



Official League Rules

(March 2023 v9)

Royal City Ball Hockey Club, Guelph, ON

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FINAL RULE CLARIFICATIONS:

ALL REFEREE’S DECISIONS ARE FINAL.

ANY RULE CLARIFICATIONS WILL BE DETERMINED FROM THE HOCKEY CANADA REFEREE’S CASEBOOK/RULEBOOK (available on-line at: www.hockeycanada.ca), IF NOT SPECIFICALLY COVERED IN THE BALL HOCKEY ONTARIO RULES.

CLUB MANAGEMENT RETAINS THE RIGHT TO ENFORCE THE PROPER APPLICATION OF ALL RULE INTERPRETATIONS.

SECTION ONE – ADULT TEAMS

RULE 1- TEAM ROSTERS

- a. All teams in adult divisions must have a minimum of 11 players paid in full (teams will be required to cover any shortages due to players quitting). Roster additions will not be permitted after the specified date each season.
- b. Once a player registers and plays with a team, they cannot transfer the registration to any other team in any division and cannot register for another team in the same division.
- c. Any player whose identity is called into question must provide photo identification immediately or will be ineligible to participate in the remainder of the game (office staff may also verify a player's identity).
- d. All Players must register prior to playing in their first game of the season.

Referees/timekeepers will be instructed to ask team reps if they have any ineligible players prior to the start of league games to allow team reps the opportunity to confirm with the players on the bench. The team rep will be responsible for ensuring all players are registered and eligible to play.

Teams playing with non-registered players will be penalized as follows:

- (1) If they won or tied the game, the game will be changed to a forfeited loss and the non-registered player will be issued a one game suspension. If the non-registered player does not return to the rink, the team rep will serve the one game suspension.
- (2) If they lost the game, the team rep and the non-registered player will be issued a one game suspension.
- (3) Non-registered players receiving any type of suspension will receive an additional six game suspension. The team rep will be responsible for serving any suspensions for non-registered players if they fail to register for the team in question.

TEAM REPRESENTATIVE RESPONSIBILITIES

Team Reps are an important link between the players participating at all ballhockey.com facilities and the Management of the facility. We are always encouraging organized individuals to take on the challenge of running and leading their teams.

As a Team Rep, you are expected to ensure the following for your team:

Registration and Payment:

1. A completed roster of players for your first game – complete with numbers if you have them. Your final roster with ALL subs listed (team fee only) must be handed in by your **3rd game**.
2. That each and every player on your team has registered and signed a waiver form. If a player registers and pays online, the form and waiver will be considered complete. If a player registered

in person either as an individual sign up or team signup method, a registration form **MUST BE** completed and handed into the club **BEFORE** they play. Players without completed forms will **NOT** be allowed to play until the form is completed.

3. That your team fee or player fees are paid in full through either individual sign up (must be paid to play) or through team fee.
4. All players must have matching colour and permanently numbered jerseys (T shirts) **by your 3rd game**. These can be fancy or simply just shirts with hand drawn numbers on the back. Do not tape on numbers as they will fall off by the end of the game. Use a permanent marker.
5. That you have a minimum number of players (10) plus a goalie on your roster for the season.
6. That you can field a team (at least 4 runners plus a goalie) each week. Should you not have enough players to field a team, the league must receive notice at least 24 hours in advance of your scheduled game. Should notice not be given within that time period, the team will be assessed a \$50 forfeit fine payable before the next regularly scheduled game.

*Provision may be made for severe and inclement weather that prohibit safe travel to the rink on game day.

Team Reps Will:

1. Act as a communication liaison between your players for all issues around scheduling, rules, regulations or suspensions.
2. Participate at Team Rep meetings, providing feedback to the club.
3. Complete the game sheet prior to the start of each game (numbers for all participants).
4. Ensure that suspended or non-registered players are not allowed to participate in games.
5. Control their bench when emotions run too high.
6. Ensure that their team understands that they are participating in a recreational ball hockey league where the name of the game is fun! Team reps must keep their players under control both physically and verbally throughout the game.
7. Ensure that players are not intoxicated before they play. And that they are wearing the proper equipment.
8. Be contacted should any suspensions occur for their players, as will the involved players.

RULE 2– PLAYERS IN UNIFORM

- a. The club will provide official game sheets for each game. Team reps shall ensure game sheets are correctly completed with each player’s first and last name and jersey number prior to the scheduled start of each game. No change or addition will be permitted to the team line-up after the start of the game with the following exception:
 - 1) If a player arrives late for a game and their name is already listed on the game sheet, then the player will be allowed to participate.
 - 2) If a player’s name is omitted from the game sheet that player must provide proof of registration or be approved by the office.
- b. Each player on a team shall have the same base colour jersey, except the goaltender (however the goaltender’s jersey shall not be the same base colour as the opposing team). All teams are strongly encouraged to have matching team uniforms (i.e. hockey jerseys, lacrosse/inline jerseys, or t-shirts).
- c. Each player **MUST** have a permanent number on the back of their jersey/shirt. This number shall be no less than 8” in height with 10” being the preferred size (Hockey tape cannot be used for numbering jerseys). Players may not participate with the same number as a teammate on the jersey/shirt.
- d. In the event of a colour conflict, the **visiting** team will be the team that is required to wear an alternate colour.
- e. Each team shall have only one goaltender on the floor during play. The goaltender may be removed and another player substituted. In the event of goalie change, the goalie that started the game will be eligible to continue playing the game.
- f. Teams are permitted to start any league or playoff game with four runners and a goalie. All teams must finish the game with at least the number of players they started with (in the event of 4 and a goalie). If a team starts with 4 and a goalie and a player arrives to increase their participating players to the normal minimum of six players, then they must finish the game with that number. Failure to comply with this rule will result in immediate forfeit for the offending team.

RULE 3 – PLAYER CHANGES

- a. Players may be changed at any time from the players’ bench provided that the player(s) leaving the rink surface are at the bench (within 10’ of the bench and out of play) before the change takes place.
- b. A goaltender may be changed for another player at any time in accordance with this rule.
- c. A player on the penalty bench, who is to be changed after expiration of their penalty, must do so by way of the floor.
- d. Teams shall be required to place the correct number of players on the floor when requested by the referee. The visiting team must be the first to place its players on the floor at all times. Each team is allowed only one change of players during each stoppage of play.
- e. A Bench Minor penalty shall be assessed for a violation of any section of this rule. The penalty shall be served by a player from the floor, except the goaltender.
- f. During the last two minutes of regular playing time or overtime, should a team be assessed a Bench Minor penalty for DELIBERATE illegal substitution, a Penalty Shot shall be given to the non-offending team and the Minor Penalty shall not be served.

(Note 1) When changing while play is in progress, should either a player entering the floor or leaving the floor INTENTIONALLY play the ball with their stick, feet or hands or INTENTIONALLY check or make physical contact with an opposing player while the change is ongoing, a Bench Minor penalty shall be assessed.

(Note 2) While changing should a player entering the floor or leaving the floor be accidentally struck by the ball, the play should continue and no penalty assessed.

RULE 4 – INJURED PLAYERS

- a. When a player, other than a goaltender, is injured or compelled to leave the floor during the game, a substitute player must replace them and play must continue without the teams leaving the floor.
- b. A goaltender that goes to the bench because of an injury or illness may be replaced by a substitute goaltender. (A ten minute grace period will given to dress the new goaltender). No warm up will be allowed for the substitute. The substitute goaltender shall be subject to the regular rules applying to goaltenders. They shall also be entitled to the same privileges.
- c. If a penalized player sustains an injury, which requires them to leave the game, they may proceed off the floor without proceeding to the penalty bench. They shall be replaced on the penalty bench immediately by a player from their team who is on the floor at the time of the stoppage of play.
- d. If the penalized player returns to the game before the expiration of their penalty, they shall immediately replace the substitute on the penalty bench. Should the penalized player take part in the play before the expiration of their penalty, they shall be assessed an additional minor penalty.
- e. When a player is injured so that they cannot continue play or make their way to their bench, the play shall be stopped when their team is in possession of the ball. If their team is in scoring position, the referee should wait until play is completed.

(Note 1) Where there is suspicion that a player has sustained a serious injury, the referee should stop play immediately.

(Note 2) When play is stopped because of injury, the injured player must leave the surface before play resumes. Should the injured player refuse to leave the floor, a minor penalty shall be assessed for delay of game.

SECTION TWO – ADULT EQUIPMENT

RULE 5 – STICKS

- a. All playing sticks must be in good condition with no signs of splintering. The use of sticks deemed broken/damaged or dangerous is prohibited. League officials have the right to enforce all stick rules. Any player participating with an illegal stick shall be removed from the playing surface at the request of the opposing team or game officials, during a stoppage of play. The offending player may not return to the playing surface until play resumes.
- b. Any player caught using any illegal stick again in the same game shall be assessed a minor penalty for dangerous/illegal equipment.
- c. Players must not have any tape on the bottom of the blade of their stick. Approved rubber strips or tape is allowed on the stick blade face.
- d. Sticks must have a minimum of two revolutions of tape on the extreme butt end of the shaft (at least $\frac{3}{4}$ " tape width from the top).

RULE 6 – FOOTWEAR

- a. All players shall wear running shoes. Mizuno turf shoes are also acceptable.
- b. Goaltenders may wear footwear with manufacturer reinforced toes.
- c. Boots and steel toes are not permitted.

RULE 7 – GOALTENDER'S EQUIPMENT

- a. All the equipment worn by the goaltender must be constructed solely for the purpose of protecting the head or body and they must not wear any garments or use any contrivance, which would give them undue assistance in tending goal.
- b. All (Adult) Goaltenders should wear full equipment, and must have a goalie stick, protective gloves and a CSA approved hockey helmet with full facial protection.

RULE 8 – PROTECTIVE EQUIPMENT

- a. Helmets are highly recommended by the RCBH, but are optional for all players over 18 years of age. Players wearing helmets shall ensure the helmet is CSA approved and properly fastened with an approved chin strap. Children under 18 must wear a properly fitted helmet and will not be allowed to play without one.
- b. All players must wear protective gloves (ball hockey, ice hockey or lacrosse gloves). The entire hand must be covered. A glove missing all or part of the palm to permit the use of the bare hand shall be considered illegal equipment. Any player using such a glove shall be assessed a minor penalty. Work gloves, cotton gloves, gardening gloves, winter gloves etc. Are not allowed.
- c. It is strongly recommended that all players wear ball hockey shin pads. A soccer shin pad may be used, provided that the shin area is not exposed. Shin pads covering from the top of the knee to the ankle are strongly recommended. Ice hockey shin pads are not permitted.

- d. Should a player choose to wear elbow pads they must be soft shell and not hard plastic.

RULE 9 – DANGEROUS EQUIPMENT

- a. The use of pads or protectors made of metal or any other material likely to cause injury to a player shall be prohibited.
- b. Sticks having a pointed blade, chipped or “squared off” toe, or blades less than two inches in width are prohibited. Any player with such a stick shall be removed from the playing surface. If she returns with the same stick, a minor penalty shall be assessed.

RULE 10– BALLS

- a. Game balls are provided by RCBH and are expected to be left at the rink.

SECTION THREE – PENALTIES

RULE 11 – PENALTIES

- a. Penalties shall be assessed in actual playing time, and are divided into the following classes:
 1. Minor Penalties
 2. Bench Minor Penalties
 3. Major Penalties
 4. Misconduct Penalties
 5. Game Ejections
 6. Game Misconduct Penalties
 7. Gross Misconduct Penalties
 8. Match Penalties
 9. Penalty Shots
- b. Penalties may be assessed at any time before, during or after a game.
- c. Where the rules state that the team rep or coach shall designate a player to serve a penalty and the team rep or coach refuses to name a player, the referee shall name any player off the offending team to serve the penalty.
- d. Where penalties are assessed to players of both teams at the same time, the penalized players of the visiting team shall take their position in the penalty box first.

RULE 12 – MINOR PENALTIES

- a. For a minor penalty, any player except the goaltender shall be ruled off the rink for three minutes of actual playing time. In the case of stick fouls (i.e. cross-checking, slashing, and high sticking), the offending player will be assessed a double-minor penalty, recorded as two, three-minute minors on the game sheet.
- b. If a team is playing short-handed because of one or more minor or bench minor penalties and the opposing team scores a goal, the first of such penalties shall automatically terminate. If a third player of any team shall be penalized while two players of the same team are serving penalties, the penalty time of the third player shall not commence until the penalty time of one of the other two penalized players has elapsed
- c. When a goal is scored on a penalty shot against a team that is short-handed by reason of a minor or bench minor penalty, no penalized player shall return to the floor with the scoring of the goal.
- d. When a player is assessed both a major and a minor penalty at the same time, the major penalty shall be served first. The same principle applies for a match penalty.
- e. If a goal is scored against a team that is short-handed because of one or more minor penalties, the player serving the first penalty shall return to the floor. A player serving a double minor shall have their first penalty terminated.
- f. On coincidental minor penalties, adult teams shall play shorthanded for the duration of the penalties.
- g. A player incurring a total of nine minutes in minor penalties in a game (excluding stick fouls as outlined in 12 a) will be assessed a game ejection (GE56). Any player that has been assessed a stick foul Minor Penalty (two, three-minute minors) will be ejected as follows: **any combination of**

two stick fouls; one stick foul and two Minor Penalties. Goaltenders assessed six or more minutes in minor penalties in a game will not be ejected, but will be suspended from their next game in that division. Any goaltender assessed a subsequent penalty shall be immediately ejected from the game. No warm-up time shall be permitted for the replacement goaltender.

RULE 13 – BENCH MINOR PENALTIES

- a. A team assessed a bench minor penalty must play one player short for three minutes of actual playing time.
- b. Whenever a bench minor penalty is to be assessed according to the rules, if the referee identifies the player guilty of the infraction, that player shall serve the penalty except when the player is already on the penalty bench serving a penalty. If the player is not identified the coach or team rep shall designate any player on the floor at the time of the infraction to serve the penalty.

RULE 14 – MAJOR PENALTIES

- a. Any player or goaltender assessed a major penalty shall automatically be assessed a game misconduct penalty. A substitute for the penalized player shall take their place on the penalty bench to serve any time penalty.
- b. Should a goal be scored on a team serving a major penalty, the major penalty shall not be terminated.
- c. Time penalties for a major penalty shall be five minutes in duration.
- d. When a player receives two major penalties that need to be served by team-mates, the team will be allowed to change the person serving the penalties after the first penalty expires.
- e. Any player assessed a major penalty in the last period or overtime of a game shall automatically be suspended for a minimum of the next game.

RULE 15 – MISCONDUCT PENALTIES

- a. A player other than a goaltender assessed a misconduct penalty shall serve ten minutes of actual playing time. A substitute for the penalized player will be allowed immediately. Goaltenders are allowed to remain in the game and a substitute player from the floor shall serve the penalty. At the first whistle after five minutes, a change to the player serving this penalty is allowed.
- b. When a player is assessed a minor or a major penalty and a misconduct penalty at the same time, the penalized team shall immediately place a substitute player on the penalty bench to serve the minor or major time penalty. The misconduct penalty shall start at the expiration of the minor or major penalty.
- c. Any player who is assessed a second misconduct penalty in the same game shall automatically be assessed a game misconduct penalty.
- d. Any player assessed a misconduct penalty in the last period or overtime of a game shall automatically be suspended for a minimum of the next game.

RULE 16 – GAME EJECTION/GAME MISCONDUCT PENALTIES

- a. A player incurring a game ejection penalty shall be ordered off the rink for the remainder of the game.
- b. A player assessed a game misconduct penalty in the last period or overtime of a game shall automatically be suspended for a minimum of the next game. A total of 10 minutes shall be charged in the game records for any person assessed a game misconduct.
- c. Any player ejected from a game for any reason (accumulation of Minor Penalties, Major Penalties, Misconducts, etc.) shall be required to leave the property immediately at the discretion of game officials or management. Failure to comply may result in the offending player's team forfeiting their game and suspension for the offending player.

RULE 17 – GROSS MISCONDUCT PENALTIES

- a. Any player or team official assessed a gross misconduct penalty shall be ordered off the rink for the remainder of the game. A substitute for the penalized player shall be allowed immediately.
- b. Gross misconduct penalties shall be assessed where a person conducts themselves in a manner that makes a travesty of the game.
- c. Any player or team official who is assessed a gross misconduct penalty in the last period or overtime of a game shall be suspended for a minimum of the next game, pending review by league officials.
- d. A total of 10 minutes will be charged in the game records for any player or coach assessed a gross misconduct penalty.
- e. Any player engaging in verbal taunts, insults or intimidation based on discriminatory grounds (ethnic background, religion, gender or sexual orientation, etc.) will be assessed a game misconduct penalty. Any continued abuse will result in an additional gross misconduct.

RULE 18 – MATCH PENALTIES

- a. Any player or coach assessed a match penalty shall be ordered off the rink for the duration of the game. Such a player or team official shall not be allowed to participate in any further games, until the case has been dealt with by league officials.
- b. Where a player is assessed a match penalty, a player from the offending team shall serve five minutes for the penalized player. The player designated to serve the time penalty associated with a match penalty shall have been on the floor at the time of the infraction.

(Note) REFEREES ARE REQUIRED TO PROVIDE A DETAILED WRITTEN ACCOUNT OF THE CIRCUMSTANCES SURROUNDING A MATCH PENALTY IMMEDIATELY FOLLOWING THE GAME.

(Note) ALL MAJOR, MISCONDUCT AND MATCH PENALTIES WILL BE REVIEWED.

RULE 19 – PENALTY SHOT

- a. Any infraction of the rules which calls for a penalty shot shall result in the following:
The referee shall place the ball at the centre face off spot. The player taking the shot shall, on instruction from the referee play the ball from there and shall attempt to score on the goaltender. The ball must be kept in motion towards the opponents' goal line and once it is shot the play is considered complete. No goal can be scored on a rebound of any kind and any time the ball crosses the goal line, the shot shall be considered complete.
- b. The goaltender must remain in the goal crease until the ball crosses the adjacent blue or yellow line. In the event of a violation of this rule, the player taking the shot shall be allowed to take the shot over again. The goaltender may attempt to stop the shot in any manner except by throwing their stick or any other object, or deliberately dislodging the net, in which case a goal shall be awarded.
- c. When a penalty shot has been awarded and the referee can identify the player fouled, that player shall be designated to take the shot. Should the player fouled be injured or the referee cannot make a determination of the player fouled, the team rep of the team awarded the penalty shot may designate the player to take the shot. The player designated to take the shot must have been on the floor at the time of the infraction.
- d. Should a player to whom a penalty shot has been awarded, commit a foul in connection with the same play or circumstances after the penalty shot has been awarded, they shall first be allowed to take the penalty shot before proceeding to the penalty bench, provided the penalty assessed was not a game ejection, major, game misconduct, gross misconduct or match penalty.
- e. If at the time a penalty shot is awarded, the goaltender of the penalized team has been removed from the floor to substitute another player, the goaltender shall be allowed to return to the floor before the Penalty Shot is taken. If the goalie has not been designated at the time of the infraction, then a goal shall be awarded rather than a penalty shot.
- f. While the penalty shot is being taken, players of both teams shall withdraw to the sides of the rink and beyond the centreline.
- g. If, while the penalty shot is being taken, any member of the opposing team shall have by some action interfered with or distracted the player taking the shot, and because of such action the shot failed, a second attempt shall be permitted and the referee shall assess a misconduct penalty to the player so interfering or distracting.
- h. If a goal is scored from the penalty shot, the ball shall be faced-off at the centre face-off dot in the usual manner. If a goal is not scored, the face-off shall take place at either of the end-zone face-off spots in the zone where the shot was taken.
- i. Should a goal be scored from a penalty shot, a further penalty to the offending team shall not be applied unless the infraction was such as to incur a major or match penalty, in which case the prescribed penalty shall be assessed.
- j. If the offence for which the penalty shot was awarded was such as would normally incur a minor penalty, then no time penalty shall be served regardless of the outcome of the penalty shot.

RULE 20 – AWARDED GOALS

- a. A goal shall be awarded to the attacking team when the opposing team has taken their goaltender off the floor and an attacking player has possession and control of the ball on the opponents' side of the centre line, without a defending player between themselves and the goal and:
 - 1) They are interfered with by an opposing player who has illegally entered the game or;
 - 2) A stick or any other object is thrown by a player on the defending team or;
 - 3) The ball carrier is fouled from behind and prevented from having a clear shot on the open goal or;
 - 4) Any member of the defending team including team officials, whether on the player's bench or the penalty bench, interferes by means of their body, stick or other object with the ball or the ball carrier.
- b. A goal will be awarded when the goaltender is removed from the floor and they, or any teammate, has deliberately piled snow or any obstacle at or near their net, or deliberately dislodged the net from its moorings, when any such action has prevented a goal from being scored.

RULE 21 - GOALTENDER PENALTIES

- a. No goaltender shall be sent to the penalty bench for an infraction, which incurs a minor or misconduct penalty. Such a penalty shall be served by any player who was on the floor at the time of the infraction.
- b. An alternate goaltender may replace a regular goaltender who has been ejected from the game or has been assessed a major, game misconduct, gross misconduct or match penalty. In the event there is no alternate goaltender, any player on the game sheet may replace the goaltender. However, such a substitute will not be allowed to delay the game to put on full goaltender's equipment.
- c. When a goaltender leaves their goal crease during a fight, they shall be assessed a minor penalty plus any other penalties they incur.
- d. When a goaltender leaves their goal crease to join in a fight or take part in another fight, during the same stoppage of play, they shall receive a game misconduct penalty plus any other penalties they incur.
- e. If a goaltender intentionally participates in the play in any manner when they are beyond the centre line, they shall be assessed a minor penalty.
- f. A minor penalty shall be assessed to a goaltender who, after catching the ball, drop kicks the ball. If injury results, a major penalty shall be assessed.
- g. Any goaltender that is assessed nine minutes in minor penalties shall not be subject to the game ejection rule; however such a goaltender shall be suspended from their next scheduled game. A goaltender receiving a further minor penalty shall be ejected from the remainder of the game and shall be suspended from their next scheduled game.
- h. A goaltender assessed a major, misconduct, game misconduct or match penalty in the last period or overtime of a game shall be automatically suspended for a minimum of the next scheduled game.

RULE 22 – DELAYED PENALTIES

- a. If a third player of any team shall be penalized while two players of the same team are serving penalties, the penalty time of the third player shall not commence until the penalty time of one of the other two penalized players has elapsed. However, the third player penalized must at once proceed to the penalty bench, but shall be replaced on the floor by a substitute until such time as the penalty time of the penalized player shall commence.
- b. When a team has three players serving penalties at the same time and while due to the delayed penalty rule a substitute for the third player is on the floor, none of the three penalized players may return to the floor until play has stopped. When play has stopped, the player whose full penalty has expired may return to play.
- c. When the penalties to the player or players have expired and the penalized team is entitled to more than four players, including the goaltender, on the floor, the penalty timekeeper shall permit the penalized players to return to the floor in order of expiry of their penalties.
- d. In cases where minor penalties are assessed at the same time to more than one player from the same team, the penalties shall be served in the order of occurrence.
- e. When a major penalty and a minor penalty are assessed at the same time against two different players of the same team, the penalty timekeeper shall record the minor as being the first penalty assessed.

RULE 23 – CALLING OF PENALTIES

- a. If a player on the team in possession of the ball commits an infraction, which would call for a penalty, the referee shall blow their whistle immediately and give the penalties to the offending player(s). The resulting face-off shall be deep in the penalized teams attacking zone. If penalties are assessed to both teams the face-off shall be at the nearest dot to where play was stopped. (If one team's player is receiving a double-minor and the other team only a minor, the faceoff will be deep in the additionally penalized team's attacking zone.)
- b. If a player on the team not in possession of the ball commits an infraction, which would call for a penalty, the referee shall signal the penalty by extending their non-whistle arm straight up. The referee shall blow their whistle immediately when the offending team gains possession and control of the ball. The resulting face-off shall be deep in the penalized team's attacking zone If the team in possession ices the ball, shoots the ball from its own zone so that it goes out of bounds or is unplayable. The resulting face-off shall be deep in the penalized team's attacking zone

(Note 1) The play is not considered complete until the offending team gains possession and control of the ball.

- c. If the penalty to be assessed is a minor penalty and a goal is scored by the non-offending side, the minor penalty shall not be assessed. However, other minors, double minors (the full six minutes of a double minor shall be served by the offending player regardless of a goal being scored), bench minor, major, misconduct and match penalties shall be assessed in the normal manner, regardless of a goal being scored.

- (Note 2) If after the referee has signalled a penalty, but before the whistle has blown, a member of the non-offending team shall put the ball in their own net in any manner through no contact by the offending team, the goal shall be allowed and the penalty signalled shall be called in the normal manner.
- (Note 3) If the referee signals a minor or bench minor penalty against a team that is shorthanded by reason of one or more minor or bench minor penalties, and a goal is scored by the non-offending team before the whistle is blown, the goal shall be allowed and the player who is serving the first minor or bench minor penalty will return to the floor, while the signalled penalties shall be served in the normal manner.
- d. If further infractions are committed by the same offending player, either before or after the referee blows their whistle, that player shall serve the penalties consecutively.
- e. The referee has the right to stop the play immediately in the case of a match penalty. The resulting face-off will be where the play has stopped. Unless the stoppage occurred in the offending player's attacking zone, in which case the face-off is taken at the face-off dot outside the offending player's attacking zone.

SECTION FOUR – PLAYING RULES

RULE 24 – ABUSE OF OFFICIALS AND OTHER MISCONDUCT

- a. Team Reps (Adult) and Coaches (youth only) are responsible for the conduct of their players.
- b. A minor penalty shall be assessed to any player or coach who challenges or disputes the rulings of any official during the game or who displays unsportsmanlike conduct. If a player or goaltender persists, they shall be assessed a misconduct penalty and any further disputes will result in a game misconduct penalty being assessed to the offending player or goaltender. If a coach persists, they will be immediately assessed a game misconduct penalty. A referee is not required to call a minor penalty under this rule before assessing the misconduct or game misconduct penalty, but may assess either of these penalties initially.
- c. A misconduct penalty shall be assessed to any player who:
 - 1. Uses obscene, profane or abusive language to any person;
 - 2. Persists in disputing or shows disrespect for the ruling of any official;
 - 3. Intentionally knocks or shoots the ball out of reach of an official who is retrieving it;
 - 4. Damages the playing surface or the rink boards by slamming their stick; and/or (the player will be required to compensate the club for damage incurred)
 - 5. Throws a playing or goal stick over the rink boards.

A player who, after receiving a misconduct penalty, persists in any of the actions in (c) above, shall be assessed a game misconduct penalty.

In the case of a coach, a bench minor shall be assessed instead of a misconduct penalty. A coach after receiving a bench minor would receive a game misconduct penalty if the action continues. A referee is not required to assess a bench minor penalty under this rule before assessing a game misconduct penalty.

- d. If the referee is unable to identify the person responsible for the use of obscene, profane or abusive language, a bench minor penalty shall be assessed to the offending team.
- e. A misconduct penalty shall be assessed to any player who does not proceed directly to the penalty bench when they have been penalized. Where the penalized player causes any delay by returning for their equipment, the misconduct penalty shall apply.
The equipment shall be delivered to the penalty bench by a player of their team that is on the floor at the time.
- f. A misconduct penalty shall be assessed to any player who, after one warning by the referee, persists in any course of conduct (including threatening and abusive language or gestures or similar actions) designed to incite an opponent into incurring a penalty.
- g. A misconduct penalty shall be assessed to any player or players who, except for taking their position on the penalty bench, enters or remains in the referees crease while the referee is reporting to or consulting with any game official.
- h. A bench minor penalty shall be assessed to a team where any player or coach on the bench protests an official ruling through verbal or physical gestures that may be considered disrespectful in any way, or who bangs the boards or floor with a stick or any other object in protest of the ruling. When the penalty is assessed against a player on the penalty bench, another player from the floor must serve the bench minor penalty.

- i. When the player on the floor commits the infraction described in (h), the unsportsmanlike conduct penalty shall be assessed.

RULE 25 – ADJUSTMENT OF EQUIPMENT/CLOTHING

- a. A minor penalty shall be assessed to any player who delays the game for adjustment of equipment.
- b. If equipment adjustments are required, the player shall proceed to the players' bench and be replaced by a substitute.
- c. A goaltender may be allowed to make minor equipment adjustments in their goal crease during a stoppage of play, at the discretion of the referee.
- d. A goaltender shall not proceed to the players' bench during a stoppage of play without the permission of the referee.

RULE 26 – ATTEMPT TO INJURE OR DELIBERATE INJURY

- a. A match penalty shall be assessed to any player who deliberately attempts to or deliberately injures an opponent or spectator in any manner.
- b. A match penalty shall be assessed to any player or coach who head-butts or attempts to head-butt an opponent with force or who injures an opponent with this action.
- c. A player who attempts to kick or deliberately kicks an opponent shall be assessed a match penalty.
- d. A player who pulls an opponents hair or who grabs the facial protector, helmet or chin strap of an opponent and uses this to gain advantage, or to inflict punishment or injury shall be assessed a match penalty. A double minor penalty may be assessed in the above situations where the action is not intended to cause injury or gain advantage (merely holding the opponent).
- e. A match penalty shall be assessed to any player who deliberately butt-ends or deliberately attempts to butt-end an opponent by jabbing them forcefully with the butt-end of the stick or injures an opponent by such action.
- f. A match penalty shall be assessed to any player who deliberately spears or deliberately attempts to spear an opponent by jabbing them forcefully with the toe of the blade of the stick or who injures an opponent by any spearing action. A match penalty shall be assessed to any player who deliberately attempts to or deliberately injures an opponent with a slash, high stick or cross-check.

RULE 27 – BODY CHECKING

- a. A minor or major penalty shall be assessed, depending on the degree of violence, any player who deliberately body checks an opponent.
- b. If injury occurs because of a body check, a major penalty shall be assessed.
- c. It is the responsibility of each participant to respect the playing conditions and slow down or adapt accordingly. A penalty may be assessed to any player that body checks another participant, regardless of the playing conditions.

RULE 28 – BROKEN STICKS

- a. A player or goaltender may participate in play without a stick. A player or goaltender whose stick is broken must drop the broken portions immediately. Any player failing to drop broken portions of a stick shall be assessed a minor penalty.

(Note) Should a player discard a broken stick by tossing the broken portions to the side of the rink but not over the rink boards, in a manner that does not interfere with the play or opposing players, no penalty shall be assessed.

- b. A player who has lost or broken their stick may only receive another stick at their own players' bench or be handed one by a teammate on the floor and may not receive a stick thrown on the playing surface from any other part of the rink. A player shall be assessed a minor penalty for an infraction of this rule.

(Note) A player who does not pick up a stick thrown onto the playing surface from anywhere in the rink shall not receive a penalty. However, the person responsible for throwing the stick on the surface shall receive an interference penalty.

- c. A goaltender may not use a broken stick at any time. A goaltender who breaks or loses their stick may use a stick of a player handed to them by a player until the next stoppage of play. A goaltender may not resume play with a players stick. A goaltender receiving a stick illegally shall be assessed a minor penalty.
- d. A goaltender may not go to the players' bench during a stoppage of play to replace their stick. They must be brought a stick by one of their players on the surface. An infraction of this rule shall result in a delay of game penalty.

RULE 29 – CHARGING

- a. A minor penalty shall be assessed to a player who runs, jumps into or charges an opponent.
- b. A major penalty shall be assessed to any player who charges a goaltender while the goalie is inside their goal crease area.
- c. A major penalty shall be assessed to any player who injures an opponent as a result of a charge.

(Note) For the purpose of this rule more than two steps towards an opponent shall be considered a charge.

RULE 30 – CHECKING FROM BEHIND

- a. A minor penalty plus a game misconduct or a major penalty shall be assessed to any player who intentionally pushes, body checks or hits an opponent from behind anywhere on the floor. If a player is injured, a major penalty must be assessed.
- b. Where a player is pushed, body-checked, hit or propelled from behind into the boards or goal net, in such a way that they cannot defend or protect themselves, a match penalty shall be assessed.

RULE 31 – CROSS CHECKING

- a. A double-minor (two, three-minute minors) or major penalty shall be assessed to any player who cross checks an opponent.
- b. Any player who strikes an opponent above the normal height of their shoulders with a crosscheck shall be assessed a major penalty whether injury results or not.
- c. A major penalty shall be assessed to any player who cross checks a goaltender while they are in the goal crease area.
- d. A major penalty shall be assessed to any player who injures an opponent with a crosscheck.
- e. A match penalty shall be assessed to any player who deliberately injures an opponent with a crosscheck.

RULE 32 – DELAY OF GAME

- a. A bench minor penalty shall be assessed to any team, which is deliberately delaying the game in any manner.
- b. A minor penalty shall be assessed to any goaltender that deliberately shoots or bats the ball directly out of the rink with their stick.
- c. A minor penalty shall be assessed to a player or goaltender that shoots the ball out of the rink during a stoppage of play.
- d. Any player (other than a goaltender in their crease) deliberately stepping on the ball, or freezing it along the boards with their foot shall be assessed a minor penalty for delay of game.
- e. Any player who leaves their player's bench to deliver instructions to their team but does not stay on the surface, as a substitute shall be assessed a minor penalty.
- f. Any deliberate action by a defending player including a goaltender to knock the goal from its position shall be considered an act of deliberate delay of game.
- g. A penalty shot shall be awarded against a goaltender that deliberately moves the goal from its position while an opponent is on a breakaway across the centreline.
- h. A bench minor shall be assessed to any team, which after a warning from the referee fails to place the correct number of players on the floor and commence play.
- i. If in the last two minutes of regular playing time, a team is penalized for any of the following actions, a penalty shot shall be awarded to the non-offending team:
 - 1. Stepping on the ball;
 - 2. Pinning the ball against the boards.

(Note) In overtime a minor penalty shall be assessed under this section of the rule except in the case of refusing to start play in which case a major penalty shall be assessed.

RULE 33 – ELBOWING

- a. A minor penalty shall be assessed to any player who fouls an opponent in any manner with their elbow.
- b. A major penalty shall be assessed to any player who injures an opponent by elbowing.
- c. A Match Penalty shall be assessed to any player who injures an opponent by elbowing with an elbow pad featuring a hard cap covering the elbow area. Hard plastic cap elbow pads are prohibited.

RULE 34 – FACE-OFFS

- a. A face-off shall take place when the referee drops the ball on the floor between the sticks of the player's facing-off. The players taking the face-off shall stand squarely facing their opponents' end of the rink, approximately one stick length apart with the full blade of the stick flat on the floor and outside of the coloured face-off dot. The visiting team player taking the face-off must place their stick on the floor for the face-off first. If a player other than the player taking the face-off moves off-side, makes physical contact with an opponent or encroaches on the face-off circle prior to the dropping of the ball, then the offending team's player taking the face-off shall be ejected from the face-off.
- b. If a player taking a face-off fails to take their proper position immediately when directed to do so by the referee, the referee may order them to be replaced at the face-off by any player on the floor.
- c. A team committing a second violation under these two sections during the same face-off may be assessed a minor penalty.
- d. When an infringement of a rule has been committed or a stoppage in play caused by the team in the attacking zone, the ensuing face-off shall take place at the nearest face-off spot in the offending team's zone.
- e. When the ball becomes lodged in the wire mesh around the rink or between any signs mounted on the wire mesh, the face-off shall take place at the closest face-off spot.
- f. On the face-off, a player may not gain an unfair advantage by swinging "up" at the ball and knocking it out of the air. The ball is required to make contact with the playing surface. If a player knocks the ball out of the air, the player shall be removed from the face-off and replaced with another player
- g. A player is not permitted to use their hands or feet to assist or win the face off. Offending player will be waved out of the face off and another player will be required to take the face off
- h. Wording for 9 dot face off rule ...

All face-offs in the neutral zone shall be conducted at the designated face-off spots as dictated by reason for the stoppage of play.

The face-off location will be at one of the two face-off spots nearest the offending team's blue line, thus causing a loss of territorial advantage.

When a stoppage of play occurs between the end zone face-off spots and the nearest end of the rink, the face-off shall be the nearest end zone face-off spot, unless otherwise stated in the rules.

Centre ice face-offs will be only conducted at the start of each period, following the scoring of a goal, premature substitution of the goaltender or in accordance with Rule 10.5(f) an error in calling icing.

Any other stoppage of play in any zone not caused by either team, the ensuing face-off shall be at the nearest face-off spot excluding the centre face-off spot.

RULE 35 – FALLING ON THE BALL

- a. A minor penalty shall be assessed to any player except a goaltender who deliberately falls on or gathers the ball into their body by any means while standing or lying on the floor.
- b. A minor penalty shall be assessed to any goaltender that deliberately falls on or gathers the ball into their body, or holds or places the ball against any part of the goal or the boards when the ball is behind the goal line and the goaltenders body is **entirely** out of the goal crease area.
- c. A penalty shot shall be awarded against the offending team when a defending team player (except the goaltender) deliberately falls on the ball, holds or gathers the ball into their body in any manner or picks up the ball with their hand, while the ball is in their goal crease. No other penalty shall be assessed.

(Note) For the purpose of section (c) a penalty shot shall only be awarded when the ball is in the crease at the moment the infraction occurs.

RULE 36 – FIGHTING AND ROUGHING

- a. A major penalty shall be assessed to any player who fights.
- b. A player who is identified by the referee, as being the instigator or the aggressor in a fight shall be assessed a minor penalty in addition to any other penalties they may incur.
- c. A minor penalty shall be assessed to any player who having been struck shall retaliate with a blow or an attempted blow. Should such a player continue to retaliate, they shall be assessed a major penalty.
- d. Any player who does not retaliate after being struck will not be assessed a penalty under this section but may incur a penalty for violation of other rules.
- e. Any player wearing a ring or rings, tape or any other material on their hands who becomes involved in a fight and who uses such to gain an advantage or to inflict punishment and/or injury shall be assessed a match penalty in addition to any other penalties they may incur.
- f. When a fight occurs, all other players except the goaltender shall immediately go to their respective player's benches or a neutral area and remain there until the referee calls them back to resume play. The goaltenders must stay in their goal creases or proceed to a neutral area. Any players refusing to do so after being directed by the referee shall be assessed a misconduct penalty plus any other penalties they incur.
- g. A minor or major penalty shall be assessed to any player who is guilty of unnecessary rough play. When injury occurs a major penalty may be assessed.
- h. Any player joining in a fight or taking part in another fight at the same stoppage of play will be assessed a game misconduct penalty plus any other penalties they incur. For further clarification see Hockey Canada rule 6.7, situation 5(c).

- i. Any player or coach who becomes involved in a fight with an opposing coach or spectator shall be assessed a gross misconduct.
- j. A minor or major penalty shall be assessed to any player who makes deliberate physical contact with an opponent after the whistle.
- k. Any player that engages in Fighting or Roughing with any other form fitting glove on (i.e. cloth work gloves) shall be assessed a Match Penalty.

RULE 37 – GOALS AND ASSISTS

- a. A goal shall be scored when the entire ball has legally passed between the goal posts, below the cross bar and completely across the goal line.
- b. A goal shall be scored if a player of the defending team puts the ball in the goal in any manner. The player of the attacking team who last touched the ball shall be credited with the goal but no assist shall be given.
- c. A goal shall not be allowed if the ball has been kicked, thrown or otherwise deliberately directed into the goal by any means other than the stick or a redirection using the foot.
- d. If a goal is scored as the result of the ball deflecting directly into the goal off the person or feet of an official, the goal shall not be allowed.
- e. Should the ball be propelled into the goal crease of the opposing team and ball becomes loose and available to an attacking player, the ball shall be considered legally in the crease and any goal scored on this play would be a legal goal.
- f. Each goal and assist shall count one point in the scoring records. Not more than two assists shall be credited on each goal.
- g. A goal shall be awarded if the stick makes contact with the ball under the height of the cross bar. If the stick contacts the ball above the cross bar a high sticking penalty will be assessed.

RULE 38 – HANDLING THE BALL

- a. When a player simply closes their hand on the ball and immediately drops it to the floor without gaining or attempting to gain an advantage by this action, play shall be allowed to continue. Play shall be stopped immediately if the player closing their hand on the ball pivots or manoeuvres with the ball to gain any advantage whatsoever. In the event that play has been stopped due to any player (except a goaltender) who closes their hand on the ball, thereby gaining an advantage on an opponent, the face-off will be deep in the offending player's zone.
- b. A minor penalty shall be assessed to a goaltender who deliberately holds the ball and is causing an unnecessary stoppage in play. When the ball is thrown by a goaltender towards an opponent's goal and an opponent receives it, play shall continue. If a teammate receives the ball, however, play shall be stopped.
- c. A minor penalty shall be assessed to any player except the goaltender who, while play is in progress, picks up the ball with their hand.
- d. A player shall be allowed to bat the ball in the air with an open hand or push it along the floor and play shall not be stopped unless the ball is directed to a team-mate in the attacking zone (outside the defensive zone blue line). A player shall not be allowed to bat the ball in the air more than twice (i.e. propelling the ball while running and palming the ball). When this occurs, the referee will stop play, and the face off shall be held at the point that penalizes the offending team the most.

- e. A goal will not be allowed if batted into the goal by an attacking player even if the ball deflects into the goal off any defending or attacking player.

RULE 39 – HIGH STICKS

- a. **All players, including the goaltender shall not carry their stick above the crossbar**. A minor penalty will be assessed to any player carrying their stick above the cross bar at anytime (“pitch-forking” or “torch bearing” or “windmill” etc.). A high stick making contact with an opposing player will incur a double-minor. Raising the stick above the crossbar outside of the play (eg. to call for the ball and/or shooting) will not incur a penalty. A double-minor (two, three-minute minors) or major penalty shall be assessed to any player who checks or intimidates an opponent while carrying their stick above the crossbar.
- b. A player who deliberately contacts an opponent above the waist with a high stick shall be assessed a double-minor (two, three-minute minors) or major penalty.
- c. A match penalty shall be assessed to any player who deliberately attempts to injure or injures an opponent with a high stick.
- d. Attempting to, or making contact with the ball with a high stick is prohibited (goaltenders included). For a violation of this rule a minor penalty shall be assessed. The criterion shall be the crossbar.
- e. A player must have full control of their stick at all times. **A windmill/broomball/golf swing is prohibited and will result in a minor penalty**. Contacting an opposing player with a high stick during the follow through of a shot will result in a double-minor.

RULE 40 – HOLDING

- a. A minor penalty shall be assessed to any player who holds an opponent with their hands, stick or in any other manner.
- b. A minor penalty shall be assessed to any player who holds the stick of an opponent.
- c. A major penalty shall be assessed to any player who injures an opponent by holding.
- d. A minor penalty for butt-end holding shall be assessed to a player who impedes an opponent with the shaft of their stick above their upper hand.

RULE 41 – HOOKING

- a. A minor penalty shall be assessed to any player who impedes or seeks to impede the progress of an opponent by hooking with the stick in any manner, including using the butt end of the stick.
- b. A major penalty shall be assessed to any player who injures an opponent by hooking.

RULE 42 – ICING THE BALL

- a. Icing the ball is completed when an attacking player shoots the ball from inside their blue line and it crosses the defending teams' goal line.
- b. When the ball is touched or deflected by a player of either team after it has crossed the attacking players blue line, the icing shall be nullified.
- c. "Icing" shall not be called if the team shooting the ball is below the numerical strength of the opposing team at the time the ball is shot.
- d. If, in the opinion of the referee, a player of the opposing team is able to play the ball before it crosses the goal line but has not done so, icing shall be waved off.
- e. Should the opposing goaltender make a move outside their crease area towards the ball, the icing call shall not be made and play shall continue.
- f. All games will be played with automatic icing (play is stopped immediately after the ball crosses the defending teams goal line).
- g. If the referee errs in calling icing, the face-off shall take place at the centre face-off circle.

RULE 43 – INTERFERENCE

- a. A minor penalty for interference shall be assessed to any player who:
 - 1) Interferes with or impedes the progress of an opponent who is not in possession of the ball;
 - 2) Deliberately knocks the stick of an opponent, out of their hands;
 - 3) Prevents an opponent who has lost their stick from regaining possession of it.
- b. A minor penalty shall be assessed to any player who by means of their body or stick interferes with or impedes the movements of the goaltender by actual physical contact.
- c. Unless the ball is in the crease area, a player of the attacking team may not stand in the goal crease. If the ball enters the net while such a condition exists, the goal shall not be allowed. If an attacking player has physically interfered with the goaltender prior to or during the scoring of a goal, the goal shall be disallowed and a minor penalty assessed to the offending player.
- d. A minor penalty shall be assessed to any player who deliberately piles snow or any other obstacle at or near their net, which would tend to prevent a goal from being scored.
- e. A major penalty shall be assessed to any player who injures an opponent by interfering
- f. A minor penalty plus game misconduct shall be assessed any player who deliberately interferes with or makes contact with an opponent from their player's or penalty bench. If they cannot be identified, a bench minor penalty shall be assessed.

RULE 44 – INTERFERENCE BY SPECTATORS

- a. The referee shall stop play if a player is being held or interfered with by a spectator unless that player's team is in possession of the ball and in scoring position at the time.
- b. The referee shall stop play if any objects are thrown onto the surface, which interferes with the progress of play.
- c. Any spectator who is being abusive or aggressive toward the game officials, participants, or other spectators at a game shall be asked to leave the property immediately at the discretion of game officials or management. **Spectators are encouraged to cheer on their teams in a positive and respectful manner at all times.**

RULE 45 – KICKING THE BALL

- a. Kicking the ball shall be permitted in all zones. A goal will not be allowed when an attacking player kicks the ball into the net, either directly or indirectly off any other player.

RULE 46 – KNEEING

- a. A minor penalty shall be assessed to any player who fouls an opponent by kneeing. A major penalty shall be assessed if there is intent and/or injury.

RULE 47 – LEAVING THE PLAYERS OR PENALTY BENCH

- a. No player may leave the players' bench or penalty bench at any time during a fight on the rink, or for the purpose of starting a fight.
- b. For a violation of Rule 48(a), a Double Minor penalty shall be imposed on the player of the team who was the first to leave the players' or penalty bench during a fight. If players of both teams leave their respective benches at the same time, the first identifiable player of each team to do so shall incur a Double Minor penalty. A Game Misconduct penalty shall also be imposed on any player penalized under this section, plus any other penalties they may incur. Refer to section (d).
- c. Any player (other than those dealt with under Section (b) who leaves their players' or penalty bench during a fight and is assessed a minor, major or misconduct penalty for their actions, shall also incur an automatic Game Misconduct penalty, in addition to any other penalties they may incur. This includes a player leaving the penalty bench, for which they is to be assessed a Minor penalty in addition to the Game Misconduct. Such player would not have to be the first player to leave a bench.

(Note 1): A maximum of 5 players per team may be assessed Game Misconduct for violations of Sections (b) and (c) of this rule during a stoppage of play. The maximum of 5 players shall include any players penalized under Rule 36 – Fighting and Roughing.

(Note 2): Where one team has been clearly identified as the first to leave the bench and the Referee has assessed the 5 player maximum Game Misconduct, then in this situation a sixth player on one team may be assessed a Game Misconduct under this section. This sixth player must be the player who left the bench first.

(Note 3): Referees must record in detail on the Official Game Report or separate Penalty Report Form, any bench clearing incidents.

- d. A penalized player may not leave the penalty bench (whether or not play is in progress), except at the end of the period or on the expiration of their penalty. A Minor penalty shall be assessed for a violation of this rule, including the situations dealt with under Sections (b) and (c) of this rule. However, in the case of a player returning to the surface before their time has expired through an error of the Penalty Timekeeper, they are to serve only their unexpired time.
- e. When a player on a breakaway on the opponents' side of the centre red line is interfered with by a player of the opposing team who shall have illegally entered the game, or by a player or coach on the players' or penalty bench, the Referee shall award a penalty shot to the non-offending team.
- f. If a penalized player returns to the rink from the penalty bench before their penalty has expired, any goal scored by their own team while they are illegally on the rink shall not be allowed. All penalties assessed either team shall be served as regular penalties.
- g. If a player shall illegally enter the game from their own players' bench, any goal scored by their own team while they are illegally on the rink shall not be allowed. All penalties assessed either team shall be served a regular penalties.

RULE 48 –PHYSICAL ABUSE OF THE OFFICIALS

- a. Any player or coach who intentionally touches, strikes or threatens a Referee; before, during or after a game shall be assessed a Match penalty and a full written report shall be submitted by the Referee.
- b. **ANY ABUSE TOWARDS AN OFFICIAL WILL NOT BE TOLERATED!!!**

RULE 49 – OFF-SIDES

The floating blue line works as follows:

- 1) Off-sides are determined at the defending team's blue line.
- 2) Once the ball enters the defending team's zone by crossing the blue line, the offensive zone then expands out to the red line.
- 3) If the ball goes out of the expanded zone (by crossing the red line into the attacking team's zone), then the attacking team must "clear the blue line."
- 4) The BALL must enter the zone first. Players (even with possession and control) may not back over the line with the ball.

Deliberate off-sides will result in a face-off deep in the offending team's zone. A direct shot on goal while clearing the zone will not result in an automatic off-side unless the offending team fails to attempt to clear the zone. No goal can be scored while delayed off-side is in effect.

RULE 50 – BALL MUST BE KEPT IN MOTION

- a. A team in possession of the ball in its defending zone shall always advance the ball towards the opposing goal, except if prevented from doing so by players of the opposing team. For an infraction of this rule, play shall be stopped and the face-off shall be at either end zone face-off spot in the defending zone of the offending team.
- b. A Minor penalty shall be assessed any player who deliberately holds the ball against the boards or any part of the goal in any manner unless they are being checked by an opponent.

RULE 51– BALL OUT OF BOUNDS OR UNPLAYABLE

- a. When the ball goes outside the playing area, or strikes obstacles above the playing surface play shall be stopped. The resulting face-off shall be at the nearest dot where the ball last touched a player (see 9 dot face-off rule 34).
- b. A Minor penalty shall be assessed to any player who delays the game by deliberately shooting, batting or throwing the ball outside the playing surface of the rink. The resulting face-off shall be at the spot where the offence occurred.
- c. If the ball is shot on the back of the net and comes off without any delay or, if a player or goaltender knocks the ball off the back of the goal netting without unnecessary delay, play shall continue. If the ball is frozen between opposing players or cannot be removed from the back of the net, the Referee shall stop play and the face-off shall take place at a location covered by the rules.
- d. A Minor penalty shall be assessed a goaltender who causes the ball to go out of bounds, or deliberately drops or throws the ball on the goal netting to cause a stoppage in play.

RULE 52 – BALL OUT OF SIGHT OR ILLEGAL BALL

- a. At any time where the Referee loses sight of the ball, play shall be stopped. The resulting face-off shall be at the point where play was stopped, unless otherwise stated in the rules.
- b. If, while play is in progress a ball other than the one legally in play appears, the play shall not be stopped, but shall continue with the legal ball until the play then in progress is completed, unless the illegal ball is impacting the play of the game at the referee's discretion.

RULE 53– BALL STRIKING OFFICIAL

Play shall not be stopped if the ball touches an official anywhere on the rink, except when the ball is deflected directly off an official into the goal or out of the playing area. No goal shall be allowed if a ball deflects directly off an official into the net.

RULE 54—STARTING OF GAME

Players will be notified by coaches or team representatives of any game cancellations or postponements. For safety reasons, games may be delayed, cancelled or postponed by management only.

- a. All games shall start on time or as close to the scheduled start time as possible.
- b. Each participating team is required to be prepared to start on time.
- c. In the event that one of the scheduled officials is not present, the game will proceed and be played.
- d. Any team which fails to field four or more players and a goalie, or five runners will automatically forfeit. A five-minute grace period will be run off the clock prior to the game being declared a forfeit. If during the grace period the offending team is able to start play, they will be assessed a delay of game penalty. A forfeit will not count towards a player suspension for the offending team. Forfeits can be avoided by using approved spare players.
- e. If a team is aware that they are going to forfeit a game, it will be considered a courtesy to your scheduled opponent to advise the office staff that your team will not be present. A win will automatically be awarded to the opposing team and they will have the option of using the scheduled hour for a practice.
- f. At the beginning of each period, only the players taking part in the actual face-off shall be allowed on the rink. All other players shall go directly to their benches. For an infraction of this rule, a Bench Minor penalty for delay of game shall be assessed the offending team.
- g. Once a team has the required number of players as stated in Rule 54.d, they must complete the game with at least that many participants. In the event that a team is unable to field the minimum number of players on the playing surface (due to injury or penalties assessed), play shall be stopped and a forfeit win awarded to the non-offending team.

RULE 55 – REFUSING TO START PLAY

- a. If a team is withdrawn from the rink and fails to return and start play, or if being on the rink, fails to start play within two minutes after being ordered to do so by the Referee, the game or series shall be suspended. The Referee shall submit a full written report. If a team after being ordered to return, does return to start play, then a Major penalty shall be assessed for Delay of Game. If this infraction occurs in the last two minutes of regular playing time, a Penalty Shot (in addition to the Major penalty) shall be awarded against the offending team, as stated in Rule 32(h)-Delay of Game.
- b. If a team is withdrawn from the rink or fails to go on the surface, or being on the surface, fails to start play a SECOND TIME within the same game after being ordered to do so by the Referee, the two minute allowance shall not be granted and the game will be officially suspended. A full written report shall be submitted by the Referee.

RULE 56 – SLASHING

- a. A double-minor (two, three-minute minors) or Major penalty, at the discretion of the Referee, shall be assessed any player who impedes or seeks to impede the progress of an opponent by “slashing” with their stick.
- b. A Major penalty and a Game Misconduct penalty will be assessed to any player who injures an opponent with a “slash”.
- c. A “slashing” penalty shall be assessed any player who swings their stick at an opponent (whether out of range or not) without actually striking them, or who, on the pretext of playing the ball, makes a wild swing at the ball with the object of intimidating their opponent or slashing at the ball with excessive force.
- d. A Match penalty shall be assessed to any player who deliberately attempts to or deliberately injures an opponent with a slash.

RULE 57 – SLIDING

- a. In all divisions, any player who deliberately slides and makes contact with an opponent in any manner, shall be assessed a minor penalty. In the event that a player has to take extreme measures to avoid being upset by an opponent that is sliding, the referee may assess a Minor Penalty. Sliding is defined as any player that deliberately propels themselves by sliding (on shin pads in most cases, but also “surfer-style”). A player that drops to block a shot is not considered to be sliding unless they are propelling themselves.
- b. A major penalty and game misconduct shall be assessed to any player who injures an opponent as a result of a deliberate slide.

RULE 58 – SPITTING

- a. A Match penalty shall be assessed any player or coach who deliberately spits on or at; an opponent, official, coach or spectator. A full written report will be submitted by the Official.

RULE 59– THROWING STICK

- a. Where any player of the defending team, including the goaltender, deliberately throws their stick or any part thereof or any other object at the ball or ball carrier in the defending zone, the Referee shall allow the play to be completed and if a goal is NOT scored, a penalty shot shall be awarded to the attacking team. If a goal is scored, the penalty shot shall not be awarded.
- b. A Minor penalty shall be assessed any player who deliberately throws their stick or any part thereof or any other object except when such act has been penalized by the awarding of a penalty shot or a goal.
- c. A misconduct penalty shall be assessed any player who deliberately throws a stick or any part thereof, or any object outside the playing area. Where a player throws a stick in a violent manner and such action puts the safety of other players (on any rink) or spectators at risk, a gross

misconduct shall be assessed. Any player assessed a gross misconduct for this action shall be suspended from all divisions until the full suspension has been served in the division it was incurred.

RULE 60 – TRIPPING

- a. A minor penalty shall be assessed any player who trips an opponent. If injury results, a major penalty shall be assessed.
- b. If a player uses their stick, knee, hand, foot, arm or elbow in any manner or falls on the surface directly in the path of the ball, causing the ball carrier to trip and loose possession of the ball, a penalty shall be assessed.
- c. When a player in control of the ball on their opponent's side of the centre red line is tripped, or otherwise fouled from behind, and thus prevented from having a clear shot on goal (having no other opponent to pass other than the goaltender), a penalty shot shall be awarded to the non-offending team. The referee shall not stop play until the attacking team has lost possession and control of the ball.

RULE 61 – GENERAL RULES

- a. Open cuts – Any player with an open cut will be asked to leave the playing surface, and may not return until the bleeding has stopped and the wound has been covered with a bandage. The timekeeper has a basic first aid kit, as well as a kit hanging on the inside wall of the rink area. The distribution of first aid supplies is a courtesy provided by RCBH for members. During game action if a bandage slips or falls off, it is not necessary to replace it unless the cut/wound is still bleeding.
- b. Surface Damage – Any player who intentionally damages the playing surface or facility will be assessed a minimum of a three minute bench minor and/or a nine minute misconduct at the discretion of the game official and will be required to compensate \$25 per broken tile to the facility for damages incurred. Compensation must be paid before the teams next scheduled game.
- c. Intoxication – Any team who suspects that a player is under the influence of drugs and/or alcohol should bring this to the attention of the referee immediately, upon discovery. The referee will then talk to the team rep of the intoxicated players' team, giving them the option to voluntarily remove the player from the game. If the team rep or player in question refuses, then the referee will talk to the player to determine if they are intoxicated. If in the opinion of the referee, the player is intoxicated and returns the playing surface, they will receive a gross misconduct and that player's team will receive a six minute bench major penalty. This rule is for the safety for all players including the offending participant, and as such, teams should be encouraged to cooperate fully with each other and the officials. Any alcohol found on the player's benches will result in a bench minor. A player found consuming alcohol will receive a game misconduct and the team will be assessed a bench minor. The game officials will have the authority to remove an intoxicated player from the game at any time. RCBH does not tolerate substance abuse before or during a game.
- d. Mercy Rule – During a game, if a team leads by 10 goals at any time or five goals in the last five minutes of play, the time clock will not stop after the face-off at center. Once the mercy rule

has been instituted, the clock will NOT revert to stop time, unless the trailing team **closes the gap by one goal** (i.e. less than 10 or less than 5 goal gap). The clock will only be stopped by a game official for a timeout, serious injury or other valid reason.

- e. The scoreboard will not reflect any more than a 5 -goal spread at any time, regardless of the actual score. **(This rule previously was unless the trailing team closes the gap in the score to two goals).**
- f. Urinating on club property – A gross misconduct shall be assessed to any player caught urinating anywhere on club property, with the exception of the facilities provided for such personal need.
- g. Each team shall be entitled to ONE thirty second time-out per game (regular season or playoffs).

SECTION FIVE – ADULT PLAYOFFS

- a. Playoff formats and schedule will be provided with the season schedule prior to the season. Team representatives are responsible to inform their team about the provided playoff formats and schedule. League management reserves the right to adjust the playoff format during the season. Team representatives will be notified of any changes made.
- b. In the event that teams are tied at the end of regular season, the following formula shall be used to determine team placement for playoff purposes:
 1. Most points
 2. Most goals for
 3. Least goals against
 4. Coin toss

Playoff games are played as three periods – fifteen minutes stop time unless otherwise specified.

If a playoff game is tied at the end of regulation time:

- Teams will remain in the same ends as they were for the third period.
- Team will reduce by 1 player for first 5-minute sudden victory OT period (i.e. Men's and Coed 3 on 3, and Women 4 on 4), then will reduce by 1 for subsequent 5-minute sudden victory periods until 1 on 1 and a player scores.

SECTION SIX – ADULT CO-ED SPECIFIC RULES

1. A minimum of two female players must be on the playing surface at all times (excluding the goalie).
2. A player's stick cannot rise off the ground during the back swing. For a violation of this rule the play shall be stopped and the face off will be outside the attacking zone.
3. Where a team has only two female players and one of these players receives a minor penalty, a male player on the floor at the time that the penalty is assessed shall serve the penalty. If a penalty shall result in a Game Misconduct, or Game Ejection, the game shall be forfeited.

SECTION SEVEN – ADULT SPARE PLAYERS

USE OF SPARE PLAYERS

Team reps must ensure that you have enough players to play a game from week to week including a goalie. You may substitute a registered goalie at any time (we ask you that you email us at info@ballhockeyguelph.com should you be subbing a goalie who is not on your roster. Goalie subs MUST be preapproved for playoff games.

Team fee teams MUST accommodate for all players and subs at the start of the season. Team fee teams are NOT permitted to add subs to their roster after week 3 and are NOT permitted to use subs from other teams.

Players must play 3 games to be eligible for playoffs.

Teams that have their players signing up individually are permitted to sub REGISTERED players. ONLY a maximum of 2 substitute players may play in a game and the team may not have more than 8 players total. Substitutions are NOT permitted in playoffs.

SECTION EIGHT – LEAGUE SUSPENSIONS AND GAME SHEET CODES

Major or Misconduct Related Suspensions:

Infraction:	Suspension (Minimum Number of Games)
Fighting	5
Fighting (Instigator)	6
Fighting (Non-Instigator)	3
Fighting (2 nd time/same season)	10
Fighting (before/after game)	10
Roughing	2
Gross Misconduct	2
Third Man In	3
Leaving the Bench to Enter Fight	3
Failure to go to the Penalty Box	2
Molesting an Official	10
Verbal Abuse of an Official	5
Checking from Behind	1-3
Major or Misconduct in 3 rd Period	1
Match Penalty	5

SUSPENSIONS

- a. Suspended players shall not be allowed to attend the games from which they are suspended. In the event that club management allows them to attend a game they are suspended from, they may not participate in the warm-up or go on the bench.
- b. All suspensions will be served in full across all divisions and clubs
- c. If a suspended player's team has been eliminated from the playoffs, the suspension will be carried over to their next scheduled team's games, regardless of division or stage of season.
- d. A player may only serve a suspension when their team is considered to be in Good Standing with respect to all Team and Individual fees owed.

SECTION NINE – CODES OF CONDUCT

PLAYER CODE OF CONDUCT:

I will:

- Respect and adhere to the ideals, policies, and rules determined by RCBHC.
- Respect the rules of the game, opponents, officials and their decisions.
- Maintain self-control at all times.
- Attend as many games as reasonably possible.
- Be present before games in a timely manner.
- Notify my team rep ahead of time if I will be absent.
- Respect the facilities, either home or away, in which I'm privileged to play.
- Exhibit a high degree of sportsmanship, teamwork and positive attitude at all times when representing my team and RCBHC.
- Refrain from using foul language towards teammates, officials or opponents.
- Show respect for the decisions, judgment and authority of the officials and timekeepers.
- Show respect for the feelings and abilities of the players on the other team.
- Accept the capabilities of other players.
- Accept defeat gracefully...love the game above the prize.

By registering in a Royal City Ball Hockey league, I consent that I fully understand the terms of this Code of Conduct and realize that my failure to follow these expectations may result in the termination of my eligibility as a member of Royal City Hockey Club.

PARENT/GUARDIAN CODE OF CONDUCT:

I will:

- Remember that my child plays hockey for their enjoyment.
- Encourage my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
- Teach my child that doing one's best is as important as winning
- Praise my child for competing fairly and trying hard, and I will never ridicule or yell at my child for making a mistake or losing a game.
- Applaud good plays and performances by both my child's team and their opponents.
- Never question the officials' judgments or integrity in public.
- Not use bad language, nor will I harass players, coaches, and officials

By registering in a Royal City Ball Hockey league, I consent that I fully understand the terms of this Code of Conduct and realize that my failure to follow these expectations may result in the termination of my eligibility as a member of Royal City Hockey Club.

SECTION TEN – YOUTH LEAGUE RULES

RULE 1 – STICKS

- a. All playing sticks must be in good condition with no signs of splintering. ONLY Ice Hockey Sticks are permitted. No floor ball or floor hockey sticks allowed. See Youth League FAQs for description of sticks if more information is required.
- b. Players must not have any tape on the bottom of the blade of their stick. Approved rubber strips or tape is allowed on the stick blade face.
- c. Sticks must have a minimum of two revolutions of tape on the extreme butt end of the shaft (at least ¾” tape width from the top).

RULE 2 – FOOTWEAR

- a. All players shall wear running shoes.

RULE 3 – GOALTENDER’S EQUIPMENT

- a. All the equipment worn by the goaltender must be constructed solely for the purpose of protecting the head or body and they must not wear any garments or use any contrivance, which would give them undue assistance in tending goal.

RULE 8 – PROTECTIVE EQUIPMENT

- a. Players under 18 must wear a properly fitted helmet with full face protection and will not be allowed to play without one. Helmets must be CSA approved and properly fastened with an approved chin strap.
- b. All players must wear protective gloves (ball hockey, ice hockey or lacrosse gloves). The entire hand must be covered. A glove missing all or part of the palm to permit the use of the bare hand shall be considered illegal equipment. Work gloves, cotton gloves, gardening gloves, winter gloves etc. are not permitted.
- c. Shin guards are highly recommended for all players. A soccer shin pad may be used, provided that the shin area is not exposed. Shin pads covering from the top of the knee to the ankle are strongly recommended – hard plastic ice hockey shin pads are **not** permitted.
- d. Should a player choose to wear elbow pads they must be soft shell and not hard plastic.

RULE 10– BALLS

Game balls are provided by RCBH and are expected to be left at the rink.

RULE 11 – CONDUCT

Parents **MUST** adhere to the [LEAGUE CODE OF CONDUCT](#) as outlined in this Rule Book . Failure to do so could result in an ejection from the rink/building and possibly an ejection from the league. See [RULE 44 – INTERFERENCE BY SPECTATORS](#).

YOUTH LEAGUE PENALTIES – Please see [SECTION THREE – PENALTIES](#).

YOUTH GAME RULES – Please see [SECTION FOUR – PLAYING RULES](#) for all youth leagues with the exceptions as mentioned below.

We observe a 3-goal per player per game rules for all of our leagues.

U9 leagues have a whistle stop at approximately every 2 minutes during game time to allow the players to sub. U9 leagues as well as Learn to Play leagues are considered instructional and may not follow all penalties as listed in this Rule Book. Officials have the authority to correct play as they see fit.

U12, U15 and U18 leagues follow all game rules as outlined in this Rule Book.

Refs and officials have the authority to alter period lengths if necessary to keep games on time.