation time, the following procedure applies to all divisions and formats:
 - i. Playoff games (all rounds other than the semifinals and the final): 3 penalty shots per team, taken alternately by three different players. If the score remains tied after the three shots, sudden-death penalty shots are taken, one player per team at a time, until a winner is decided.
 - ii. Semifinals: one sudden-death (golden goal) overtime period of 3 minutes with a stop clock. If no goal is scored, 3 penalty shots per team, followed if necessary by sudden-death penalty shots.
 - iii. Final: one sudden-death (golden goal) overtime period of 5 minutes with a stop clock. If no goal is scored, 3 penalty shots per team, followed if necessary by sudden-death penalty shots.
 - iv. Overtime is played with the same number of players on the rink as in regulation time. A 1-minute break precedes the overtime period.
 - v. Penalties: any penalty time still running at the end of regulation time carries over into the overtime period and shall be served there. Penalties assessed during overtime are served in the same manner as in regulation time.
 - vi. Penalty shots: shots are taken alternately by different players listed on the roster, and no player may shoot a second time until every eligible player has taken a shot. A player who has been assessed a major, match, misconduct or game misconduct penalty, and any player serving a penalty when the game ends, is not eligible to take part in the penalty shots.
 - c. Classification and tie breakers:
 - i. Number of points.
 - ii. Head-to-head.
 - iii. Goals against.
 - iv. Goals differential (score/against).
 - v. 5 penalty shots per team.
 - d. Format 3 on 3:
 - i. Round robin: if the game is tied after regulation time, each team is awarded 1 point.
 - ii. Playoffs: the same procedure as described above for the 4 on 4 format applies (playoff games: 3 penalty shots; semifinals: 3-minute golden goal then 3 penalty shots; final: 5-minute golden goal then 3 penalty shots).
- 5.5. Playing rules, format 4 on 4.
- a. Number of players on the rink:
 - i. Regular time: 1 goalie plus 4 skaters per team at the same time. 4 vs. 4, plus goalies.
 - ii. Over time: 1 goalie plus 4 skaters per team at the same time. 4 vs. 4, plus goalies.
 - iii. Start of the game: A team should be able to put at least four skaters and one goalie on the rink at the start of the game. A minor penalty will be imposed if this is not the case.

- b. Offside: the offside line is the center red line. THIS RULE ONLY APPLIES FOR MEN'S PRO, WOMEN'S PRO, MEN'S, 21U AND 18U DIVISIONS.
- c. Mercy
 - i. Men's Pro: When the goal differential in any game is 8, the referee will terminate the game.
 - ii. Women's Pro: When the goal differential in any game is 12, the referee will terminate the game.
 - iii. Men's, 38&Over and 45&Over: When the goal differential in any game is 12, then the clock will run and it will not be stop time again until the score is within 3 goals.
 - iv. 21U, 18U, 16U, 14U, 12U, 10U and 8U divisions: When the goal differential in any game is 12, then the clock will run and it will not be stop time again until the score is within 3 goals. The teams will play out the remainder of the game (run time & if the losing team agrees) with no stats being recorded.
- d. Game penalties:
 - i. Duration:
 - Minor: 1:30 minutes.
 - Major: 4 minutes.
 - Misconduct: 10 minutes.
 - Game misconduct: The balance of the game with immediate substitution taking place on rink.
 - Match penalty: 4 minutes other player + balance of the game.
 - ii. Fighting is absolutely forbidden and will result in expulsion from the tournament.
 - iii. Attempt to injure:
 - Severe punishment will be given for any attempt to cause injury.
 - If a player deliberately tries to harm their opponents in any way, they will receive a match penalty. The tournament directors will inform of the incident to proceed with further action.
 - i. Delayed penalty in an empty net scenario:
 - Once the non-offending team pull their goaltender for an extra attacker has thirty seconds to cross the red line otherwise the play will be whistled.
 - Once the non-offending team pull their goaltender for an extra attacker and crosses the red line, the puck may not cross back over the red line otherwise the play will be whistled.

e. Physical Contact:

- i. The presence of body contact between two opposing players who are actively pursuing the puck is allowed and not prohibited. When a player rides an opponent off the puck or meets the opponent head-on, while making an attempt to play the puck, it is not considered roughness. Nevertheless, the rules prohibit players who do not have possession of the puck from throwing their bodies into an opponent in order to gain possession.
- ii. Physical contact from the side and front would be allowed, but deliberate checking (slowing or hindering an opponent) from behind is forbidden.
- iii. Full body check (ice hockey style), boarding, charging, checking from behind, cross checking, head contact and roughing won't be tolerated, and it will be penalized up to Match penalties or tournament expulsion.

5.6. Playing rules, format 3 on 3.

a. Number of players on the rink:

- i. Regular time: Maximum of three skaters and one goalie per team at the same time. 3 vs. 3, plus goalies.
- ii. Over time: One goalie plus three skaters per team at the same time. 3 vs. 3, plus goalies.
- iii. Minimum players: A team may not be reduced below two skaters plus one goalie at any time.

b. Start of the game – progressive format:

- i. First minute: 1 vs. 1, plus one goalie per team.
- ii. Second minute: 2 vs. 2, plus one goalie per team.
- iii. From the third minute onward: 3 vs. 3, plus one goalie per team.
- iv. Player entry shall be signalled by the official horn. Players may enter during live play and no faceoff is required.

c. Double-goal:

- i. During the final two minutes of regulation time of the game, all goals shall count as two goals.
- ii. This rule applies only to the last two minutes of the game and does not apply to overtime.
- iii. Penalty shot goals scored during the final two minutes of regulation time shall count as two goals.

d. Game penalties.

i. Duration and enforcement:

- Minor penalty: Penalty shot.
- Major penalty: 4 minutes, resulting in a 3 vs. 2 power play.
- Misconduct: 10 minutes.
- Game misconduct: Balance of the game with immediate substitution permitted on the rink.
- Match penalty: 4 minutes served by another player plus balance of the game for the offending player.

ii. Minor penalties:

- All minor penalties shall be enforced as a penalty shot, refer to 5.6.d.iii
- A minor penalty shall never result in a power play or numerical advantage.
- The number of skaters on the rink shall remain unchanged after the penalty shot.

iii. Minor penalty shot procedure (with back-checking):

- The shooter shall start with the puck placed on the centre face-off spot.
- All other players from both teams shall line up behind the red line at the opposite end of the rink.
- As soon as the shooter touches the puck, all other players may leave the red line and back-check.
- The goaltender shall remain in the crease.
- If any player leaves the red line before the shooter touches the puck, a minor penalty shall be assessed.
- If no rebound occurs and the puck is frozen by the goaltender or leaves play, play shall resume with a face-off according to standard rules.

iv. Major penalties:

- A major penalty shall result in a power play with one additional skater for the non-penalized team.
- The major penalty shall be served for the full four minutes, regardless of goals scored.

v. Major penalty during progressive format:

- If a major penalty occurs during the 1 vs. 1 phase, play shall resume 2 vs. 1.
- If a major penalty occurs during the 2 vs. 2 phase, play shall resume 3 vs. 2.
- If a major penalty occurs during 3 vs. 3 play, play shall resume 3 vs. 2.
- No additional skater may enter the rink due to the progressive format until the major penalty has fully expired.

- vi. Minor penalty during a major penalty:
 - If a minor penalty is assessed while a team is already serving a major penalty, a penalty shot shall be awarded.
 - The power-play situation shall remain unchanged. No additional reduction in players shall occur.
- vii. Additional major penalty during a major penalty:
 - The penalized team shall remain with two skaters on the rink.
 - Major penalty time shall accumulate and be served consecutively.
 - A team shall never be reduced below two skaters plus one goalie.
- viii. Minor penalty to the non-penalized team during a major penalty:
 - A penalty shot shall be awarded to the opposing team.
 - The power play situation shall remain unchanged.
- ix. Fighting is absolutely forbidden and will result in expulsion from the tournament.
- x. Attempt to injure:
 - Severe punishment will be given for any attempt to cause injury.
 - If a player deliberately tries to harm their opponents in any way, they will receive a match penalty. The tournament directors will inform of the incident to proceed with further action.
- xi. Delayed penalty in an empty net scenario:
 - Once the non-offending team pull their goaltender for an extra attacker has thirty seconds to cross the red line otherwise the play will be whistled.
 - Once the non-offending team pull their goaltender for an extra attacker and crosses the red line, the puck may not cross back over the red line otherwise the play will be whistled.
- e. Physical Contact:
 - i. The presence of body contact between two opposing players who are actively pursuing the puck is allowed and not prohibited. When a player rides an opponent off the puck or meets the opponent head-on, while making an attempt to play the puck, it is not considered roughness. Nevertheless, the rules prohibit players who do not have possession of the puck from throwing their bodies into an opponent in order to gain possession.
 - ii. Physical contact from the side and front would be allowed, but deliberate checking (slowing or hindering an opponent) from behind is forbidden.
 - iii. Full body check (ice hockey style), boarding, charging, checking from behind, cross checking, head contact and roughing won't be tolerated, and it will be penalized up to Match penalties or tournament expulsion.