

BALL HOCKEY

League Rules



CALGARY **SPORT** & **SOCIAL** CLUB

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1. GAMES COORDINATORS

A Games Coordinator (GC) is a part time employee hired by the CSSC to facilitate games. **The GC is not a trained referee.** Players are expected to respect the GC, their opponents and the rules of the sport.

ROLES OF THE GC

- **Facility Liaison**
 - Act as the onsite contact, set-up and take-down required equipment
- **Game Facilitator and Mediator**
 - Start and end the game on time
 - Host pre-game and half-time meetings
 - Call violations and fouls that are missed by players, enforce the rules of the sport
 - Ensure both teams are abiding by the Sportsmanship policy, mediate disputes
- **Player Liaison**
 - Represent the CSSC and act as a link between the players and the league
- **Game Reporter**
 - Record and announce the score throughout the game, report back to the CSSC
 - Collect a sportsmanship rating at the end of the game from each team

GC NO-SHOWS OR ABSENCES

Although the CSSC strives to have a GC present and on-time for all games, there could be rare instances where a GC is unexpectedly late or does not show up to their shift. If this occurs;

- Work with the facility manager or caretaker to find the required equipment
- Start, play, and end the game as scheduled
- Ensure that the facility is left tidy and unharmed
- Email the score and sportsmanship ratings to info@calgarysportsclub.com

2. COURT REQUIREMENTS

League	Total # of Players Required on the Court	Minimum # of F Players Required on the Court	Maximum # of M/X Players Allowed on the Court
3 on 3	4 (3 + Goalie)	1	2
4 on 4	5 (4 + Goalie)	2	3

- **4 on 4 Format:** A female goaltender does count towards the minimum female requirement.
- **3 on 3 Format:** Player requirements outlined above do not include goalies.
 - With 3 players are required to play out on the floor, a maximum of 2 may be M/X, with a minimum of 1 Female players.
 - If a goalie is Female, there must still be an additional Female player on the floor.
- **Masters Roster Requirements:**
 - Most players on the roster must be at least 40 years of age, however teams are permitted up to **three** players that are 30-39 years of age to assist with roster management.

- Players that are 18-29 are not permitted to play in the Masters leagues.
- The CSSC welcomes people of all gender identity or expression. Minimum female player requirements are inclusive of anyone who identifies as a female (i.e. players who identify themselves as M and X will not count towards female player minimums).

3. DEFAULT MINIMUMS & SCORES

League	Minimum Players to Avoid Default	Default Score
3 on 3	3 (1 Female)	0-10
4 on 4	4 (1 Female)	0-10
5 on 5	4 (1 Female)	0-10

4. FORMAT & EQUIPMENT

GAME FORMAT

- Players should arrive 15 minutes prior to the scheduled game time
- Teams will play one 60-minute game per night:
 - 5-minute warm-up
 - 5-minute half-time
 - 25-minute halves
- **Regular Season:** Ties are allowed
- **Playoffs:** Ties are not allowed
 - Halves are shortened to 23-minutes to allow for the possibility of an overtime period
 - If a game is tied at the conclusion of the 2nd half, a shoot-out will take place, using the following guidelines
 - 3 different players from each team will shoot, 1 of which must be female
 - If the score is still tied after 3 shooters, teams will alternate shooters until the tie is broken (sudden death, per pair of shooters)
 - After the initial 3 shooters, any player on the team can shoot in any given round (teams can repeat shooters)

SCORING

- Mercy is called and the score freezes if a team gains a 10-goal lead

EQUIPMENT

- Players must wear clean, non-marking, indoor shoes
- Players should bring a light and dark shirt to each game
- The following equipment will be provided at all Ball Hockey Facilities: player sticks, goaltender sticks, full sets of goaltender gear, ball hockey balls

For additional equipment regulations, please see the below chart:

Player	
Legal	Illegal
DOM 'Elite' or Pro Stick (plastic blades) Ball Hockey or Soccer Shin Guards Goggles / Protective Eye-wear Ice/Ball Hockey, Lacrosse or Workout Gloves Protective Cup or Jock Strap	All other player sticks (wood, composite, ABS) Tape on the blade of the stick Ice Hockey Shin Guards Full Helmets / Visors

Goaltender	
Legal	Illegal
Ice Hockey Protective Gear Goaltender Pads sized 38" x 11.5" or smaller Sticks with plastic blades (any shaft)	Non-plastic stick blades Tape on the blade of the stick Goaltender Pads larger than 38" x 11.5

- Other protective equipment is subject to approval from the CSSC
- The exception to the above regulations is the **5-on-5 Premium Rink League**, in which there are no stick restrictions for the players or goaltenders

5. GENERAL PLAYING GUIDELINES

STARTING & RE-STARTING PLAY

FACE-OFFS

- Occur at the start of each half, after a goal, and after certain stoppages in play
- Always occur at centre court
- The ball must hit the ground before it can be played

SUBSTITUTIONS

- Substitutions can be made on the fly or during stoppages in play
- The player leaving the floor must reach the bench before the replacement player enters the court
- Pulling the goaltender for an extra attacker is allowed but only during the last 5 minutes of play, in the second half.

PLAYING AREA

- Most areas of the gymnasium are considered to be live; although restrictions vary based on the facility
- The ball is considered dead, and possession is awarded to the team that did not last touch the ball in the following scenarios:
 - The ball travels out of play
 - The ball hits the ceiling
 - The ball is trapped or makes contact with an obstruction in the facility

- There are no icings or off-sides in CSSC Ball Hockey Leagues

BALL IN THE CORNER

- Most CSSC facilities have corner boards in place
 - If the ball is played behind the corner boards, possession is awarded to the team that did not last touch the ball
 - A player is given a stick-length of space, and 3 seconds to put the ball back into play
- In facilities without corner boards, the 'corner-rule' is in effect:
 - When two players are chasing the ball into the corner from a far distance, the player leading within 5 feet of the corner will gain possession of the ball
 - Teams should yell 'corner' when their own player is awarded possession, if this does not happen the GC will call it
 - The trailing player must give their opponent a stick-length of space, and 3 seconds to put the ball back in play
 - If there is no clear leading player, the defensive player is always awarded possession
- The corner rule is not in effect in the following scenarios:
 - If a player willingly carries the ball into the corner
 - If the ball moves into the corner from close proximity

CREASE AREA

- Every facility will have a goal crease that is confirmed by the GC prior to the start of the game
- Players are allowed to move through the crease
- Players are allowed to enter the crease to score a goal
 - Players cannot remain stationary in the opponent's crease, or make contact with the goaltender inside of the crease
 - If a goal is scored and the GC deems that an offensive player was interfering with the goaltender, the goal will be disallowed

NET OUT OF POSITION

- If the net is moved during play, the GC will decide whether to stop play and fix the net, or fix the net as play continues down the court
 - Goaltenders are permitted to readjust their own nets
- A goal that enters the net while the net is out of position will be disallowed
 - The exception to this rule will be if the GC deems that the goaltender or defending team dislodged the net intentionally or accidentally during an active scoring opportunity by the offensive team

GOALTENDERS

- Goalies are allowed to leave the crease to play the ball. Goalies cannot cover the ball outside of the crease area.
- If a goalie intentionally covers the ball outside their crease area while not in the act of making a save, it is treated as a delay of game violation. For the first offence, possession is given to the opposing team at the nearest sideline.
- Once a goaltender covers the ball, the play is dead:
 - The GC will indicate 'Goalie's Ball' and the goaltender may drop it behind the net, giving their player 3 seconds to put the ball back in to play before it is 'live'
 - If a goaltender opts to play the ball, it is considered live and the 3 second rule doesn't apply

PLAYING THE BALL

SHOOTING

- Slap shots are permitted as long as the player's stick remains below the waist for the entire shot (including follow-through)

KICKING THE BALL

- A goal will be disallowed if the GC determines the player intentionally kicked or batted the ball into the net

VIOLATIONS

Violations are intentional or unintentional rule infractions. Players are expected to call violations committed by themselves or their team. The GC will also call, confirm, or deny a violation against a player or team.

- If the GC confirms a call, the violating team will lose possession
- If the GC disagrees with a call, the GC will allow the play to continue and will indicate 'play on'
- If a player or team repeatedly commits the same violation, the GC can issue a minor penalty

HAND PASS

- Players cannot pass the ball to their teammate by directing the ball to them with their hands, even if in the defensive zone
 - Players playing the ball with their hand must make an effort to drop the ball immediately to the floor
 - Players cannot deke, run, or maneuver with the ball in their hand

BALL IN THE CORNER

- If the trailing player doesn't give possession to the leading player, or abide by the corner rule
- If the defensive player doesn't provide adequate time or space for the offensive player to put the ball back into play following a stoppage

SHIELDING THE BALL

- Advancing in any direction, backside-first, in an attempt to shield defenders from the ball
- Players are allowed to shield the ball temporarily if moving, with the ball, in the direction they're facing
- Stationary players are only allowed to shield the ball for up to 3 seconds
 - The GC will call a violation if the offensive player fails to turn around within 3 seconds

SLIDING

- Players can never leave their feet to slide / block a shot
- If a player is blocking a shot, they must be stationary, or down on one knee

REACHING AROUND

- A player cannot wrap or reach around another player with their stick when pursuing an opponent who is moving with the ball
- If a player is stationary with their back to the play, the opposing player is allowed to attempt to gain the ball by going around the player with their stick

GOING OVER THE TOP

- A player cannot impede an opponent's progress by hooking or slashing over top of their stick while they are carrying the ball or expecting to receive a pass

LIFTING THE STICK

- A player can lift their opponent's stick only when the opponent is receiving a pass or when they are in possession of the ball
- A player cannot repeatedly lift the stick of an opposing player who isn't yet in possession of the ball in an attempt to defend that player

TOO MANY PLAYERS ON THE FLOOR

- When a player enters the play to their advantage, before the replacement reaches the bench
- When a team has too many players on the floor

DELAY OF GAME

- When a player or team intentionally shoots the ball out of bounds, or impedes the play from re-starting in anyway
- When a player or team intentionally covers the ball, or falls on top of the ball

PENALTIES

Penalties temporarily or permanently remove players from the game who are contributing to an intense, unsportsmanlike or dangerous environment. Players and teams are expected to call their own penalties, although the GC will also confirm and deny penalty calls. **Although most non-malicious, first-time offences result in a warning, GC's may use their discretion to call a minor penalty or game misconduct at any time, if a serious or malicious infraction occurs.**

- **Warning:**
 - Given for minor offences or first-time occurrences (new players)
- **Minor Penalty:**
 - Result in the player sitting off for **two minutes**
 - The team is shorthanded
- **Game Misconduct:**
 - Results in the player being ejected from the game
 - The team is short-handed for two minutes
- If a team calls a penalty against themselves and a goal is then scored on the play, the goal will stand, and the player will still serve the penalty
- **Penalty Shots:**
 - There are no penalty shots in CSSC Ball Hockey Leagues
 - An infraction that occurs on a break-away will result in a penalty for the offending team

HIGH STICKING

- At no point in the game is a player's stick allowed to travel above their waist
 - This includes: shooting the ball, follow-throughs, deflections, and calling for a pass

- A player's first high-stick called by anyone on their own team is a warning. If called by the GC, it will be 2-minute penalty and the offending team will be shorthanded.
- A player's second high-stick infraction is a minor penalty resulting in the team being shorthanded for 2 minutes.
- **The third high-stick by the same player, results in a 2-minute minor penalty and the offending player will be ejected from the game. The offending player is permitted to remain on the bench but the team will be shorthanded for 2-minutes. The offending player is not allowed to return to the game.**
- The high-sticking rule is in effect when lifting the stick of an opposing player
 - Stick lifts which result in the opposing player's stick going above their waist will be considered high-sticking on the player committing the stick lift
- Goalenders will not be penalized for a high stick while making a save



UNSPORTSMANLIKE CONDUCT

- The first offense will result in a **minor penalty**
- The second offense will result in a **game misconduct**
- Examples of unsportsmanlike conduct:
 - Intentional body contact
 - Attempting to make calls for the opponent or petitioning the GC to make calls
 - Throwing equipment, slamming sticks, swearing
 - A defensive player covering the ball with their hand while in the crease

THREATENING BEHAVIOUR

- The first offense will result in a **game misconduct**
- Examples of threatening behavior:
 - Verbal abuse, physical threats, fighting, instigating, retaliation, intent to injure

DISRESPECTING A GC

- Depending on the severity, the first offense can result in a minor penalty, or a game misconduct
- Examples of disrespecting a GC include:
Challenging calls, negatively discussing the GC while on the court or bench, swearing at the GC, questioning the integrity of the GC, ignoring GC feedback

Other penalties that can be called by a GC include; TRIPPING, SLASHING, CROSS-CHECKING, HOLDING, INTERFERENCE, INTENTIONAL BODY CONTACT, RECKLESS PLAY

PLAYERS ON THE FLOOR

- For **Minor** penalties, the offending player is required to sit off for the full duration of the penalty, regardless of whether a goal is scored or not
 - If the team is playing with the minimum female roster requirement, a male player may serve the penalty in order to not have the team play short-handed
 - A team will not continue to play short-handed if a power-play goal is scored
 - They can bring on a replacement player (not the offending player)
 - The exception to the rule would be if the team has the minimum roster requirement and the offending player not returning to action would keep their team short-handed
- No team will be forced to play two players short due to penalties
 - Penalties that would result in a team playing two players down will be served one after the other
- If a goaltender gets a minor penalty, any player on the floor at the time of the infraction can serve the penalty
- If a player or goaltender receives a **game misconduct**, they will serve it, regardless of whether or not this makes the team short-handed for the rest of the game