



Carleton University Leagues & Intramural Rules & Regulations: Ball Hockey

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Part A: Code of Conduct

- Please see link to Carleton University Intramural & Adult League Player Code of Conduct

Part B: Spirit of the Game

- Carleton University Intramural & Adult Ball Hockey League relies upon a spirit of sportsmanship that places the responsibility for fair play on the player. Highly competitive play is encouraged, but never at the expense of mutual respect among competitors, adherence to the agreed upon rules or the basic joy of play. Protection of these vital elements serves to eliminate unsportsmanlike conduct from the Ball Hockey Floor. Actions such as; taunting opposing players, dangerous aggression, belligerent intimidation, intentional infractions or other "win-at-all costs" behaviour, are contrary to the spirit of the game and must be avoided by all players.

Part C: General Information

- Participants may play for one Ball Hockey team per semester.
- All Carleton students, Carleton alumni gym members, faculty, staff or members of the Athletics facility are eligible to play in the Adult Ball Hockey League.
- The intramural league is open to students, staff/faculty, and alumni who have an active gym membership only.
- Team Captains must have all of their players registered on the official team roster in the Fusion IM portal.
- All participants MUST be registered or they will NOT be permitted to play. Under some circumstances spares will be allowed.
- Players in attendance must check-in with the league official or organizer. Individuals are responsible for ensuring that their attendance is recorded. Players must participate in 3 of 7 games (intramural) or 4 of 9 games (adult) to be eligible for playoffs. This includes approved spares. Some exceptions can be made.
- All players must present a valid student card to league organizer or official. Failure to do so will result in player not being permitted to participate in the game.
- Team Shirts will be given out at the beginning of each season and must be worn to each game.
- Intramural & Adult League Ball Hockey shall be governed by the current C.B.H.A. Rule Book combined with Carleton University League rules.
- Fighting is strictly prohibited. Anyone who fights will be automatically removed from the league. If an official feels that a player attempts to injure an opposing player

deliberately the player will be removed from the league. A zero tolerance policy is in effect.

Part D: Game Supervision

- There will be two league officials provided for all games. League officials are responsible for checking eligibility, signing in players, and officiating the game. League officials are to be treated with respect. All officials and organizers decisions are final. Any abuse of officials or organizers will result in a game misconduct and possible ejection from the league. Team Captains should be dealing with the league official on behalf of their team and are responsible for the conduct of their teammates.

Part E: Equipment

- Any elbow, hand, finger, wrist or arm guard, cast or brace made of any hard substance even though covered with soft padding shall always be declared illegal.
- Only non-marking court shoes are allowed on the courts.
- No jewelry, earrings, nose rings etc.
- Hockey sticks without a plastic blade **MAY BE USED**. Plastic blade sticks will be provided if you don't have a legal stick.
- Players are **STRONGLY** encouraged to wear protective eye wear, mouth guards, shin guards, and hockey gloves. However, appropriate gym shoes, team shirts, and athletic apparel must be worn at all times.
- Goalkeepers are encouraged to provide their own full protective gear (i.e. helmet, chest protector, trapper, blocker, jock, pads etc.). However, the league has two sets of goalie equipment available for use in case a goalie does not have own equipment.
- Standard sized hockey nets (4' by 6') will be used.
- Orange balls will be used.

Part F: Rules

- **Section 1: Players**
 - Games will be played 5 vs 5 plus one goalie per side.
 - Coed Teams are encouraged and permitted to participate in the Intramural and Adult Ball Hockey Leagues. There is no gender ratio that must be maintained for this league.
 - Teams must have a minimum of 4 players at the beginning of the game for the game to count. If not, the game will be counted as a forfeit. A team may start the game with 3 players and a goalie.

- Teams may pick up other players at the discretion of the opposing team's captain. This game may be counted in the standings if agreed to by the opposing team.
- Adding players to a roster must be done through the league organizer after the first game.
- **Section 2: Time**
 - Games will consist of two 20 min halves with a 2 min half time.
 - Game clock runs throughout the game.
 - Teams are urged to be on time in order to facilitate the start and completion of games in a timely manner. NO additional time will be awarded at the end of halves to make up for time lost. Time will be kept by the officials and the officials alone.
 - There are no OT or shootouts in regular season..
- **Section 3: Boundaries**
 - Game is played on a Regular Basketball size court.
- **Section 4: General Play**
 - The object of the game quite simply is to strike the ball with the hockey stick and knock it into the opponent's hockey net. Typically a low-bounce type of ball is used.
 - Face-offs: (players are lined up facing each other in a designated area on the floor), are used at the start of each period of play and after goals.
 - Penalties: are called when a player commits a foul. The offending player is then removed from playing for a period of time, depending on the severity of the infraction and the team continues to play one player short until the penalty has elapsed.
 - Legal Goals: it cannot be kicked in; nor struck with a stick above the waist; nor pushed in using the hand
 - Free Play:
 - If the ball rolls into the corner the first player into the corner will be permitted a 'Free Play' out of the corner (at the discretion of the officials). If the ball rolls out of play (ie. under bleachers, out door, into another court) the last player to have control of the ball will be permitted a 'Free Play' out of the nearest corner. In the opinion of the officials, if a player purposely takes the ball into the corner to gain an

advantage he/she will be penalized by loss of possession of the ball at that point

- 'Free Play': The opposing team must allow the opposing player AT LEAST 2 or 3 meters to put the ball in play. The player in control of the ball has a MAXIMUM of five (5) seconds to put the ball into play, and, MAY NOT stick handle the ball down the floor, he/she must pass (or shoot) the ball either to a teammate or down the floor. A goal cannot be scored DIRECTLY from a 'Free Play'
 - Any ball that gets caught on the netting of the goal will be ruled a dead ball. The defending team will receive a 'Free Play' from behind their goal line. However, if in the opinion of the officials a player deliberately knocks the ball onto the netting of the goal the 'Free Play' will be awarded to the non-offending team, to be taken from the corner behind the goal line.
 - Any time a team acquires possession (after an infraction or ball leaving the surface) the defending team MUST give the offending team 2 metres of free space.
 - The offensive team MUST inbound the ball (they can't score directly off a pass inbounds UNLESS it hits a defensive player before it goes into the net) within 5 seconds.
- **Section 5: Goalies & Creases**
- The crease is an imaginary half-circle around the net.
 - Goalies may not leave his/her crease to deliberately trap the ball and delay the game. Also, the goalie must either play the ball with his/her stick or leave the ball behind the net or goal line for his/her teammate (ie. Goalie may not throw the ball forward). This will cause loss of possession of the ball, 'free play' awarded to non-offending team to be taken from the corner behind the goal line.
 - If the goaltender legitimately freezes the ball and the whistle is blown the defending team will receive a 'free play' from behind their goal line.
 - Goalkeepers may NOT throw the ball forward. Violation of this rule will result in a loss of possession and the ball will be placed in the corner.
- **Section 6: Stick Height**
- Sticks MUST remain below the waist at ALL times. Violation of this rule will result in a loss of possession at the spot of the infraction.

- Slap shots & slap-passes will also result in a loss of possession & play will resume in the offending team's corner.
- Attempts at making contact with the ball while above the waist will result in a loss of possession & play will resume in the offending team's corner, regardless if the stick made contact with the ball or not.
 - Whichever team does make contact with the ball will have surrendered their possession & play will resume in the offending team's corner
 - If both offensive and defensive player make this attempt, a faceoff will be conducted at roughly the spot of the infraction.
- Officials have the final say on team possession, based on player safety at that moment in the game.
- **Section 7: Violation & Penalties**
 - Officials may call penalties for illegal hockey infractions (hooking, slashing, interference, roughing, closing the hand on the ball etc.).
 - If the officials subjectively feels that a player "faked" a penalty or "dove," that player will (also) be assessed a penalty for unsportsmanlike conduct.
 - All penalties will be 3 minutes in length UNLESS the team with the man-advantage scores before the 3 minutes have elapsed.
 - Exception to this rule applies when it is an even-strength goal.
 - Fighting or Roughing of any kind is not allowed under any circumstances and will result in an automatic dismissal from the game and potentially the league.
 - Violations:
 - Violations in Ball Hockey are plays that may or may not be intentional, but typically represent unsportsmanlike play and should be avoided.
 - If the officials notice the same violation being repeated by a team or player, he/she is obligated to issue penalties (minor, major, game misconduct). For example, if a player repeats a violation, it may become a minor penalty.
 - List of Violations:
 - Hand Pass: Players cannot pass the ball to their teammate by directing the ball to them with their hands. Players can catch the ball, but they must drop the ball to the floor immediately.

Goalies are also restricted from throwing the ball to a teammate. Officials must blow the whistle and give possession to the other team after any hand pass.

- Ball in the Corner: When two players are chasing the ball into the corner, the leading player must be given possession of the ball with the opponent stopping at least a stick length away (2 Meters). If one player does not stop, the official will blow the whistle and restart the play with the person who reached the corner first getting possession. If the player with the ball is not given 5 seconds and a stick's length to play the ball without interference, this is also a violation.
 - Sliding: Players cannot slide at any time; this includes cutting off an opposing player or trying to block a shot. Blocking shots is permitted if the defensive player is stationary; this includes kneeling.
 - Reaching Around: A player cannot reach around another player with their stick while pursuing an opponent who has the ball and is moving.
 - Note: 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 (this does not apply to The Ball in the Corner rule – in that instance, the defender must always give 5 seconds before challenging their opponent) but if they slash or trip their opponent they will receive a penalty.
 - 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 one time while they are receiving a pass or in possession of the ball. An aggressive lift that results in contact with the opponent's hands or violently lifts their stick will result in a penalty to the defensive player.
 - Throwing the stick: results in an automatic penalty shot for the non-offending team.
- Penalties:

- Penalties are plays that may or may not be intentional, but they are dangerous and are considered to be serious offenses. When a penalty occurs, the play must stop and the player must serve time off.
- If a goalie gets a major penalty, a player on the floor at the time will serve the penalty. If a goalie receives a game misconduct, he/she will leave the gym and play must resume without a timeout to warm-up or equip a new goalie.
- On all penalties, after the official stops the play, they should announce to the players why the play was stopped and who got the penalty.
- If the same penalty is being repeated by the same player(s), the official has the discretion to rectify the situation as appropriate (e.g. stopping the game and talking to the team or calling a major in the next incident).
- Penalties are categorized as minor, major, misconduct or game misconducts.
 - Minor penalties: result in the player sitting off for three minutes and the team is shorthanded. Penalty time is run time.
 - Major penalties: result in the player sitting off for five minutes and the team plays shorthanded.
 - Misconduct: ten-minute penalties normally given for excessive poor sportsmanship or endangerment of a player. Teams remain even on the floor.
 - Game misconducts: result in the team being short handed for three minutes, the offending player is ejected from the gym and the player will be subject to a possible further suspension.
- List of Penalties:
 - Cross-Checking (Minor): Holding the shaft of the stick between two hands to forcefully check an opponent.
 - Elbowing (Minor): using an extended elbow to check an opponent.
 - Delay of Game (Minor): Any player who purposely shoots the ball out of bounds or deliberately falls on a ball shall be called for a delay of game.

- High-sticking (Minor or Major): any contact made by a stick on an opponent above the shoulders.
- Hooking (Minor): using the stick to restrain an opponent.
- Holding (Minor): using arms to restrain an opponent.
- Endangerment with the stick (Major or Misconduct): This infraction will cover all careless or inappropriate uses of the ball hockey stick. Any player who uses his/her stick in a manner that endangers, or potentially could endanger the safety of an opponent (i.e. slash, spear, crosscheck, or high stick) will be penalized for endangerment with the stick.
 - REMEMBER: all players are responsible for their actions with their floor hockey stick
- Two Meter Rule (Minor): Any time a team acquires possession (after an infraction or ball leaving the surface) the defending team MUST give the offending team 2 metres of free space. If the defending team does not give the 2 metres of space, a delay of game penalty may be given upon the referees' discretion.
- Slashing (Minor): Any hard chop with the stick on an opponent's body, stick, or hands that is not an attempt to play the ball.
- Crease Violation (Minor) : Only the goalie may stand in the crease. Opposing players may not stand in the crease area, or interfere with the goaltender within the crease area.
- Interference (Minor): When a player interferes with or impedes the progress of an opponent who does or does not have the ball. Also, assessed to a player who deliberately knocks the stick out of an opponent's hand or who prevents a player who has dropped his/her stick (or any other piece of equipment) from picking it back up.
- Check to the head (Major or Misconduct): Any contact above the shoulder that puts the head at risk.
- Tripping (Minor): Using the stick, knee, foot, arm or elbow to cause an opponent to trip or fall.

- Too Many Players (Minor): All player substitutions must be made within 3 metres of their bench. Violation of this rule will be assessed a Too Many Players penalty.
- Checking or Pushing from behind (Major): Whistled when a player hits an opponent who is not aware of the impending contact from behind and therefore cannot defend himself.
- Game misconducts or ejections: A game misconduct is any infraction that results in the ejection of a player from the game. Some of the actions that can result in a misconduct penalty include fighting off the floor, continuing to fight or attempting to fight after, throwing equipment, or speaking to an official with profanity or abusive language. The player must leave the gym while one of his or her teammates serves the time given for the penalty.

Part G: League Standings & Points

- Teams will be awarded 2 points for a WIN, 1 point for a TIE, 0 points for a LOSS. - There will be NO overtime in Round Robin play.
- Standings will be posted weekly on the Carleton website.

Part H: Forfeits & Defaults

- A forfeit will be declared 10 minutes after the scheduled starting time.
- Teams can decide to play a game if both captain's consent to the number of players.
- If numbers allow, referees will still referee in the event of a forfeit.
- If you are unable to attend your scheduled game, please have your captain use the default (no point penalty) or forfeit (point penalty) function in Fusion IM at least 10hrs prior to the game.

Part I: Tie Breaks

- **Section 1: If two teams are tied at the end of the regular season**
 - 1. Head-to-head
 - 2. Most wins
 - 3. Goal differential
 - 4. Most goals scored
 - 5. Fewest goals allowed
 - 6. Coin-Flip

- **Section 2: If three teams are tied at the end of the regular season**
 - 1. Best winning percentage between the team involved
 - 2. Most wins
 - 3. Goals +/- (For and against)
 - 4. Coin flip

Part J: Playoff Format

- Format will vary according to the number of teams in the league, league structure and facility availability. The Playoff schedule will be posted here:
<https://rec.carleton.ca/TeamRankings>
- 3-minute sudden death overtime if the game is tied after regulation time.
- If still tied, a shoot-out will occur (3 different shooters per team).
- If still tied, shoot-out continues, sudden death, first team to score wins.

Part K: Cancellation Policy

- In the event that games are cancelled due to facility closures, the following policy will be applied:
 - First Cancellation: Games are not rescheduled or refunded
 - Second Cancellation: Games will be rescheduled as extra games on the night that they play or on another available date. If neither of these scenarios are viable, a partial team credit will be applied in the following season.
 - Third Cancellation or more: Games will be rescheduled as extra games on the night that they play or on another available date. If neither of these scenarios are viable, a partial team credit will be applied in the following season.

Part L: Personal Injury

- Any player injured must let the Official know so proper paperwork can be completed.
- Any player who is bleeding shall be removed from the game immediately.
- The clock will be stopped and resumed once the player is removed. If the blood is removed from all playing surfaces and has stopped, or has been completely covered with a bandage, the player may return to the game.
- The League Organizer will have the authority to decide if the player shall return to the game. Intramural Sports is a volunteer activity where players participate at their own risk. Participants should understand that they are responsible for any and all costs arising out of injury or property damage through participation.



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