



Official Game On Rules: CO-ED RECREATIONAL ICE HOCKEY

THE BRIEF OVERVIEW

Ice hockey is a game where two teams attempt to score points by putting the puck 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 Ice 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 12-14 players.

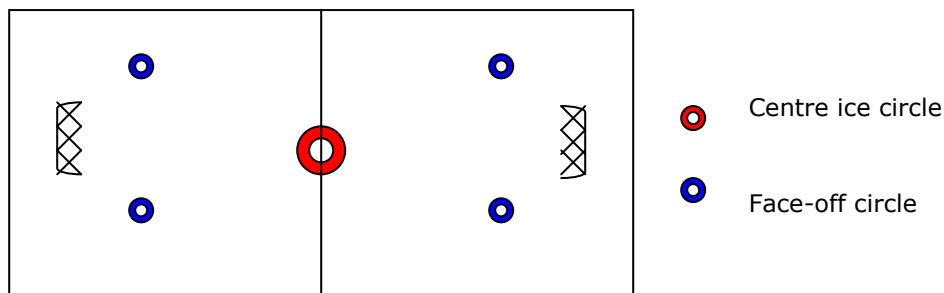
Each team is required to have a minimum of two females and two males on the ice at all times. The gender of the goaltender does not factor into this requirement.

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. Teams may also play with only one (1) male player or one (1) female player but must play the game one player down.

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 in an open air arena. The overall shape of the rink is rectangular and measures smaller than a regulation ice hockey rink. There will be a "home" and an "away" bench area and there will be designated change rooms.



THE EQUIPMENT

Puck: A circular disk, made of vulcanized rubber, measuring approximately 76 mm in diameter, 25 mm thick, and weighing approximately 165 grams.

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

Sticks: Any hockey stick is permitted in Game On's ice hockey league. Each player is responsible for providing their own stick.

Players: Each player, except the goalie, will be required to wear a white jersey for **HOME** teams and black jerseys for **AWAY** teams during the game, to help distinguish one team from another. Teams that have their own coloured jerseys are permitted to wear them.

Players are required to wear full hockey equipment while on the ice. This includes shoulder pads, elbow pads, shins pads, hockey pants, gloves, and a helmet. A cage, on a helmet, is optional but players not wearing a cage run the risk of injury and must be aware of the dangers related to not wearing one. While not required, in an effort to reduce the number of potential injuries, it is highly recommended that each player wear a protective cup, a neck guard, and a mouth guard.

Goalies: Goalies are responsible for providing their own goalie sticks. Full goalie equipment is required.

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. **If, after 45-minutes of play, the game is tied then the game will end in a tie.** Only during playoffs will a tie be broken by a shoot-out. 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 scheduled start time of your game. 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 puck to signify the start of play. This same routine will occur at the start of the second and third periods and after each scored goal. Teams will **not** 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. An infraction of this will result in a "Too many men" penalty.

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 puck must entirely cross the line between the goalposts.
2. The puck 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 puck by means other than the stick will disallow the goal.
3. The puck 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 assist 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 an "Interference" penalty. Continual contact between offensive players and an opposing goalie could result in an ejection from the game.

After each goal is scored, players will meet at centre ice for a face-off.

PLEASE NOTE: Any shot is permissible in this league. Please be responsible for your shots and take care of those players immediately in direct line of your shot.

Penalty Shots:

When a penalty shot is being taken, the players on both teams must stand to the sides of the rink. The puck will be placed at the centre line. Only one shot is allowed with no rebound shots.

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 end as a tie and be recorded accordingly. Shoot-outs will only be used during playoffs to break a tie and determine a winner.

The shoot-out will consist of each team using the three players who were on the ice at the end of the game.

Each team will have three alternating shoot-out 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
Tie	1 point
Game Loss	0 points

Goalies:

The goalie is able to use their hands, their feet or their stick to clear the puck away from the goal area. At a stoppage in play, a face-off will occur at one of the face-off circles in the zone where the stoppage occurred.

If a puck goes behind the net then the goalie must play the puck with only their stick and is not permitted to stop the play by landing on top of the puck 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 puck then they must also play the puck with their stick. Last minute dives on a puck are dangerous to opponents who are charging the puck 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.

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 puck 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 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. **HIGH STICKING** – sticks may not come in contact with a puck above the shoulders. Such contact will result in a "High-sticking" penalty and a face-off will occur in the neutral zone. Likewise, any stick that comes in contact with an opposing player, above their shoulders, will also result in a penalty. **All high sticks will result in a 2-minute minor penalty.**
4. **OFFSIDES** –offsides will be enforced in this league so please ensure that you stay onside until a puck has entered the offensive zone.
5. **NO HAND PASSES** – catching the puck and throwing it down immediately is acceptable. However, any hand passes will result in stoppage of play unless the hand pass occurs in your team's defensive zone. Any other time a face-off will occur. A 2-minute penalty will be assessed if a player catches a puck and skates with the puck. Likewise, any goalie who throws the puck in the direction of an opponent's net, holds the puck for longer than 3-seconds (unless they are avoiding an opponent), or deliberately holds the puck that results in an unnecessary stoppage in play, will be assessed a 2-minute penalty.
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. **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.
8. **NO HOOKING, NO HOLDING, NO INTERFERENCE** – your main objective is to play the puck **only.** Any player on the ice has as much right to the puck as any other player. Preventing the player from playing the puck by any of the above means, including carelessly bumping into them, will result in a **2-minute minor penalty.** **PLAY THE PUCK AND CONTROL YOUR ACTIONS.**
9. **ICING** – when the referee signals an "icing" call, a player from the team whose zone the puck ended up in **MUST** be the first person to touch the puck and play will continue with no stoppage. This will ensure that there are fewer stoppages and to allow the game to continue. However, if an opponent is the first to touch the puck then play will stop and a face-off will occur in that opponent's zone.
10. **THROWING EQUIPMENT** – under no circumstance may a player throw any of their equipment, including their stick, at anytime during the game. Doing so will result in an "Unsportsmanlike" penalty. **Throwing of equipment is prohibited after the game as well and will result in a player being ejected from their next game.**

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. Please treat the equipment and the facility, including the change rooms and bench areas, with respect.

Spectators are not permitted in the ice area at all. No exceptions.

Food and drinks, other than water, will not be permitted inside the facilities. Smoking is prohibited at all time, both inside the facilities 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, only the boards and the ice surface itself are considered in-play. Should a puck come to rest in the bench area then a face-off will occur. If the puck touches the netting above the board, and it was not deemed to be intentionally shot there, then the play will be whistled dead and a face-off will occur.

Centre line: The centre line will be used for face-offs during the start of all three periods and will be used as the starting point for any penalty shots or shoot-out attempts.

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 puck runs in alone on the goalie, having cleared the opponent's defensemen, trapping them behind the play.

Clearing the puck: getting the puck 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.

Deke or deking: comes in many fashions, including shoulder dekes, head dekes or stick dekes. This is a decoying or faking motion whereby the ball carrier makes a defensive player think they are going to pass or move in a certain direction when they are not.

Face-off: the method of starting play in which the puck 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 puck ends up in the net from the stick of an attacking player or off the miscue of a defensive player or goalie. The puck must cross completely over the 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 puck 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 puck 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 ice 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 puck 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. 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
7. 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.
8. Alcohol and/or smoking are prohibited at any game and any such offenders will be asked to leave the league immediately, without a refund.