



Official Game On Rules: 6 vs. 6 BALL HOCKEY

THE BRIEF OVERVIEW

Ball hockey is a game where two teams attempt to score points by putting the ball into the opponent's net. The team who scores the most goals wins the game. Each game is divided into three 15-minute periods.

PLAYER RESPONSIBILITIES

Each player must sign a waiver before the first game. If you add a player to your team throughout the year the player must sign a waiver before they play, even if it is only for one game.

In order to maintain proper statistics, we ask that each player who scores a goal or an assist inform the referee, or game official, present so that they may record the information accordingly.

THE TEAM

6 vs 6 Ball Hockey: Each team will field 6 players per game, one goalie, two defensemen and three forwards. The total number of players on a team (including substitutions) is recommended to be 12 players.

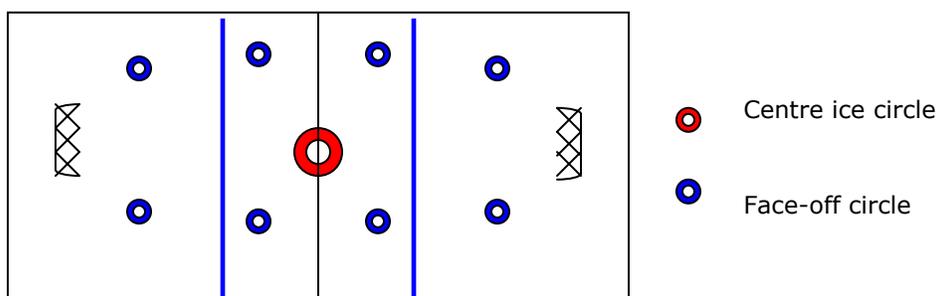
Each team is required to have a minimum of two females and two males on the floor at all times. The gender of the goaltender does not factor into this requirement.

Each team is allowed to play one (1) player less than the minimum and still not be disqualified. Any players less than that and the team may be in forfeiture. The final decision on whether teams play one another with less than minimum players is decided among the team captains and is relayed to the referee, or game official, present.

Default: If a team is unable to field the minimum requirements within 10 minutes of the start time, then that team is deemed to have forfeited their game. The opponent will automatically score a 1-0 win for the game and the team captain will be awarded a lone goal for the statistics. No assist points will be awarded.

THE FIELD

The game will be played on an arena floor. The overall shape of the floor is rectangular. There are benches where teams may sit and store their equipment.



THE EQUIPMENT

Ball: A spherical ball, made of plastic, measuring approximately 21.5 centimetres in circumference.

Nets: Regulation-sized nets, measuring 72 inches, constructed of steel tubing.

Sticks: Any stick is permitted. Players are responsible for bringing their own sticks, but some sticks will be on-hand to be used by league players.

Players: Each player, except the goalie, will be required to wear a white shirt for **HOME** teams and black shirts for **AWAY** teams during the game, to help distinguish one team from another. Teams that have their own coloured shirts are permitted to wear them. While not required in an effort to reduce the number of potential injuries it is highly recommended that each player wear protective eyewear, a protective cup and a mouth guard. Shin pads, hockey helmet, and hockey gloves are also recommended to wear, but are not required.

Goalies: Goalies are required to wear a protective mask. A chest pad, blocker, catching gloves, protective cup and pads are highly recommended.

THE GAME

Objective:

The object of the game is to win by scoring more goals than your opponent in the allotted time.

Duration of match:

Each game is limited to three 15-minute periods, including 2-minute intermissions between periods. However, if after 45-minutes of play the game is tied then it will go into a shootout until a winner is determined. The clock will run continuously for the full 45 minutes. There is no clock stoppage unless there is injury or some other extenuating circumstance. Please aim to arrive on-time as the clock starts promptly at five minutes past the hour. Each minute that the game is delayed comes directly off the playing time.

Starting the game:

Upon your arrival to the arena for your first game, please select a captain for your team and notify the referee, or game official, present. Please also be sure to provide your name to the referee, or game official, so that goals and assists may be properly tracked for team statistics.

At the start of the game, one player from each team will meet at the centre for a face-off. The referee, or game official, will drop the ball to signify the start of play. This same routine will occur at the start of the second and third periods. Teams will switch ends after each period.

Substitutions:

Each team is free to substitute players on and off as often as they wish throughout the game. When making a substitute, the player coming off the bench can only do so when the player coming off the floor is within five feet of the bench. A "Too Many Men" 2-minute penalty will be assessed and a face-off will occur in the face-off area closest to the infraction.

If you are unable to attend a game then you may send a substitute player in for your place. This substitute player may be anyone but if they have not played in any of Game On's leagues then they are required to sign a Waiver Form before playing.

Scoring goals:

In order to count as a goal:

1. The ball must entirely cross the imaginary line between the goalposts.
2. The ball must have been directed into the net off of the offensive player's stick, or any other part of their body, or their equipment, provided that no kicking, or throwing motion occurred. Deliberate diversion of the ball by means other than the stick will disallow the goal.
3. The ball is accidentally put into the net off a defensive player's body or stick. The closest offensive player will be rewarded with the goal and no assists will be awarded for such a play.

No offensive player may be in the goalie crease area, and no offensive player's stick may be in the goalie crease area, unless the ball has already entered the crease area.

When the goalie is in the crease area, contact between the offensive player and the goalie is prohibited. Such action will disallow a goal, should a goal have been scored, or will result in the defensive team taking possession of the ball. Continual contact between offensive players and an opposing goalie will result in a 2-minute minor penalty.

After each goal is scored, a face-off will occur at the centre of the arena.

PLEASE NOTE: Any shot is permissible in this league, however, the stick may not be raised higher than the player's knee on the wind-up. Any shot that is taken, where the stick is raised above the knee during the wind-up, will result in stoppage in play with the opponents taking possession of the ball at the place of the infraction. If a player continually takes shots where the stick is raised above the knee during a wind-up, that player will be removed from the game, potentially being expelled from the league. Remember that there are several players who may not possess the same skill level as you and may become injured due to hard shots.

Likewise, any follow-through on a shot must be kept around the waistline. All other times throughout the game, regardless of whether you are taking a shot or not, your stick must remain no higher than your waistline. If your stick is raised higher than your waistline on a shot follow-through or for any other reason (i.e. clearing the ball, batting the ball out of the air) will result in a 2-minute high-sticking penalty.

Penalty Shots:

When a penalty shot is being taken, the players on both teams must stand to the sides of the floor. The ball will be placed at the centre line. Only one shot is allowed with no rebound shots. The stick must be kept below the knees when taking the shot.

The goalie must remain in the crease until the ball is touched. The goalie may not throw his stick or glove or else a goal shall be rewarded. If, during a penalty shot, any player on the opposing team causes a distraction or interference, a second penalty shot shall be awarded (providing the first attempt was unsuccessful).

Tie game:

If the game is tied at the end of regulation time then the game will go into a shoot-out. The shoot-out will consist of each team using the three players who were on the floor at the end of the game.

Each team will have three alternating shoot-out shot attempts using three different players.

Whichever team is ahead after these attempts will win the game. If it is tied after the three attempts, the teams will each choose one additional player to take a fourth attempt, then a fifth attempt, and so on until a winner is declared. These additional players may be selected from the bench. Every player on the team, excluding the goalie, must participate in the shoot-out before players can shoot a second time.

Scoring the games:

Game Win	2 points
Shoot-out Loss	1 point
Game Loss	0 points

Goalies:

The goalie is able to use their hands, their feet or their stick to clear the ball away from the goal area. After a stoppage in play the opposing team must clear the zone. Once this is done then the goalie may play the ball to their teammate. As soon as the goalie released the ball, whether they throw it, kick it, or pass the ball with their stick, the opposing team may cross the blue line in an effort to attack the ball. When clearing the ball, the goalie is not allowed to roll the ball across the centre line. If so, then the opposing team takes possession of the ball at centre line.

In order to keep the game moving, the goalie will only have 5 seconds to play the ball once the opposing team has crossed the blue line. If they hold the ball for longer than 5 seconds, then the play will be whistled dead and that team will lose possession of the ball. The other team will gain possession of the ball in the corner, with the defensive team giving at least five feet of space. If the opposing team intercepts the ball in the offensive zone before it crosses the blue line, or if possession is turned over due to a 5-second violation, the offensive zone is automatically expanded to the centre line. Please see "**Floating Blue Line**" section below for explanation.

If a ball goes behind the net then the goalie must play the ball with only their stick and is not permitted to stop the play by landing on top of the ball or by gloving it. Either of these two will result in a 2-minute Delay of Game penalty. Likewise, if a goalie comes out of their crease area (either to the side or to the front) to challenge for a ball then they must also play the ball with their stick. Last minute dives on a ball are dangerous to opponents who are charging the ball and not expecting a goalie to immediately go down. Any goalie caught doing this will also be given a 2-minute Delay of Game penalty.

GOALIES MAY NOT BE PULLED FROM THE NET IN ORDER TO ADD ANOTHER OFFENSIVE PLAYER TO THE PLAYING FLOOR. IF THE GOALIE IS PULLED DUE TO AN INJURY, OR EXHAUSTION, THEN A TEAM MUST CONTINUE PLAY WITH ONE PLAYER DOWN, UNLESS A SUBSTITUTE CAN BE FOUND.

Floating Blue Line:

When a team crosses the opponent's blue line with the ball, the offensive zone will expand to the centre line. The attacking team will then have the entire half of the arena floor, extending from the end boards to the centre line, to control the ball. When the defending team sends the ball past the centre line then the zone is reset to the blue line.

Referee

1. Only the captains of each team may approach, and discuss, an issue with the referee, or game official.
2. In case of clarification of rules, please check with the referee, or game official, present.
3. The referee's decision is final – no exceptions.

The no-nos of ball hockey:

This is a non-contact league and players must abide by this rule, otherwise they risk being expelled from the league without refund.

There is:

1. **NO BODY CONTACT** – this is a recreational, non-contact league. Aggressive body contact will not be tolerated. You must play the ball and not the body. Incidental body contact will occur, however, **any aggressive body contact will result in a 2-minute minor penalty.** Any malicious contact could result in ejection from the game and possible expulsion from the league.
2. **NO FIGHTING** – this will not be tolerated by Game On. A player, and possibly the team, will be expelled from the league, without refund, for fighting or for gestures, verbal or otherwise, made towards an opponent to fight. It is a player's, and their team's, responsibility to maintain composure during the game and to ensure its safety and fun. If a player is having a concern over the play of another, please have it addressed through your captain with the referee, or game official, present.
3. **NO HIGH STICKING** – sticks must be kept below the waist at **all** times. Shots must be taken without raising the stick above your knees with any follow-through not going above a player's waist. **All high sticks will result in a 2-minute minor penalty.**
4. **OFFSIDES** – penalties will be called on offsides. Make sure that the ball has crossed the blue line before your entire body (i.e. both feet) or any of your teammates bodies. A face-off will occur outside the zone for offsides.
5. **NO HAND PASSES** – catching the ball and throwing it down immediately is acceptable. However, any hand passes will result in stoppage of play and the opponents will receive the ball at the place of the infraction.
6. **NO VERBAL ABUSE** – verbal abuse of any kind, whether directed at another player or a game official, will not be tolerated. A player may receive a 2-minute unsportsmanlike penalty or may be ejected from the game. There is no place for verbal abuse in this league. This game is meant to be played for fun and every player should realize that and keep their comments, and emotions, in check.
7. **LIFTING OF STICKS** – if a stick is lifted above any players' waist (yours or an opponents) this will result in a **2-minute minor penalty.** Keep sticks low to the ground. Poke checks are permitted so long as you are going for the ball.
8. **NO SLASHING** – due to serious injuries that can occur from slashing, slashing your stick against an opponent's stick, their hands, or legs is prohibited. Whether intentional or

accidental, slashing will result in a **2-minute minor penalty**. Serious injuries caused by careless stick use may result in ejection from the game.

9. **NO HOOKING, NO HOLDING, NO INTERFERENCE** – your main objective is to play the ball **only**. Any player on the court has as much right to the ball as any other player. Preventing the player from playing the ball by any of the above means, including carelessly bumping into them, will result in a **2-minute minor penalty**. **PLAY THE BALL AND CONTROL YOUR ACTIONS.**
10. **NO CENTRE LINE SHOTS ON NET** – players may not take a shot from the centre line, or from their half of the court, directly onto the net. If a shot is made directly on net, and a goal is scored, that goal will be disallowed with the opponents taking possession of the ball from where the original shot was taken. If a player takes a shot from centre line, or from their half, and it is on net but no goal has been scored, then the opponents will take possession of the ball from where the original shot was taken.

Penalties:

Any player may be ejected from a game or suspended from the league for any action that is, in the eyes of the official, deemed to be malicious and with intent to injure. The focus of the game should be on having fun. In order to uphold a fun environment for all, and to remove those players who ignore the rules and behave in a care-free manner, any player who receives three (3) minor penalties in a game will be ejected for the balance of the game. If the third penalty occurs with less than 5 minutes left in the game then that player will be suspended for their next game.

Playoffs:

All registered participants are permitted to play in the playoffs, regardless of how many games they have played during the regular season. Any substitute players that have been brought in to fill in the space of a registered participants are only permitted to play in the playoffs if they have played at least three (3) regular season games. This is to avoid teams bringing in "ringers" for the playoffs.

Other items:

Please take care of the equipment that you have borrowed. Do not squash, sit on, stomp on or bite the balls. Do not smash or hit the sticks against anyone or anything. Please treat the equipment with respect. Please return the pinnies to the referee, or game official, at the end of your game.

Spectators are not permitted to any game. Only paid participants, or their substitutes, are allowed access to the facilities.

Food and drinks, other than water, will not be permitted inside the arena. Smoking is prohibited at all time, both inside the facility and outside. This includes smoking in your car in the parking lot.

If a pregnant player wishes to participate as a member player, they are required to provide a doctor's note that specifically states what she can and cannot do and until what time in her pregnancy.

THE BOUNDARIES

During play, the boards and the floor are considered in-play. Should a ball come to rest in the bench area, outside of the arena, or if it comes in contact with the netting above the boards or the ceiling, then the referee will stop play and conduct a face-off nearest to where the ball became dead.

Centre line: The centre line will only be used for face-offs during the start of all three periods and after goals are scored.

DEFINITIONS

Assist: the pass or passes which immediately precede a successful scoring attempt; a maximum of one assist is credited for one goal.

Breakaway: a fast break whereby an attacker with the ball runs in alone on the goalie, having cleared the opponent's defensemen, trapping them behind the play.

Clearing the puck: getting the ball out of your team's own defensive zone.

Defensemen: consists of the two players who make up a team's defensive unit. Usually they are stationed in or near their defensive zone to help the goalie guard against attack. Occasionally they will lead an attack. The left defenseman covers the left half of the court while the right defenseman plays to the right. Depending on the play, and where the opponents are located, they can run into each other's territory.

Face-off: the method of starting play in which the ball is dropped by a referee or official between the sticks of opposing players.

Forwards: the two players who make up the attacking line or forward line of a team.

Foul: any infraction of the rules.

Goal: scored when the ball ends up in the net from the stick of an attacking player or off the miscue of a defensive player or goalie. The ball must cross completely over the imaginary line between the goal posts in order to count. A goal provides one point to the scorer.

Goalkeeper, goalie or goaltender: the heavily-padded player who guards the net and prevents opponents from scoring by stopping the ball any way they can.

Hat trick: three or more goals scored by a player in one game.

Lead pass: a pass sent ahead of a moving teammate designed to meet the player at the location they are headed.

On-the-fly: making player changes or substitutions while play is under way.

Passing: when one player uses his stick to send the ball to a teammate.

Penalty shot: a free shot awarded a player who was illegally interfered with, preventing them from a clear scoring opportunity. This shot starts at centre court and is taken with only the goalie guarding against it.

Periods: three 15-minute playing intervals separated by two intermissions.

Poke check: a quick jab to the ball or opponent's stick to knock the puck away from them.

Roster: a list consisting of the players on a team.

Save: the act of a goalie in blocking or stopping a shot.

Screen shot: a shot on goal that the goalie cannot see because it was taken from behind one or more players from either team standing in front of the net.

Stickhandling: moving the ball along the ice with the stick blade.

Two-on-one: a type of break that occurs when two attacking players are running against one defensive player.

RULE ENFORCEMENT

During league games, rules will be enforced primarily by the "honour system". Players will be expected to rule whether or not they were in violation of any rule and it is the player's responsibility to enforce and uphold the rule of ball hockey when playing. All contests will be supervised by a referee. THE REFEREE'S DECISION IS FINAL – NO EXCEPTIONS. They have the right to stop a game and discuss the incident before proceeding. In respect for the spirit of the game, and for your fellow players, there is absolutely no protesting.

CODE OF CONDUCT

1. Understand, appreciate and abide by the rules of the game.
2. Respect the integrity and judgment of game officials.
3. Respect your opponent and congratulate them in a courteous manner following each game whether in victory or defeat.
4. Be responsible for your actions and maintain self-control.
5. Do not taunt or bait opponents and refrain from using foul or abusive language.
6. Fighting will not be tolerated by Game On. A player, and possibly the team, will be expelled from the league, without refund, for fighting or for gestures made towards an opponent to fight. This includes verbal threats. It is a player's, and their team's, responsibility to maintain composure during the game and to ensure its safety and fun. If a player is having a concern over the play of another, please have it addressed through your captain with the convener, or game official, present. Alternatively, email us the details at info@gameonguelph.ca and we will investigate the situation.
7. Unsportsmanlike conduct will not be tolerated. This includes:
 - a. foul language, racial slurs and verbal abuse
 - b. unnecessary roughness and physical abuse
 - c. slamming down or throwing sticks in anger
 - d. arguing with officials, staff, participants, or fans
 - e. abuse of the honour system
8. Physical, sexual or mental abuse is not acceptable. If you encounter such a situation, and would like to report it, please do so via the game official, via telephone or via e-mail. Any reports will be kept confidential. Should any of this be reported to Game On Sports & Entertainment Inc., we will issue a verbal warning to the team. Should a second such report occur, that player and/or team will be asked to leave the league without a refund. Game On Sports & Entertainment Inc. reserves the right to involve law enforcement officials at its

discretion and reserves the right to eject any player and/or team, without warning or refund, for such behaviour.

9. Alcohol and/or smoking are prohibited at any game and any such offenders will be asked to leave the league immediately, without a refund.