



ADULT BALL HOCKEY LEAGUE RULES

1. SPIRIT OF THE LEAGUE

BGCKL Adult Sports leagues are meant to be an environment for participants of all skill levels to enjoy the value of healthy living in a social gathering through sport. It is expected that all participants enter each game in the proper frame of mind to participate for the enjoyment of the game and recreation.

2. BGCKL STAFF

BGCKL Staff are there to assist in providing a positive experience for all league participants working to ensure a proper level of sportsmanship among all players. The roles of a BGCKL Staff include the following:

- Providing customer service to all adult sports participants
- Promoting other Adult Sports programs to participants
- Are responsible for the time keeping of all games
- Managing the time of all games and making any adjustments to times as needed
- Recording and reporting all scores from games
- Ensuring facilities are set-up and ready for adult sports programs
- Have an understanding of the league rules
- Assisting with the understanding of all league rules. Leagues are self-officiated; the BGCKL Staff is **not** a trained referee and therefore will not referee or make calls during the game
- Providing First Aid assistance when required

3. OFFICIALS

Most BGCKL Adult Sports Leagues are self-officiated and players are expected to make their own calls to ensure sportsmanship like play of the league.

4. WEATHER

Program cancellations due to inclement weather will be posted on BOB FM and social media.

5. WAIVER FORM

All participants are required to complete a waiver form before participating in any adult sports league.

6. ROSTERS & SUBS

Upon completion of registration BGCKL Staff will draft players into teams (Level of Play will be considered in composition of teams) and will communicate teams to all players by email. Players may request to be on the same team with up to 1 other players and we will do our best to accommodate.

7. SCHEDULES

BGCKL Staff works hard to develop an equitable schedule for all participants; ensuring each team has an average equal number of games and a fair distribution of time slots. All schedules will be sent to players and posted on BGCKL website a **minimum** of 1 week prior to start of the season; schedules are subject to change. BGCKL staff will give notice of changes as soon as possible.

8. GAME TIMES (THURSDAYS @ 8:30 pm or 9:30 pm)

All teams are expected to have enough players to meet the minimum numbers at the start of the game time.

- Teams are required to have a minimum of **4 players** to avoid a forfeit.
- Any team not meeting the minimum number of players **10 minutes** past the official start of game time will be subject to a forfeit.
- A team may lend players to their opponent; however, they must determine if the game will be a forfeit or an official game prior to playing.
- The forfeit score will be recorded as 7-0.

9. EQUIPMENT

- All players are required to wear goggles & bring their own hockey stick & gloves
- Shin pads & elbow pads are optional

10. LEAGUE SPECIFIC RULES

GAME TIMES

- Players should arrive 10 minutes prior to the scheduled start time of their game. They will receive this time to warm-up for their game.
- All players will receive a total floor time of 60 minutes. The clock will begin at the scheduled start time of the game. Players are expected to begin their match on time, beginning late will not result in extra time added to the end of the match unless otherwise noted by the BGCKL Staff.
- The match will consist of **three 16 minute periods and a 2 minute intermission between each period; teams will switch ends at the end of each period.**
- Regular season games may end in a tie, there will be no overtime.
- The clock will continue to run during the game, there will be no extra time unless noted by the BGCKL Staff.
- All games will end with a whistle blast from the BGCKL Staff; any goal scored after the whistle will not be counted.

GAME EXPECTATIONS

- Prior to the start of the game captains are encouraged to meet to discuss any issues. During this meeting captains are encouraged to clarify any misunderstanding of rules.
- The home team on the schedule may determine which side they wish to begin on.
- It is expected that only captains are communicating issues during the game.
- If there is an issue that cannot be resolved by the team captains they are expected to request the assistance of the BGCKL Staff to mediate the conflict. The BGCKL Staff decision will be final and all players are expected to accept it.
- Players are expected to discuss any issues with the opposing captain and/or the BGCKL Staff during the game.

PLAYER EXPECTATIONS

- Players are expected to have control of their emotions and body during game play; higher levels of aggression **will not be tolerated**.
- All players must wear some type of court shoe (basketball, tennis, jogging, etc.). A player is not allowed to play in street shoes, socks, or bare feet.
- All players wearing knee braces that contain plastic, metal, or bolts/screws - must have a cover.
- Jewelry is **not** to be worn by any participant during a game. The only exception is wedding bands, studs and medical bracelets.

START & RE-STARTING OF PLAY

- The game will begin with a face-off; the ball will be dropped by a player on the sidelines.
- Following a goal the team who was scored on will receive the ball behind the goal line. The opposing team will back up to the centre line after scoring a goal.
- Each period will begin with a face-off; a player on the sidelines from the team who did not drop the ball at the beginning of the game will drop the ball.
- Any ball going out of bounds will result in a faceoff at centre.
- There will be no face-offs for a dead ball.

GENERAL PLAY GUIDELINES

Playing Area:

- Walls are considered live. However, the ceiling and basketball nets are considered dead. Play resumes with a faceoff at centre.
- There will be no offside or icing.

Substitutions:

- A player may substitute at any point during the game.
- The player being replaced must be at the bench before the substitute may go on the floor.

Time Outs:

- Each team will be allowed 1 time out per game.
- Time outs will be a maximum of 1 minute in length.
- The clock will stop during all time outs.
- A player may only request a time out when they or their team is in possession of the ball or during a dead ball.

Pulling the Goalie:

- Pulling the goalie will be allowed in BGCKL leagues.

VIOLATIONS AND PENALTIES

All players are expected to know the BGCKL Ball Hockey rules and call their own fouls and violations during the game. Players should not wait for their opponent or expect others will call their infractions during a game. **The player who commits the foul will call the foul.** If teams cannot come to an agreement on an infraction; they are expected to have a face off at centre. This is a recreation league and players are expected to show respect towards their opponent and make calls within the 'spirit of league' as outlined.

Violations:

A violation is a play in ball hockey which will result in a turnover of possession to the opposing team. The ball will be taken from the point of the infraction. The opposing team must give 1 stick length to the player to allow the ball to be played.

List of Violation Examples:

Hand Pass – Passing the ball to your teammate by using your hand; whether player is on the court or in the bench is a violation (Exception will be allowed by player on defense in the defensive zone area)

High Stick – Playing the ball with your stick above your waist is a violation – repeated high sticks by same team will result in a penalty shot being awarded to the other team

Slap shots – Are not allowed and are defined as - Any stick above the waist for wind up and follow through is a violation - repeated **Slap Shots** by same team will result in a penalty shot being awarded to the other team

Tripping – Tripping another player is a violation – if a player is tripped on a breakaway attempt that player will be awarded a penalty shot

Penalties:

Fighting – Fighting will not be tolerated in BGCKL leagues. Any player found to be fighting will be ejected from the current game and will receive a minimum of a 1 year suspension. All BGCKL leagues will define fighting as:

- A player throwing a punch at an opposing player; regardless of whether or not contact was made.
- A player dropping their gloves with the intent to fight; regardless of whether or not any punch was thrown.

Reckless or Unsportsmanlike Play:

All players are expected to be playing in control of their emotions and body during the game. During the game if the BGCKL Staff deems any player to be playing in a Reckless or Unsportsmanlike manner they will have the right to ask that player to sit out for 2 minutes not shorthanded.

- If the BGCKL Staff deems the action to be severe in nature they may ask the player(s) to leave.
- Any player who receives a penalty during a game may receive further discipline following review from BGCKL Program Coordinator.

RULES CHANGED/REVISED:

- The Organizers have the right to make changes to the rules and will communicate them to the Team Captains & all players.