

# BALL HOCKEY

## League Rules



EDMONTON SPORT & SOCIAL CLUB

## CONTENTS

<b>1. COVID-19 RULE AMENDMENTS.....</b>	<b>3</b>
GENERAL HEALTH AND SAFETY GUIDELINES.....	3
GAME SPECIFIC MODIFICATIONS.....	4
<b>2. Facilities .....</b>	<b>5</b>
<b>3. Games Coordinators.....</b>	<b>6</b>
Roles of the GC .....	6
GC No-Shows or Absences .....	6
<b>4. Sportsmanship .....</b>	<b>6</b>
Zero Tolerance Policy.....	7
Sportsmanship Ratings.....	7
Reporting Sportsmanship Concerns .....	8
<b>5. Rosters .....</b>	<b>8</b>
<b>6. Subs.....</b>	<b>8</b>
Who Can Sub? .....	8
Requesting a Sub .....	8
Sub Policies For Regular Season .....	9
Sub Policies for Playoffs .....	9
<b>7. Defaults.....</b>	<b>9</b>
What is a Default? .....	9
What Happens When a Team Defaults? .....	9
<b>8. League Specific Rules .....</b>	<b>10</b>
Game Format.....	10
Scoring.....	10
Equipment .....	10
<b>9. General Playing Guidelines.....</b>	<b>11</b>
Starting & Re-starting Play .....	11
Face-Offs .....	11
Substitutions.....	11
Playing Area.....	12
Ball in the Corner .....	12

Crease Area .....	12
Net Out Of Position.....	12
Goaltenders.....	13
Playing the Ball .....	13
Shooting .....	13
Kicking The Ball.....	13
Violations.....	13
Penalties.....	14
Players on the Floor .....	16

## 1. COVID-19 RULE AMENDMENTS

### GENERAL HEALTH AND SAFETY GUIDELINES

Following government and Alberta Health recommendations, players need to understand and follow these guidelines:

- Please complete the screening checklist provided with your registration. If you answer “yes” to any of those questions, please do not participate. The checklist includes items such as coughing, fever, shortness of breath, and travel outside of Canada.
- Players should wash hands prior to heading out to the gym and bring their own sanitizer.
  - Thoroughly wash your hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
  - Handwashing as soon as possible after the games is highly recommended.
  - We will be providing our coordinators with sanitization and cleaning materials to ensure that equipment is cleaned thoroughly before, during, and after games.
- It is highly recommended that players wear a cloth face mask that covers the nose and mouth when not playing; including arriving, departing, and subbing.
- We encourage teams to avoid bringing spectators to their facility. If you bring children, please do not leave them unattended while playing.
- In the lead up to the game, maintain the appropriate 6-foot social distance between teammates and opponents that are not a part of your household or personal cohort.
- Pre-game captains’ meetings & handshakes have been eliminated.
  - If captains choose to meet with the GC, please maintain 6-feet between yourselves.
  - At the end of the game, teams can verbally acknowledge “good game” to your opponent.
- Please arrive 15 minutes maximum before scheduled game time. There will be absolutely no congregating at facilities or parking areas before and after your game.
- Handshakes, high fives, or any other physical contact is not permitted.
- Teams must ensure they limit shared equipment and ensure frequent sanitization between use. Please make sure you are wiping down equipment between each player with the appropriate sanitization tools.
- Teams must spread out along the benches unless they are members of the same household.
- Players must cover their mouth and nose with the pit of their elbow when coughing or sneezing.

- Players must not share water bottles, or food items.
- Leave nothing on site; take all belongings and garbage with you.
- Teams and/or players who do not adhere to the suggestions put forth by league organizers risk being refused to participate. It is imperative that all participants conduct themselves in a respectful and sportsmanlike manner.

#### GAME SPECIFIC MODIFICATIONS

- Roster caps
  - Alberta Health has introduced a 50-person cohort “mini-league” restriction. With this in mind all divisions will be made of 4-6 teams, and teams will have 8 to 12-person roster cap.

- Warm-up
  - Warming-up muscles and stretching is important to avoid injury, but they should be done individually or paired with your own team maintaining a minimum of 6 feet distance between players.
  - It is recommended that players wash/sanitize hands after the warm-up prior to game start.
- Facilities
  - Some of our gymnasiums may be limited for size. Please try to maintain 6 feet between each player on a bench if possible.
- Equipment
  - Your coordinator will be supplied with cleaning wipes and will clean the balls between each game.
  - Teams are encouraged to bring their own goalie equipment.
  - Any SSC sticks used during a game will be sanitized by the coordinator.
- Game Play
  - There will be no puck drops. The first team listed on the schedule will begin with the ball for the first half (at the halfway line), and the second team listed will begin with the ball for the second half.
  - Please be understanding of space. If possible, please give players that have the ball the same amount of space as if they were in the corner.

## 2. FACILITIES

The ESSC rents all indoor facilities and gymnasiums from private facilities or the City of Edmonton. The ESSC rents all indoor facilities and gymnasiums from private facilities or the City of Edmonton Recreation Department. As tenants, players must respect the standards and rules of each facility:

- Alcohol and drugs are strictly prohibited inside any facility and in the parking lots
- Facility Operators and Caretakers should be treated with respect
- Hallways are off limits at schools; do not wander around the facility
- Players are expected to clean up after themselves
- Players must wear clean, non-marking shoes
- Players are responsible for any deliberate property damage within a facility
- When the permit time is up, players must leave the building promptly

**Facility Complaint Policy: Any player who causes the ESSC to receive an official complaint regarding a facility is subject to a \$100 fine and possible suspension or ejection from the League.**

### 3. GAMES COORDINATORS

A Games Coordinator (GC) is a part time employee hired by the ESSC to facilitate games. **The GC is not a trained referee.** Players are expected to respect the GC, their opponents and the rules of the sport.

#### ROLES OF THE GC

- ***Facility Liaison***
  - Act as the onsite contact, set-up and take-down required equipment
- ***Game Facilitator and Mediator***
  - Start and end the game on time
  - Host pre-game and half-time meetings
  - Call violations and fouls that are missed by players, enforce the rules of the sport
  - Ensure both teams are abiding by the Sportsmanship policy, mediate disputes
- ***Player Liaison***
  - Represent the ESSC and act as a link between the players and the league
- ***Game Reporter***
  - Record and announce the score throughout the game, report back to the ESSC
  - Collect a sportsmanship rating at the end of the game from each team

#### GC NO-SHOWS OR ABSENCES

Although the ESSC strives to have a GC present and on-time for all games, there could be rare instances where a GC is unexpectedly late or does not show up to their shift. If this occurs;

- Work with the facility manager or caretaker to find the required equipment
- Start, play, and end the game as scheduled
- Ensure that the facility is left tidy and unharmed
- Email the score and sportsmanship ratings to [info@Edmontonsportsclub.com](mailto:info@Edmontonsportsclub.com)

### 4. SPORTSMANSHIP

**The ESSC encourages a fun-first, winning-second attitude in all leagues. All players are expected to abide by the ESSC sportsmanship policies, including:**

- Controlling emotions and actions at all times
- Treating the facility, equipment, staff, other players, and coordinators with courtesy and respect
- Avoiding retaliation under any circumstance
- Providing feedback in a constructive manner to the GC and being open to feedback from the GC

## ZERO TOLERANCE POLICY

The ESSC requires Games Coordinators to remove players from a game if they are involved with any of the following acts:

- Swearing directly at another player or the Games Coordinator.
- Displaying disrespectful or threatening behavior.
- Intentionally pushing, shoving or making physical contact with another player.
- Making comments to instigate an altercation with another player.

If a player is ejected from a game they must vacate the facility immediately. The offending player will be subject to further follow-up from the ESSC, including possible suspension/expulsion from the League.

## SPORTSMANSHIP RATINGS

- Spirit points are handed out by opposing team and the Games Coordinator at the conclusion of every game
  - **Recreational Division** – Spirit points are added to a team's points earned from wins and ties, factoring into a team's total points
  - **Recreational Plus / Intermediate Division** – Spirit points do not factor into a team's total points; however, they are used as the first tie-breaker in the standings
- Each team will be given three sportsmanship ratings per game:
  - Two ratings from the Games Coordinator:
    - **Accountability** – how responsible the other team was with regards to rules and calling their own fouls (+1, 0, -1)
    - **Spirit** – overall attitude and fun-first mentality of the team (+1, 0, -1)
  - A single rating from the opponent, combining the above two categories (+1, 0, -1)

Rating	Explanation
(+1)	The team was a lot of fun and made a genuine attempt to call their own fouls
(0)	The team was okay. There are two scenarios: (1) they were average in both fun and accountability; (2) they were strong in one area but weak in the other
(-1)	The team was too intense or aggressive, generally did not follow the rules or call their own infractions/penalties, and showed a low-level of ownership

- Teams can receive a maximum of +3 or -3 spirit points in any given game

## REPORTING SPORTSMANSHIP CONCERNS

- If at the end of the game a team has an unresolved concern with respect to the other team's sportsmanship, report the details of the issue to the ESSC using the online complaint form
- **If a team submits a sportsmanship rating of -1 for their opponent, the team is required to fill out a formal complaint form online by 5:00pm the day after their game, or the rating will be changed to a '0'**
- The ESSC reserves the right to change a rating if the GC believes a rating is not warranted and/or an appropriate representation of a team's play

## 5. ROSTERS

League	Ideal Roster Size (F) = Female	Total # of Players Required on the Court	Total # of Females Required on the Court
3 on 3	8–9 (3 F)	3 + Goaltender	1
4 on 4	9–11 (4 F)	4 + Goaltender	2
5 on 5	10–12 (4 F)	5 + Goaltender	2

- Player requirements outlined above do not include goalies.
- Minimum female requirements are inclusive of anyone who identifies as a female (i.e. players who identify themselves as M and X will not count towards female minimums)
- If a goalkeeper is injured during the game the team will be given a short timeout to replace the goalkeeper with another player

## 6. SUBS

For all ESSC Leagues, players are responsible for finding their own subs, it is not the ESSC's responsibility to find and/or provide subs for teams.

### WHO CAN SUB?

- Anyone 18 years of age or older

### REQUESTING A SUB

Recruiting a sub can be done in one of two ways:

1. ESSC Subs List: 'Request a Sub' online through your MyESSC account to access players who have voluntarily signed up as subs
2. Team Invites: Invite a player not on the subs list to the online team roster, through the MyESSC account function (e.g. friends, family, co-workers, etc)

## SUB POLICIES FOR REGULAR SEASON

- Subs should be of a similar skill level to the player that they are replacing. Bringing out ringers could result in follow-up action from the ESSC
- All subs must know the rules, understand the level of play, and abide by all ESSC policies
- In cases where there are multiple ESSC games occurring in a row at a facility, a team can borrow players from the previous game only to increase their roster to the required number of players on the court/field

## SUB POLICIES FOR PLAYOFFS

- Teams that have qualified for a shot at the championship can only bring in subs who have played at least one regular season game with the team
- All teams who are not playing for the championship can bring in subs regardless of how many games they have played with the team
- Prior to the first playoff game, teams must have all players who are playing in the playoff game(s) displayed as part of the confirmed roster in MYESSC, otherwise they could receive an automatic loss and will not be eligible for the championship

## 7. DEFAULTS

### WHAT IS A DEFAULT?

A default occurs when, at the scheduled game start time, or at any time during the game, a team has fewer than the minimum number of required players. If a team chooses to leave early and quit the game for any reason, including a lack of players, the team will also be subject to the default rules.

The chart below outlines the minimum players required for each specific league in order to not default:

League	Minimum Players to Avoid Default	Default Score
3 on 3	3 (1 Female)	0-10
4 on 4	4 (1 Female)	0-10
5 on 5	4 (1 Female)	0-10

### WHAT HAPPENS WHEN A TEAM DEFAULTS?

- When a default occurs, the opposing captain must choose one of the following options:
  - Enforce the default fee and mercy score
  - Waive the default fee and enforce the mercy score
  - Waive the default fee and play a regular game, not enforcing the mercy score

- In all above scenarios, the team being defaulted against is responsible for stating to the GC and Team Captain of the defaulting team, which option they have chosen prior to the playing of any fun games
- In the case of a default, teams are encouraged to use the time slot to play a fun game; however, the playing of a fun game does not alter the results of scenario a) or scenario b) above

## 8. LEAGUE SPECIFIC RULES

### GAME FORMAT

- Players should arrive 15 minutes prior to the scheduled game time
- Teams will play one 60-minute game per night:
  - 5-minute warm-up
  - 5-minute half-time
  - 25-minute halves
- **Regular Season:** Ties are not allowed
  - If a game is tied with 5 minutes (or less) remaining in regulation, the game proceeds to a shoot-out
    - 3 different players from each team will shoot, 1 of which must be female
    - If the score is still tied after 3 shooters, teams will alternate shooters until the tie is broken (sudden death, per pair of shooters)
    - After the initial 3 shooters, any player (male or female) on the team can shoot in any given round (teams can repeat shooters)
- **Playoffs:** Ties are not allowed
  - Halves are shortened to 23-minutes to allow for the possibility of a shoot-out
  - If a game is tied at the conclusion of the 2<sup>nd</sup> half, a shoot-out will take place, using the same guidelines outlined above

### SCORING

- Mercy is called and the score freezes if a team gains a 10-goal lead

### EQUIPMENT

- Players must wear clean, non-marking, indoor shoes
- Players should bring a light and dark shirt to each game
- The following equipment will be provided at all Ball Hockey Facilities: *player sticks, goaltender sticks, full sets of goaltender gear, ball hockey balls*
- For additional equipment regulations, please see the below chart:

Player	
Legal	Illegal
DOM 'Elite' or Pro Stick (plastic blades)	All other player sticks (wood, composite, etc)
Ball Hockey or Soccer Shin Guards	Tape on the blade of the stick
Goggles or Protective Glasses	Ice Hockey Shin Guards
Workout Gloves	Full Helmets / Visors
Protective Cup or Jock Strap	Ice Hockey or Ball Hockey or Lacrosse Gloves

Goaltender	
Legal	Illegal
Ice Hockey Protective Gear	Non-plastic stick blades
Goaltender Pads sized 34" x 11.5" or smaller	Tape on the blade of the stick
Sticks with plastic blades (any shaft)	Goaltender Pads larger than 34" x 11.5

- Other protective equipment is subject to approval from the ESSC
- The exception to the above regulations is the **5-on-5 Premium Rink League**, in which there are no stick or glove restrictions for the players or goaltenders

## 9. GENERAL PLAYING GUIDELINES

### STARTING & RE-STARTING PLAY

#### FACE-OFFS

- Occur at the start of each half, after a goal, and after certain stoppages in play
- Always occur at centre court
- The ball must hit the ground before it can be played

#### SUBSTITUTIONS

- Substitutions can be made on the fly or during stoppages in play
- The player leaving the floor must reach the bench before the replacement player enters the court
- Pulling the goaltender for an extra attacker is not permitted in ESSC Leagues

## PLAYING AREA

- Most areas of the gymnasium are generally considered to be live; although restrictions vary based on the facility
  - The ball is considered dead, and possession is awarded to the team that did not last touch the ball in the following scenarios:
    - The ball travels out of play
    - The ball hits the ceiling
    - The ball is trapped or makes contact with an obstruction in the facility
  - There are no icings or off-sides in ESSC Ball Hockey Leagues
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## BALL IN THE CORNER

- Most ESSC facilities have corner boards in place
  - If the ball is played behind the corner boards, possession is awarded to the team that did not last touch the ball
  - A player is given a stick-length of space, and 3 seconds to put the ball back into play
- In facilities without corner boards, the ‘corner-rule’ is in effect:
  - When two players are chasing the ball into the corner from a far distance, the player leading within 5 feet of the corner will gain possession of the ball
  - Teams should yell ‘corner’ when their own player is awarded possession, if this does not happen the GC will call it
  - The trailing player must give their opponent a stick-length of space, and 3 seconds to put the ball back in play
  - If there is no clear leading player, the defensive player is always awarded possession
- The corner rule is not in effect in the following scenarios:
  - If a player willingly carries the ball into the corner
  - If the ball moves into the corner from close proximity

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## CREASE AREA

- Every facility will have a goal crease that is confirmed by the GC prior to the start of the game
- Players are allowed to move through the crease
- Players are allowed to enter the crease to score a goal
  - Players cannot remain stationary in the opponent’s crease, or make contact with the goaltender inside of the crease
  - If a goal is scored and the GC deems that an offensive player was interfering with the goaltender, the goal will be disallowed

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## NET OUT OF POSITION

- If the net is moved during play, the GC will decide whether to stop play and fix the net, or fix the net as play continues down the court
  - Goaltenders are permitted to readjust their own nets
- A goal that enters the net while the net is out of position will be disallowed

- The exception to this rule will be if the GC deems that the goaltender or defending team dislodged the net intentionally or accidentally during an active scoring opportunity by the offensive team

## GOALTENDERS

- Must keep at least one foot in the crease at all times
- Once a goaltender covers the ball, the play is dead:
  - The GC will indicate 'Goalie's Ball' and the goaltender may drop it behind the net, giving their player 3 seconds to put the ball back in to play before it is 'live'
  - If a goaltender opts to play the ball, it is considered live and the 3 second rule doesn't apply

## PLAYING THE BALL

### SHOOTING

- Slap shots are permitted as long as the player's stick remains below the waist for the entire shot (including follow-through)

### KICKING THE BALL

- A goal will be disallowed if the GC determines the player intentionally kicked or batted the ball into the net

## VIOLATIONS

Violations are intentional or unintentional rule infractions. Players are expected to call violations committed by themselves or their team. The GC will also call, confirm, or deny a violation against a player or team.

- If the GC confirms a call, the violating team will lose possession
- If the GC disagrees with a call, the GC will allow the play to continue and will indicate 'play on'
- If a player or team repeatedly commits the same violation, the GC can issue a minor penalty

### HAND PASS

- Players cannot pass the ball to their teammate by directing the ball to them with their hands, even if in the defensive zone
  - Players playing the ball with their hand must make an effort to drop the ball immediately to the floor
  - Players cannot deke, run, or maneuver with the ball in their hand

### BALL IN THE CORNER

- If the trailing player doesn't give possession to the leading player, or abide by the corner rule
- If the defensive player doesn't provide adequate time or space for the offensive player to put the ball back into play following a stoppage

## SHIELDING THE BALL

- Advancing in any direction, backside-first, in an attempt to shield defenders from the ball
- Players are allowed to shield the ball temporarily if moving, with the ball, in the direction that they are facing
- Stationary players are only allowed to shield the ball for up to 3 seconds
  - The GC will call a violation if the offensive player fails to turn around within 3 seconds

## SLIDING

- Players can never leave their feet to slide / block a shot
- If a player is blocking a shot, they must be stationary, or down on one knee

## REACHING AROUND

- A player cannot wrap or reach around another player with their stick when pursuing an opponent who is moving with the ball
- 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

## 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 when the opponent is receiving a pass or when they are in possession of the ball
- A player cannot repeatedly lift the stick of an opposing player who isn't yet in possession of the ball in an attempt to defend that player

## TOO MANY PLAYERS ON THE FLOOR

- When a player enters the play to their advantage, before the replacement reaches the bench
- When a team has too many players on the floor

## DELAY OF GAME

- When a player or team intentionally shoots the ball out of bounds, or impedes the play from re-starting in anyway
- When a player or team intentionally covers the ball, or falls on top of the ball

## PENALTIES

Penalties temporarily or permanently remove players from the game who are contributing to an intense, unsportsmanlike or dangerous environment. Players and teams are expected to call their own penalties, although the GC will also confirm and deny penalty calls. **Although most first-time offences result in a minor penalty, GC's may use their discretion to call a major penalty or game misconduct at any time, if a serious or malicious infraction occurs.**

- **Warning:**
  - Given for minor offences or first-time occurrences (new players)

- **Minor Penalty:**
  - Result in the player sitting off for **two minutes**
  - The team is not short-handed
- **Major Penalty:**
  - Result in the player sitting off for **two minutes**
  - The team is short-handed for two minutes
- **Game Misconduct:**
  - Results in the player being ejected from the game
  - The team is short-handed for two minutes
- If a team calls a penalty against themselves and a goal is then scored on the play, the goal will stand, and the player will still serve the penalty
- **Penalty Shots:**
  - There are no penalty shots in ESSC Ball Hockey Leagues
  - An infraction that occurs on a break-away will result in a penalty for the offending team

## HIGH STICKING

- At no point in the game is a player's stick allowed to travel above their waist
  - This includes: shooting the ball, follow-throughs, deflections, and calling for a pass
  - The GC will have some leniency on high sticks that occur away from the play, such as a player running up the floor, but will issue a warning to the player
- The first high-stick by a player, if called by the player (or their team), is a minor penalty
- The first high-stick by a player, if called by the GC, is a major penalty
- **The second high-stick by the same player, regardless of who makes the call, results in a major penalty and the offending player will be ejected from the game (but can remain on the bench)**
- The high-sticking rule is in effect when lifting the stick of an opposing player
  - Stick lifts which result in the opposing player's stick going above their waist will be considered high-sticking on the player committing the stick lift
- Goaltenders will not be penalized for a high stick while making a save



## UNSPORTSMANLIKE CONDUCT

- The first offense will result in a **major penalty**
- The second offense will result in a **game misconduct**
- Examples of unsportsmanlike conduct:
  - Intentional body contact
  - Attempting to make calls for the opponent or petitioning the GC to make calls
  - Throwing equipment, slamming sticks, swearing
  - A defensive player covering the ball with their hand while in the crease

## THREATENING BEHAVIOUR

- The first offense will result in a **game misconduct**
- Examples of threatening behavior:
  - Verbal abuse, physical threats, fighting, instigating, retaliation, intent to injure

## DISRESPECTING A GC

- Depending on the severity, the first offense can result in a minor or major penalty, or a game misconduct
- Examples of disrespecting a GC include:
  - Challenging calls, negatively discussing the GC while on the court or bench, swearing at the GC, questioning the integrity of the GC, ignoring GC feedback

**Other penalties that can be called by a GC include:** TRIPPING, SLASHING, CROSS-CHECKING, HOLDING, INTERFERENCE, INTENTIONAL BODY CONTACT, RECKLESS PLAY

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## PLAYERS ON THE FLOOR

- For both **minor** and **major** penalties, the offending player is required to sit off for the full duration of the penalty, regardless of whether a goal is scored or not
  - If the team is playing with the minimum female roster requirement, a male player may serve the penalty in order to not have the team play short-handed
  - A team will not continue to play short-handed if a power-play goal is scored
    - They can bring on a replacement player (not the offending player)
    - The exception to the rule would be if the team has the minimum roster requirement and the offending player not returning to action would keep the team short-handed
- For **major** penalties, **the team will be short-handed the gender of the player taking the penalty**
- No team will be forced to play two players short due to penalties
  - Penalties that would result in a team playing two players down will be served one after the other
- If a goaltender gets a minor or major penalty, any player on the floor at the time of the infraction can serve the penalty
- If a player or goaltender receives a **game misconduct**, they will serve it, regardless of whether or not this makes the team short-handed for the rest of the game