

Carleton University Ball Hockey Rules

1. Equipment:

- 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, non-marking running shoes and hockey gloves.
- Goalkeepers are encouraged to provide their own full protective gear (i.e. helmet, chest protector, trapper, blocker, jock, pads etc.)
- 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.

2. Player Code of Conduct:

- Captains are responsible for the conduct of each player on their team.
- Players must abide by the rules of Ball Hockey.
- 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.
- All coordinator's decisions are final. Any abuse of convenors will result in a game misconduct and possible ejection from the league.
- Games will consist of two 20 min halves with a 1 min half time. Game clock runs throughout the game.
- There are no OT or shootouts in regular season.

3. ELIGIBILITY & STATS:

- All Carleton students, Carleton alumni gym members, faculty, staff or members of the Athletics facility are eligible to play in the **intramural** ball hockey league. The adult rec league is open to anyone.
- Players can only play for one team. Each player must be registered on the official roster sheet. Registration is done through the team captain or through the league convenor if you registered as an individual.
- 6 players a side: 1 goalkeeper, 5 forwards
- There MUST be at least 5 players present at the start of the game or the team will be charged with a default. A team may start the game with 4 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.
- 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.
- All players must have valid ID available to show the referee or coordinator when required.
- Teams will be given t-shirts to wear and must be worn at all games. 12 t-shirts will be given to each team.
- Standings will be posted weekly on www.carletonadulthockeyleague.ca.

4. REGISTRATION:

- All players must register on their team registration sheet. This sheet will remain with the coordinator's folder.
- Adding players to a roster must be done through the coordinator.
- Captains must register their teams before each game in the official score book

- TEAMS MUST HAND IN A COMPLETED TEAM ROSTER BY THE BEGINNING OF THE LEAGUE SEASON

5. INFRACTIONS

- Sticks MUST remain below the waist at ALL times. Violation of this rule will result in a loss of possession.
 - Slap shots & slap-passes above the knees 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.
 - If both offensive and defensive player make this attempt, a faceoff will be conducted at roughly the spot of infraction.
- Any time the ball leaves the playing surface, possession shall be given to the team who reaches there safely first, at the point of exit.
 - Referees have the final say on team possession, based on player safety at that moment in the game.
- 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 defending team does not give the 2 metres of space, a delay of game penalty may be given upon the referees' discretion.
 - The offensive team MUST inbound the ball within 5 seconds.
- Referees may call penalties for traditional hockey infractions (hooking, slashing, interference, roughing, closing the hand on the ball etc.)
 - If the referee 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.
- Any player who amassed 9 penalty minutes in a game will be automatically ejected.
- Any player amassing the following penalty totals will be subject to the following fines and suspensions:
 - 60 PIMS - 1 game suspension
 - 90 PIMS – 2 game suspension & \$200 player bond
 - 110 PIMS – 5 game suspension and meeting with league
- No offensive players are allowed in the crease. Violation of this rule will result in a loss of possession at the spot of the infraction.
 - The crease is an imaginary half-circle around the net, with the volleyball post as its peak.
- Goalkeepers may NOT throw the ball forward nor cover the ball well outside of their crease. Violation of this rule will result in a delay of game penalty.
- All player substitutions must be made within 3 metres of their bench. Violation of this rule will-be assessed a Too Many Players penalty.

6. TIE BREAKING RULES (Round Robin):

1. Head-to-head
2. Most wins
3. Goal differential
4. Most goals scored
5. Fewest goals allowed
6. Coin-Flip

7. PLAYOFF FORMAT:

- Format will vary according to number of teams in the league, league structure and facility availability. The Playoff schedule will be posted on the schedule and standings page
- 5-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.

FAIR PLAY IS EXPECTED AT ALL TIMES.

All disputes are up to the discretion of the coordinator and/or referee.