



2023
RA CO-ED BALL HOCKEY
LEAGUE

Ball Hockey - Definition of Rules

The RABHL is proud to promote the following:

- Fun
- Fitness
- Friendship
- Fair-play

The league is deemed Recreational in nature, and players are expected to approach it that way. Fair Play and Good Sportsmanship are integral components and philosophies of the league, and players are expected to adhere to, and abide by those principles of sport.

Players and/or goalies may be moved from team to team in an attempt to balance the teams.

1.1 All interpretation and application of the rules and guidelines is the responsibility of the RA Ball Hockey League Management. The league falls under the auspices of the RABHL rules and guidelines.

These rules establish administrative and operational conduct of the RA Ball Hockey League and shall supersede any other rules and guidelines

Having fun is one of the league's goals. We hope, trust, and expect that you'll share in that philosophy.

1.2 The League Management reserves the right to implement judgments and decisions relative to the Ball Hockey program which are not covered in the League rules or guidelines and/or deemed in its best interests. The RA encourages and promotes Member participation within the guidelines of the rules and their intent.

1.3 Jewelry judged by the game official(s) as a minimal risk to players' safety may be allowed to be worn and/or visible. **Referee's judgment will be final.**

NOTE: It is strongly recommended that no jewelry be worn. If it is, each player is solely responsible for any injury or damage that may be caused by this jewelry. The referee has the right to have any player remove any jewelry or equipment that they deems dangerous.

2.0 EQUIPMENT

2.1 The player must wear the following equipment at all games or tournaments run by the RABH. Running shoes. **Non-marking shoes must be worn.**

Note: players may wear protective equipment (i.e. soccer/hockey shin pads, protective cup, mouth guard, helmet, gloves, etc).

All other equipment is optional; however, the league reminds all its players that the more protection worn means less chance of injury. All helmets must have a fastened chin strap. If the helmet comes off during play the player must retrieve it immediately before entering into play. If the player enters into play without their helmet, the referee will blow the play down and the player will receive a 3-minute minor penalty for an equipment infraction.

Players may wear additional protective gear, eg helmets, gloves, shin guards etc, but are always expected to be aware of all other participants' who may not be so well protected.

(Ice) hockey stick with white tape on the bottom of the blade.

2.2 The teams should have matching jerseys in base colour. (Bring a dark and white shirt).

2.3 All equipment must be fastened securely and deemed in adequate condition. If the official feels it is not, or that it may pose a safety risk to other participants or yourself, they can have you remove the item.

3.0 Rules of Play

3.1 Members are obligated to follow the RA Members' Code of Ethics, the Athletes Code of Ethics and the Fair Play code of ethics contained herein. The League will be governed with these standards in mind.

<http://www.racentre.com/index.php/vision-mission-core-values>

3.2.1 All players must be 18 years of age or older. Photo I.D. can be requested by the game official(s) and must be produced upon request. Age exceptions may be permitted.

3.2.2 **Game Time:** Each game will consist of two 25-minute running time periods, with a five-minute pre-game warm-up and a one-minute break at the half. Teams have a 5-minute grace period to secure the required number of players. The grace period will be part of the running time.

3.4 All designated areas and parts of the gym are in play. If the ball hits a wall and bounces back into play, it is a live ball.

*Basketball nets excepted. The basketball net cannot lead directly to a goal scored.

3.5 The five-minute warm-up time can be used by the team captains to **register** each of their spare (non-roster) players on the game sheet and provide this sheet to the referee/timekeeper. If required, jersey numbers for each player must appear on the game sheet. All players including spares must sign a waiver. Failure to do this will result in the ejection of the player, and a review by the league convener that could mean a default of the game, and a suspension of the team's captain.

3.6 Required Number of Players/Spares: 4 on 4, plus the goalie

Each team must have a minimum of four (4) players and a goalie to start the game; or five (5) players. If no goalie is playing, and the score is 10+, the game will be called via mercy.

(In a Co-ed division, one (1) of four (4); or two (2) of five (5) players must be female. *Exception: if a team pulls their goalie for an extra attacker they may play four (4) males and one (1) female.

If a team does not have a goalie and has five (5) players on the floor, two (2) of those players must be female. If no goalie is playing, and the score is 10+, the game will be called via mercy.

At no time will a female goalie be considered one of the required females on the floor. If a team pulls its goalie for an extra attacker, the extra attacker may be any gender.

If a goaltender gets injured during the game and cannot continue to play, the team will have five (5) minutes to replace the goaltender. If their goaltender is not ready in five (5) minutes the team will play without one and will have an extra runner on the floor until the goaltender is ready. In the case where a team has to play with five (5) players, two (2) of them must be female. If the score is 10+, the game will be called via mercy.

In the event no goalie is present, the team may play with five (5) players, but no player has any goalie privileges. If no goalie is playing, and the score is 10+, the game will be called via mercy.

3.6.1 If a team fails to field four (4) players within the designated warm-up period, that team will lose by default. Any team winning by default will win by a score of 3 - 0. In the event of a double default, both teams will receive a loss. The score will be recorded as 0-0.

*Teams must have one (1) female player on the floor at all times. If a team only has a single female player, and she needs to rest, the team must play short-handed while she rests; or, a female from the opposing team, or a spare female, may substitute for the resting female.

Players can only play on a maximum of **two teams per night**. Any team caught using a player in his/her/their 3rd game will lose by default. *The League Management reserves the right to deviate from this rule if deemed necessary. Non-league Spares may only play a maximum of two (2) games in total per season, and must pay a \$15.00 fee per game. There is no maximum amount of games a goalie can play in a night. Players must have played in three (3) regular season games in order to qualify for playoff participation. *At the discretion of the League Management, injured players may receive credit for games played.

3.7 Players may enter the game at any point during regulation time prior to the final 2-minutes of the game providing they have checked in with the timekeeper. If a player steps on the floor during a game without first having checked in, it will result in a 3-minute minor penalty for that player/team.

3.8 A player who needs an equipment adjustment must not hold up the game. They are to go to their bench and have it adjusted while play continues.

3.9 Icing is allowed. It's a gym.

4.0 Slap shots and fake slap shots are NOT allowed. A minor penalty will be assessed to any player who takes, **or fakes**, a slap shot.

The stick must be kept below the waist on all shots, including the follow-through.

4a) On a stoppage of play in which possession of the ball is dictated to a player, eg. Goalie makes a save and ball is given to their defender, and that defender now becomes the offensive player, the following rules are in effect:

1) The player in possession of the ball – Offensive Player (OP) – **must pass the ball, or direct it to an open area of play**, upon receipt of possession from the stoppage of play. The OP **CANNOT** take a floor-length shot in an attempt to score, or rush/play the ball forward to themselves.

2) The defending player (D) must wait at the yellow line until the referee/official indicates the 'ball is in play', at which time the defender may fore-check the OP.

4b) No floor-length shots are allowed.

4c) Teams cannot score off a shot on their side of the half-centre line. The ball must be advanced past the centre-floor line before a shot directed towards the goal can be attempted. ***Referee's judgment is final.**

Arguing with the referee/official on this play may result in a minor penalty for unsportsmanlike conduct.

PENALTIES – the League Management reserves the right to determine all disciplinary judgments.

- 4.1 Penalties are three (3) minutes running time for minors, seven minutes (7) for majors, and ten (10) for misconducts. The offending player shall serve the time unless otherwise specified. After the expiration of their penalty, the serving player must step back out onto the floor before they can affect a line-change.

In the event a team is penalized two players, they shall play short-handed 4 on 2, and one of the two must to be a female player.

In the event a team has only one female player and she is penalized, a male player who was on the floor at the time of her penalty will serve the penalty. If both females are penalized, the offending team plays one female and one male, shorthanded. The Referee may decide which female serves the penalty.

- 4.2 With any major penalty or misconduct comes an automatic game ejection. A game ejection will also result in a minimum one (1) additional game suspension.
- 4.3 Three (3) minor penalties also constitute a game ejection. *No additional suspension included.
- 4.4 If a player receives a major penalty and a minor penalty at the same time, it will also come with an automatic game ejection. The major penalty will be served first.

4.5 Attempt to Injure/Unsportsmanlike Play

A match penalty shall be imposed on any player who deliberately injures or attempts to injure an opponent, referee, spectator, league official or staff. Upon review by the League Management, a player may be permanently removed from the League. No refunds will be forthcoming for any player ejected from the league.

4.6 Penalties can be assessed to players who violate the codes of sportsmanship. This is a discretionary penalty, and can include infractions for profanity, taunting, obscene gestures, spitting, tossing their stick and/or glove(s), slamming the boards, floor, and/or net; willful damage to property, etc.

4.7 **NO Contact allowed**

You may NOT take your hand off your own stick and place it on the opposing player to forcibly manipulate them and their direction. This will be a contact penalty. You may NOT drop your shoulder into another opponent or 'crash' into them while battling for the ball.

On a face-off, a player may not step into the opposing player and/or turn their body in a way as to prevent the opposing player from fairly winning the draw.

A player in possession of the ball **may not drive their body in a backwards motion in order to gain position on the net and defender**, in order to create a scoring opportunity for themselves/team. The play will be blown down and a warning given. If another occurrence happens, the offending player will be penalized.

4.8 **Boarding**

Any unnecessary contact with a player playing the ball which results in that player being knocked into the boards is "boarding" and will be penalized as such. In other instances, where there is no contact with the boards, it should be treated as "charging". "Rolling" an opponent along the boards while they are endeavoring to pass by an opponent will be penalized as boarding, charging, interference or, if the arms or stick are employed, it may be called holding, hooking or interference.

4.9 **Closing the Hand on The Ball / Stepping on the Ball**

A player cannot close their hand on the ball and throw it forward to themselves. They cannot deliberately step on the ball to prevent continued play/their opponent from gaining possession. A delay of game penalty will be called.

4.10 **Cross-checking/Charging**

The stick, used with force on another player's body, shall be considered a cross-check. Any player who cross-checks, pushes or charges an opponent shall be assessed a minor or major penalty (possibly a game misconduct depending on referee's discretion).

4.11 **Delaying the Game**

A minor penalty will be imposed on any player/goalie that deliberately shoots/bats or kicks the ball out of the playing area.

A minor penalty shall be imposed on any player (including the goalkeeper) who delays the game by deliberately displacing a goal post from its normal position. If

deemed accidental and non-imposing to the flow of the play, play shall continue, and the post shall be reset by the referee when an opportunity presents itself. Upon multiple infractions, the player shall be warned, and upon that same play occurring again, (during the same game), a minor penalty shall be called.

If the goal post is deliberately displaced by a goalkeeper or player during the course of a breakaway, an automatic goal will be awarded to the non-offending team. If the goal post is deliberately displaced by a goalkeeper or defensive player during the course of play around the net, a delay of game penalty will be issued. If a scoring chance is erased by the net being purposely displaced, a penalty shot or automatic goal could be awarded based on the referee's discretion.

If, during the final two minutes of a game when the score is within two (2) goals or less, a delay of game or stoppage in play is caused by a player intentionally shooting or tipping the ball out of play, or by forcibly holding the ball in a manner that causes a stoppage in play, (eg. putting foot on ball or pulling the ball into your body), time will be stopped (or added), and a penalty shot will be awarded.

4.12 **Fighting**

Absolutely NO FIGHTING ALLOWED!

Any player who attempts to engage in a fight or fisticuffs shall be removed from the league. Gloves do not have to be off in order to be considered a fight / fisticuffs.

Any player who engages in fisticuffs shall be expelled from the League without right of appeal or review, effective immediately.

The League Management will consider the 'aggressor / instigator' as more responsible for any altercation.

4.13 **High Sticking**

High-sticks, slap shots, fake slap shots, "golf" shots and other reckless stick activity are NOT permitted, this includes on the follow-through of a shot or pass. A slap shot or high-stick is defined as **a stick motion that brings the blade of the players stick above their-own waist level during any part of the motion.**

High sticking the ball, or a player, will result in a 3-minute minor penalty.

No fake slap shots allowed.

A goal scored directly by a *defending* player who strikes the ball with his stick, which is carried above the goal crossbar, shall be allowed. The defending player will also be penalized for high-sticking.

4.14 Holding / Interference

Removing the hand from the stick and placing it on the opponent's stick or body to impede their progress shall be considered a penalty. During a face-off, players are not permitted to use their stick, body or free-hand to impede or block the progress of opponents.

The goaltender cannot be reasonably prevented from making a save. The referee has discretion on making interference call in this case.

4.15 Hooking

Any stick placed on the opponent's body or stick that impedes their momentum or ability to possess the ball shall be hooking. (Turning the blade of your stick over onto an opponent or their stick, in any manner, is hooking).

4.16 Slashing

The use of the stick to slash an opponent's body, hands or stick shall be considered a slashing penalty and a minor penalty will be assessed. Depending on the severity of the slash, a major and/or Game misconduct may be assessed.

4.17 Sliding / touching a knee to the floor

Sliding to block shots or take possession away from an opponent, or touching your knee(s) to the floor to block a shot is **NOT** allowed, and will be a 3-minute minor penalty; goalies excepted. Players must remain standing. (This is a precautionary safety rule).

Rules of Play - Additional

4.18 Crease Violation

An opposing player shall not enter the area designated or acknowledged as the goal crease. Where the crease lines are undefined, this is to the referee's discretion. In the event of a crease violation, the official shall stop play and a face-off, or transfer of ball possession will occur. Any defensive player may enter the crease area at any time.

4.19 Face-off

If, after warning by the Referee, either of the players fails to take his proper position for the face-off promptly, the official shall be entitled to put the ball in play without the players' presence.

Immediately preceding a penalty call, the face-off will be in the defensive team's zone, on the same side as the referee would have dropped the ball otherwise.

4.20 **Falling on the Ball**

A minor penalty shall be imposed on a player other than the goalkeeper who deliberately falls on, or gathers, the ball into his body.

Goaltenders may only freeze the ball while their body is completely or partially within the accepted or designated goal crease area. If the goaltender freezes the ball while they are completely outside of the crease area, a delay of game minor penalty may be assessed.

No defending player, except the goalkeeper, will be permitted to fall on the ball, hold the ball or gather the ball into the body or hands when the ball is within the goal crease. For infringement of this rule, play shall immediately be stopped and a penalty shot shall be ordered against the offending team, but no other penalty shall be given.

4.21 You are allowed to hand pass a ball to a teammate within your own defensive zone, up to your blue line. Past the blue line it will be blown down as a hand pass.

MISC. – Default rule 5.0 do not apply in House Leagues.

5.0 If 48-hours notice is not given and/or a game is defaulted for any reason, a fine of \$25 is payable to the team defaulted against. The fine is payable by the defaulting team BEFORE their next game. NOTE ** Notice must be given to the other team directly.

Teams may agree to allow spares to play in order to prevent a forfeit. The non-offending team is under no obligation to allow for the use of spares.

ON-FLOOR OFFICIALS - The game official(s) has the final say in ALL cases.

6.0 The Role of an Official

- Apply the rules of the game as fairly and as accurately as possible at all times.
- Uphold the philosophy and the rights of all hockey participants to “Fair Play and Good Sportsmanship” and penalize, accordingly, all infractions and/or aggressive acts outside of the normal, accepted, standard boundaries of play.
- Raise the standard of play in each game they officiate
- Do the best job they can in each game, no matter what the category of hockey.

Players work hard and try their best, the same holds true for the official.

- 6.1 The league shall operate with one or two referees during all games. Either official may call an offside or infraction.
- 6.2 The timekeeper has the right to call an infraction if the referee(s) fail to see it. The timekeeper is recognized as a game official.
- 6.3 The on-floor official must wear an official referee jersey (black and white striped). If they do not have their jersey, they can only officiate at the approval of the League.
- 6.4 Officials must have a clear sounding whistle.
- 6.5 The referees have sole authority and control of the game. The decision of the referee is final. The referees shall enforce all rules and may use discretion when making a decision. The referees have the power to increase the time of penalties if they feel the need. Referees will come onto the floor for the warm-up of the game and be the last to leave the floor upon completion of the game.
- 6.6 Before the game starts, the referees should check the mesh for any holes and to make sure they are aware of any situation that may impact the suitability of the game to be played.
- 6.7 The referee has the right to stop and start play as they wish if a player is deliberately taking their time to get readied. The referee can also assess a penalty for delaying behaviour.
- 6.8 They must report all penalties to the timekeeper.
- 6.9 They must report the goal scorer and up to two assists on each goal.

7.0 TIMEKEEPER

- 7.1 Shall keep record of the penalties and goals.
- 7.2 Shall be known as an official of the game, can call minor penalties or assist the officials on certain calls
- 7.3 Make sure players leave the penalty box on time.
- 7.4 Shall let the players know who is out first on multiple penalty calls.
- 7.5 Keeping league copies in a folder for the League Management on request.
- 7.6 Controlling the collection of fines to be given to the treasurer on request.
- 7.7 Handing out all documentation to the team captain in preparation for the game.
- 7.8 Accurately recording player rosters to ensure player attendance.
- 7.9 Monitoring the clock correctly, being 'in the game' and making sure the clock stops and starts on time.

STANDINGS

- 8.1 Standings will be kept for all divisions and all teams in the league.

8.2 The tie breaking system for the standings will be as follows:

- Most wins
- Least losses
- Most ties
- Head to head record
- GF/GA difference in head to head record
- GF/GA difference for the entire season
- Lowest penalty minutes
- Total goals for
- Least goals against
- Most shut-outs for
- Least shut-outs against
- Team who scored the first goal of the game most often

9. Protests

9.1 If the team(s) fails to protest prior to the end of the game, the League will NOT accept the protest(s) for review.

9.2 All protests appeals must be submitted verbally by noon the next business day, and in writing via email within 24 hours of the incident, and must be accompanied by a \$100.00 deposit made payable to: RA Centre. This deposit will be refunded should the protest appeal be upheld.

If the protest deals with player eligibility, the \$100.00 deposit will cover the protest of a single player. Any additional player eligibility protest must be accompanied by an extra \$25.00 per player being protested.

The protest will be adjudicated by the League Management which may consist of the League Manager, League Coordinator and/or Convener, Referee-in-Chief, and/or the Divisional Commissioner. Protests of judgment calls will not be permitted. A written reply of the decision of the protest appeal will be made within one week of the submission.

9.3 In the event a protest review or decision cannot be made prior to the next league/Playoff game, the League Management reserves the right to determine the playing status of any individual who may be involved in a protest.

10. Suspensions

10.1 Team personnel who conduct themselves in an unsportsmanlike manner on or off the floor, while on RA premises

shall be subject to disciplinary action by the League Management. Teams discovered utilizing suspended / ineligible players shall be issued an automatic forfeit.

10.2 The RA Ball Hockey League Disciplinary Guidelines shall be used when disciplinary action is warranted. In an effort to standardize the disciplinary judgments made by the League Management, the following guidelines will be used. The League Management reserves the right to deviate from these guidelines should the severity of an incident, or circumstances, warrant.

10.2.1 Any incident which results in an ejection from a game should be noted on the score sheet(s). All ejections brought to the League's attention will be reviewed to determine if any further disciplinary action is required.

The game official(s) should advise the League Office by noon the following day of all incidents that may require further review. A written description of the incident should be forwarded to the League Office: (e) mfish@racentre.com ; within 24 hours of the game.

Team representatives should, within 24 hours, submit to the League Office, a written account of any incident.

Team representatives are encouraged to record game ejections on their score sheet and submit same to the League Office.

10.2.2 The League Management has the right to suspend any League participant, or spectator during the season for their actions while on RA premises.

10.2.3 Any League participant who is ejected from league games shall be subject to further disciplinary action.

Any League participant who is ejected and/or suspended twice in one season will automatically receive an additional one game suspension above the value of any subsequent suspension or expulsion.

Any League participant who is ejected and or suspended three times in one season will be suspended from the League for the balance of the season, and will be subject to indefinite League suspension.

10.2.4 Any League participant who verbally abuses a referee, another participant, spectator, or League Official / Staff will receive a minimum two games suspension. This abuse can also be

in the form of obscene gestures. Depending on the severity of the incident, further suspension or expulsion from the League may occur.

10.2.5 An immediate and indefinite suspension of all league privileges shall be levied to any League participant who physically abuses/contacts/ or threatens to physically abuse a referee, another participant, spectator, or League Official/Staff. Depending on the severity of the incident, the length of suspension will range from three games to indefinite expulsion from the League.

10.2.6 The League Management reserves the right to add or delete from the above guidelines.

11. Ties for Top scorer/goalie will be broken based on overall number of games played. The lesser games played will determine the champion for Top Scorer. The more games played will determine Top Goalie. (Points / goalie stats accumulated while sparing will not count towards any League awards).
12. Players should notify their team representative if they are going to miss a game.
13. **Players may be moved from team to team in an attempt to balance the teams.**
14. Players have a responsibility and obligation to ensure their physical well-being is paramount before partaking in the program.
15. Players should encourage each other. Share your knowledge, share the floor time, share the ball, and have fun.
16. Any player who plays in the Men's-only, or Ladies'-only RABHL will not be eligible to win a scoring title in the Co-ed House league. The same applies to goaltenders for Top goalie awards.

17 – PLAYOFFS / FORMAT

The League reserves the right to format and /or modify its playoff rules and/or structure at any time.

Stop time will be played if the score is tied or within one (1) goal with 2:00 or less minutes remaining in the game.

For the semi-finals and Final only, both teams may have one, 30-second timeout at any time in the game providing the score is within two (2) goals or less.

- A) Unless under exceptional circumstances, *no spares will be allowed for any playoff game – (see C below). For gym play, teams are required to have a minimum of four roster players in order to play, one of which must be female. For rink play, teams must have a minimum of five players in order to play, one of which must be female.
- B) At the discretion of the league, if teams do not, or cannot field the required number of players, they forfeit.
- C) *Teams may allow for the opposition to use spare(s). All spares should be as similar in skill level as the player(s) they are replacing. No team is obligated to allow for the use of spares. *A maximum of two (2) spares are allowed.
- D) If a team has only one female player, and she goes off the floor to take a break, they must play short-handed.

OVERTIME

Step One - In the event of overtime, there will be a five-minute 3 on 3, (one player must always be female); if still tied...

Step Two - Shoot-out

Shooters cannot stop their forward motion/momentum in order to stickhandle around the goalie; (No coming to a complete stop in order to stickhandle around the goalie).

One at a time or both teams shoot simultaneously – referee's discretion. The referee will watch one end while the score keeper/extra referee/league coordinator will watch the other. The first team to score while the other team doesn't score, is the winner.

Five player shootout. **First two shooters for both teams MUST be female players.** No player can shoot twice, *except if a team has only one female. In that case, she would take the first two shots.

If still tied...

Step Three – **Sudden-victory shootout, first to score while the other team doesn't, is the winner.**

Teams can choose any player, and in any order. Each team must be allowed an equal number of shooters. ***Every player must shoot at least once before anyone takes a second turn; exception - In the case where a team only has a single female, she will shoot twice.**

If one team has more players than the other, that team still has to have every player shoot once before anyone can shoot a second time.

If a team has more females than the other, the additional female after two, may shoot in any spot in the order.

If still tied after every player has shot, repeat step 3 – teams may use the same shooter from this point forward.