



Handball LEAGUE RULES

Last Updated: January 2016

Table of Contents

1. Recent Revisions and Updates	8. Rosters/Subs
2. Sportsmanship	9. Facilities
3. Waivers	10. Equipment
4. Weather	11. Reporting Results
5. Defaults	12. Standings
6. GCs	13. Playoffs
7. Schedules	14. League Specific Rules

1. RECENT REVISIONS & UPDATES

January 6, 2015

- **Basic Game Play Rules:** (Page 8)
 - Changed the ball possession rule to no longer limit how many times a player can dribble the ball. Further clarified dribbling and how it relates to possession and the 3 steps rule.
- **Violations / Fouls:** (Page 9)
 - Updated the free-throw rule to make all free-throws indirect. A goal can no longer be scored from a free-throw.

2. SPORTSMANSHIP

The SSC encourages a fun-first, winning-second attitude in all leagues. All players are expected to abide by the SSC sportsmanship policies, any player or team who does not will be subject to suspensions or league expulsion.

ZERO TOLERANCE POLICY

In order to promote a safe and sportsmanlike environment for its players, the SSC has clarified its stance on unsportsmanlike behaviour. All players must understand the expectations for playing in SSC leagues. Games Coordinators are required by the SSC to ask players to leave the gym/field if they are involved with any of the following acts:

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

In addition to being dismissed from the game, a one week suspension (or more) may be assigned by the SSC to the involved player or team.

SPORTSMANSHIP RATINGS

In order to encourage sportsmanlike play, each team must choose and report a rating for their opponent. The sportsmanship rating for your opponent gets reported directly to the Games Coordinator at the end of each game.

Each team will be given 3 sportsmanship ratings per game, one rating from the opponent and two ratings from the GC. The best rating you can receive per game is +3, the worst is -3. The rating refers to Spirit of the Game as well as Accountability for calling your own infractions and penalties.

For a description of how to rate your opponent, see below.

Rating	Explanation
(+1)	The team was a lot of fun and made a genuine attempt to call their fouls.
(0)	The team was OK. 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 area.
(-1)	The team was not fun (too intense or aggressive) and generally did not follow the rules and call their own infractions/penalties.

The GC will rate "Accountability" and "Spirit" as separate scores while Team Captains will rate them together. The ratings work as follows:

"Accountability" Rating:

This rating is based solely on how you felt your opponent took responsibility for calling their own fouls. A team that does well on Accountability either: committed few or no fouls so it was not an issue, or committed several fouls and made a genuine attempt to call most of them.

"Spirit of the Game" Rating:

This rating is based on two criteria:

- How fun your opponent was. A high rating would be for a team that appeared to put fun first and winning second and encouraged themselves or their opponent in a positive way.
- The level of respect that the opponent displayed towards the GC.

REPORTING SPORTSMANSHIP CONCERNS

- If during the game you have a concern with the other team, address the issue respectfully with the Games Coordinator at the appropriate time (during play on the sidelines or at halftime).
- If at the end of the game you do not feel that the issue has been resolved, report the details of the issue to the SSC by 5pm the next day by using the online complaint form - [Click here](#).
- If you give a -1 and do not support the rating with a complaint form by 5pm the next day, SSC staff cannot properly act on the issue and the rating will be changed to a zero.

Click on the links below for full details on the following topics:

- [Full sportsmanship policy](#)
- [Nominate a team with great sportsmanship for the Lady Bing Award](#)

3. WAIVERS

- All players must agree to a waiver every season before playing their first game. The waiver can only be completed online.
- Any player that subs in (even if only for one game) must agree to the waiver prior to playing. Captains are responsible to ensure that this is done.
- The waiver outlines the SSC's liability and sportsmanship policies.

4. WEATHER POLICY FOR INDOOR SPORTS

The SSC does not cancel any indoor games due to inclement weather. The only time that games would be cancelled and rescheduled would be if the facility is closed, teams will be contacted if this is the case.

5. DEFAULTS

- For full details on defaults, please visit the Default Information Page on the website.

6. THE GAMES COORDINATOR (GC)

Games Coordinators (GCs) are SSC employees, they are not trained referees. They are there to encourage sportsmanlike play and to help to keep the games running smoothly. If players are not calling their own fouls the GC reserves the right to step in and call these fouls. The roles of a GC include:

GYM MANAGER

- Facility Liaison – Open the facility if required, coordinate with the caretaker, and uphold facility standards.
- Game Set-Up – Make sure all required equipment is ready for game time.
- Manage the Time – Start the clock at the scheduled start time and manage the time for the remainder of the game.
- Keep Score – Keep track of the score throughout the game using a score clock or score sheets. Team captains must confirm the final score and report a sportsmanship rating for their opponent to the GC before leaving the gym.

PLAYER LIAISON

- Pre-Game Meeting – Call in both captains for introductions, clarify sportsmanship/game play expectations and provide facility or league updates. Team Captains are to communicate their expectations to both the GC and their opponent. At the end of the pre-game meeting Team Captains are required to communicate all information with their players.
- Report Player Comments – Ensure that ideas and recommendations from players are communicated to the SSC staff.

MEDIATOR

- Halftime Meeting – Act as a mediator for the captains at half time for any discussions regarding play or sportsmanship. The GC will also provide feedback and re-establish expectations to both teams at this time. Team captains are expected to communicate all issues to their teammates.
- Enforce Sportsmanship Policy – The GC is required to eject players who are a threat to the fun or safety of their opponents. Players who jeopardize the safety or enjoyment of other players or the GC will not be allowed to continue playing and must leave the facility before the game will resume.
- Call Penalties – Call any violations that the players do not call themselves. All penalties are recorded on the game sheet and reported to the SSC.
- Disagreements – If there is a disagreement between teams during a game, both teams are expected to show respect to each other and the GC. Any disputes will be resolved by the GC if the teams cannot agree. Once the GC has made a call, play will resume without further discussion. If a player has a question regarding the rules, the team captain should address it with the GC either at the half or at the end of the game.
- Disputed Goals – If there is a disagreement as to whether a goal has been scored, a decision must be made quickly. A player from the team who was scored against should confirm whether any of his/her team mates saw the play. The GC will decide if the teams cannot agree.

GAME REPORTER

- Game Report – Submit game summary inclusive of the scores, sportsmanship ratings, notes on penalties, recommendations and comments regarding the sportsmanship of each team.
- Sportsmanship Ratings – A major focus of their report and the ratings they give each team is based on how well the team adjusted their style of play in the second half, after hearing the feedback at half-time.

WHAT THE GC DOES NOT DO

- The GC is not a trained referee. Therefore, they will not 'referee' the game - the players are expected to respect their opponents, the GC, and play by the rules of their sport. Players should call the GC by their name – teams that call the GC 'ref' may lose spirit points.
- In any dispute, teams are expected to act in a mature manner and resolve the issue between themselves based on the current rule book. If the GC needs to step-in, their say will be final and the dispute will be considered over. Arguing beyond the GC's decision may cause teams to lose spirit points as this is considered to be a lack of respect towards the GC.

WHAT HAPPENS IF THERE IS NO GC AT THE GYM

- If no GC is present at the game, players must keep time and score. Captains should confirm the score often during the game to make sure that there are no discrepancies.
- Team captains must e-mail in their scores and sportsmanship rating to gcscscores@edmontonsportsclub.com by noon the next day.

If you would like to learn more about the benefits of being a GC, [click here](#).

7. SCHEDULES

- Schedules are posted online 48 hours prior to the first game.
- If the schedules are not posted you may assume the schedule has not been completed. Please do not contact the SSC regarding your schedule until after it has been posted.
- Games can be played anytime between 6:00pm-11:00pm on weeknights.

8. ROSTERS & SUBS

- When registering a full team, there is no maximum limit to the number of players that you can have on the roster.
- In all SSC Handball Leagues, a full team on the floor consists of 5 players (including goalie) with a minimum of 2 females.
- The minimum amount of players required in order to not default is: 4 total players including at least 1 female.
- Prior to the first game of the season, teams must have at least 5 players confirmed on the team roster in MySSC.
 - If the minimum confirmed roster players is not met, the team will receive a loss for every game played until the requirement is met.
- Prior to the first playoff game, teams must have all players who are playing in the playoff games displayed as part of the confirmed roster in MySSC.
 - If this requirement is not met, teams can receive an automatic loss and be ineligible for the Championship.
- Teams may bring in subs throughout the season who are not listed on their original confirmed roster.
 - Subs must be part of the ESSC sub list or invited onto a team. See the [Becoming a Sub](#) section of the website for more details.
 - If you are playing in a league where there are other SSC teams playing before you, your team may borrow players to increase your team to a minimum full line-up. The SSC considers it to be an unfair advantage if a team borrows players to bolster their line-up. If additional players are borrowed above the minimum full line up, the team who is borrowing subs must first get approval from the opposing team and GC.
 - In the spirit of sportsmanship, captains are expected to replace players with a person of a similar skill level. Bringing in "ringers" for regular season and particularly playoff games is discouraged.
- Subs in Playoffs:
 - Teams may bring in subs for playoff games but these players must have played at least one game during the regular season with the team and be listed on the confirmed roster.
 - To help avoid defaults in the playoffs, teams, excluding the top 4 (teams ranking 1-4 in the standings after regular season games), are welcome to bring in subs who have not played at least one regular season game with the team.

9. FACILITIES

- The SSC rents facilities from Parks and Recreation or private establishments. As tenants, players must respect the standards and rules of each facility.
- Alcohol is strictly forbidden inside schools or in parking lots.
- Players are expected to clean up after themselves, please do not leave any garbage behind.
- Any player who causes the SSC to receive a complaint regarding a facility will face a \$100 fine and may be ejected from the league. For full details on the Facility Complaint Policy, please [click here](#).
- Facilities are chosen based on quality and location. Some leagues utilize many facilities; the SSC always tries to ensure a fair distribution of locations throughout the city in each division.

- The SSC asks all players to arrive 15 minutes prior to the game start time. This 15 minutes should be used to change shoes, stretch, set up nets, and any other pre-game preparations.
- Players are not allowed into the gym until the start of the permit time so be patient. Some schools will allow us into the gym early and some will not, please ask your EC or the caretaker before entering the gym.
- Players must wear clean non-marking running shoes. **PLAYERS MUST BRING AN EXTRA SET OF GAME SHOES TO BE PUT ON AFTER ENTERING THE SCHOOL - OTHERWISE, YOU MAY NOT BE ALLOWED TO PLAY.**
- Players are responsible for property damage.

10. EQUIPMENT

- Each Player must bring a light and dark shirt to each game. Teams can also pick their own unique colour to wear in the games but are still required to bring a light and dark shirt. Teams will decide at the gym who is wearing light and who is wearing dark.
- Players who do not have shirts to match the rest of their team may be asked not to play by the GC or the opposing captain.

11. REPORTING RESULTS

- After the game, captains must confirm the scores with the GC and report the sportsmanship rating of their opponent.
- Teams who do not report to the GC will be given a 0 sportsmanship rating from their opponent and the score will be processed as the GC has recorded on the game report.
- Mercy will be called when one team gains a lead of **13** points. The score will freeze and teams are encouraged to play the rest of the game for fun.

12. STANDINGS

For all SSC sports, scores are to be reported by the GC/EC/Team Captain (as applicable) to the office by 5pm the day after the game. The SSC admin staff will process scores and post the updated standings to the website within 72 hours of the games. Each set of SSC standings will display notes at the bottom outlining how the standings are calculated.

HOW TEAMS ARE RANKED FOR RECREATIONAL HANDBALL

- 1st criteria: Total Points are derived from 2 points for a win and 1 point for a tie. Actual spirit points are then added to your points earned from wins and ties to result in your Total Points.
- PLS (Points lost due to spirit rating) can negatively affect your Total Points. Each time a team receives a -1 from two opponents over the season, they lose 1 point off their Total points.
- 2nd criteria: Differential of points scored vs. points allowed (Mercy rule in effect in each game).

13. PLAYOFFS

- All teams are guaranteed 2 playoff games. The top 4 teams will play for the league championship.
- League champs receive t-shirts and need to attend the Season Ending Party to pick them up.
- Sportsmanship during the playoffs is very important – a team that wins their playoff game but has sportsmanship issues may have their win overturned and may not be allowed to play their final game or participate in future seasons.
 - If a team receives two -1 ratings in a playoff game they automatically lose the game.
 - If a team receives one -1 rating, the game will be reviewed by the league. The Club will make a decision based on this review.
 - If both teams receive two -1 ratings in a playoff game they automatically lose the game and do not continue to play in the finals.
- Subs are expected to play at the same skill level of the player that they are replacing.
- The top 4 teams can only bring in subs that have played at least one game in the regular season.
- There are no ties in playoffs.

- To allow for the possibility of an overtime period, halves are shortened to 23 minutes and halftime is shortened to 4 minutes. This allows for 5 total minutes for an overtime period, should it be required.
- In playoffs, tied games will be broken down as follows:
 - An overtime period will be played to determine a winner – the first team score a goal wins the game. A tip-off at centre will start the overtime period.

14. LEAGUE SPECIFIC RULES

EXPECTATIONS OF PLAYERS

All players participating in SSC co-ed leagues are expected to play with respect and a "fun first" attitude. In Handball, there is an emphasis on the players to know the rules and manage their own actions on the floor.

- All players participating in SSC leagues are expected to play with respect for everyone at the gym and with a "fun first" attitude.
- All players are expected to know the rules and manage their actions on the floor.
- Players are required to call themselves if they commit violations or penalties. Not calling yourself can be considered poor sportsmanship.
- Promote fun and safety throughout the game. Let the GC know if you are enjoying an opponent, congratulate your opponent on fun and fair play throughout the game.
- Players that are concerned about a player on the opposing team are required to talk to their team captain so he/she can address the issue with the GC at the appropriate time.
- Players are expected to act in a respectful manner if approached by a GC or an opposing team captain regarding their style of play and to make any requested changes.
- Players should be mindful of how hard they throw the ball, especially if an opponent is directly in front of them.
- At any time the GC may request your name or a name of someone on your team to record on the game report sheet. Providing a false name to the GC is a serious offense and will result in suspension from the SSC.
- Teams are expected to cheer for their opponents at the end of a game. It is also encouraged to give an additional cheer for the GC and thank them for GC-ing the game.
- Players can provide constructive feedback to the SSC as needed, regarding gym conditions, unsportsmanlike play, or helpful comments.

GAME TIMES

- Player should arrive 15 minutes prior to the scheduled game time.
- Players should only enter the gym at the appropriate time (when play is in the other end or play is stopped).
- The total floor time is 60 minutes. The clock starts at the scheduled game time and teams should warm-up for no more than 5 minutes. Each game must end exactly when the next one is scheduled to begin, regardless of what time your game actually started.
- Games consist of two 25 minute periods, with a 5 minute intermission.
- In regular season games, ties are allowed - no overtime or shoot-outs.
- The clock does not stop for any reason as each game must end on time.

GAME PLAY EXPECTATIONS

- Before the game, the captains will meet with the GC to introduce themselves, discuss gym specific restrictions and rules or sportsmanship issues that need to be emphasized.
- Team Captains are to communicate their expectations to both the GC and their opponent. At the end of the pre-game meeting Team Captains are required to communicate all information with their players.
- At halftime, the team captains meet with one another and the GC to discuss any issues that arose in the first half. It is the responsibility of each captain to communicate these issues to their teammates before resuming play.
- At the end of the game, all players shake hands and team captains meet up to discuss any issues with the game.

GENERAL PLAYING GUIDELINES

- **General Format and Scoring**
 - Each goal is worth a single point.
 - Mercy will be called when one team gains a lead of 13 points. The score will freeze and teams are encouraged to play the rest of the game for fun.
- **Substitutions:**
 - Can be made on the fly during play or when play has stopped (e.g. the ball has gone out of bounds or a foul or violation has been committed).
- **Starting and Re-Starting Play**
 - The GC will start the game at centre court with a coin toss. The winning team will begin the game with a throw-off at half court. Each team must be on their own half and 3 meters away from the ball. To start the second half, the team who lost the coin toss will get possession of the ball at the half-court line and will do a throw-off.
 - A throw-in is awarded when the ball goes out of bounds. Possession will be awarded to the team that did not touch the ball last prior to the ball going out of bounds.
 - A throw-in is taken from the spot that the ball went out of bounds (side walls), or from the closest corner if the ball crossed the end line.
 - All throw-ins are indirect, the ball must touch a player before a goal can be scored.
 - During a throw-in, a defending player must stay 5ft away from player throwing in the ball.
 - A free-throw is awarded when an infraction occurs and the ball changes possession.
 - A free-throw is taken from the spot of the infraction
 - All free-throws are indirect, the ball must touch a player before a goal can be scored.
- **Basic Gameplay Rules:**
 - Once in possession of the ball, a player may stand stationary for only 3 seconds, and may take only 3 steps (pivot steps included). They must then shoot, pass, or dribble the ball.
 - A player may dribble the ball as many times as they want (and move up the court as many steps as they wish) as long as during the dribble only one hand contacts the top of the ball.
 - After a dribble is picked up (ball touched with two hands) the player has the right to another 3 seconds, or 3 steps. The ball must then be passed or shot, as further holding the ball would be considered a *double-dribble*.
 - A ball that is lost, knocked away or stolen during a dribble will be a dead ball, and possession changes at the point of the dead ball. This includes if a defender interferes and causes a legal turnover during the dribble.
 - A dropped ball (i.e. during a pass) is a dead ball, and possession changes at the point of the dead ball. This includes if a defender interferes and causes the ball to be dropped.
 - An interception or steal of the ball where the ball does not drop to the floor, is live, and does not result in a dead ball.
 - If the ball goes off the goalie or crossbar and stays in play, the rebound is live and the offensive team may attempt to retain possession, however, offensive players still cannot enter the crease area.
 - Pulling the Goalie: Pulling the goalie for an extra player is not permitted.
- **Scoring:**
 - Goals can be scored using bounce shots.
 - Kicking the Ball: A player cannot score by kicking the ball or directing it into the net with their foot, leg, knee or body.
 - After a goal, the game restarts with a throw-off at half court, with the team that was scored on retaining possession.
- **Defending the Opponent:**
 - A defender is allowed to use their body position to defend an opponent with or without the ball.
 - However, using outstretched arms or legs to obstruct, push, hold, or trip is not allowed.
 - The attacking player is not allowed to charge into a defending player. The defending player is entitled to their space.

- **Crease Area:**
 - The crease area will be confirmed by the GC with the captains prior to the start of the game.
 - Offensive players may not enter the other team's crease.
 - Players can shoot while jumping into the crease, however, they must take off before the crease and the shot must be released before the player lands on the ground inside the crease. If the shooter lands on the ground before they throw the ball it becomes the goalie's ball (if a goal was scored during this play it will not count).
 - Defensive players may briefly pass through their own crease, but must clear out within 3 seconds. If a defensive player contacts the ball while in their own crease, the other team will be awarded a penalty shot.
 - Goalies cannot leave their crease.
- **Goalie Possession:** If a goalie gains possession, they can:
 - Move anywhere in their crease before releasing the ball.
 - Make a pass to a teammate.
 - Attempt a shot on goal - goalies are ALLOWED to score in Handball.
 - Goalies have 5 seconds to put the ball back in play, at which time the GC can award possession to the other team in the offensive zone if the ball has not been put back into play.
 - **Players are allowed to pass the ball back to the goalie.**

VIOLATIONS

Violations in SSC Handball are plays that may or may not be intentional, but typically represent unsportsmanlike play and should be avoided. **Violations in SSC Handball result in a loss of possession. The other team will receive a free-throw from the exact spot of the infraction. A goal cannot be scored from a free-throw. All free-throws are indirect and the offensive team must pass the ball before shooting.**

- If a player commits a violation, the player or their teammates are expected to call it.
- A GC can call a violation by blowing the whistle and stopping the play or by verbally warning the player and allowing the play to continue.
- If the GC notices 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.

SSC List of Violations

- **3 Second Rule Violation**
- **More Than 3 Steps Before Dribbling**
- **Double Dribbling**
- **Entering Either Goalie's Crease**
- **Kicking The Ball - accidental**
- **Goalies: Leaving the Crease**
- **Too Many Players on the Floor**
- **Delay of Game**

FOULS

Fouls in SSC Handball leagues are assumed to be non-malicious infractions that occur during normal play in a game. **Fouls in SSC Handball result in a loss of possession. The other team will receive a free-throw from the exact spot of the infraction. A goal cannot be scored from a free-throw. All free-throws are indirect and the offensive team must pass the ball before shooting.**

If the foul takes away a clear scoring chance, a penalty shot will be awarded.

- The player who was fouled will go to top of the goalie crease and is awarded one clear shot against the goalie.
- Play will resume as normal after the free-throw, with the defensive team gaining possession.
- The Games Coordinator does not keep a traditional count of fouls against individual players or teams.

SSC List of Fouls:

- **Defensive Hitting** (holding, hitting, jumping into an opponent or tripping an offensive team's player)
- **A defender touches the ball while in their own crease**
- **Reaching In**
- **Kicking The Ball - intentional**
- **Diving On The Floor**

PENALTIES

Penalties in SSC Handball 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. Penalties can be called on a player's first foul if it is deemed to be malicious. Any player who repeats fouls in the same game is also subject to penalties.

- Penalties are categorized as minor, major or game misconducts.
 - Minor penalties result in the player sitting off for two minutes and the team is not shorthanded.
 - Major penalties result in the player sitting off for two minutes and the team plays shorthanded.
 - Game misconducts result in the team being shorthanded for two minutes, the offending player is ejected from the gymnasium and the player will be subject to a possible further suspension.
- If a player commits a penalty, the player or his/her teammates are expected to call it. If the player or his/her team does not call it, the GC will stop play and enforce the penalty.
- On all penalties, after the GC 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 GC 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).
- 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 serve the penalty (i.e. you can't stop a goal by taking a penalty).

Penalty - Reckless Play

Reckless play results in a **minor** penalty and is the result of a player being overly careless or aggressive in a non-threatening manner.

- A player's first offense will result in a 2 minute **minor** penalty.
- A second offense by the same player will result in a **major** penalty.
- A third offense will result in a **game misconduct**.
- The following are examples of reckless play:
 - Incidental Body contact: This can occur when a player makes contact with an opponent accidentally. For example, if a player is running too fast or with their head down and brushes another player.
 - Tripping
 - Slapping / Holding / Grabbing: If a player attempts to intercept a pass, or block a shot/pass and ends up making contact with the shooter's arm, body, or hand in an aggressive manner.
- In each of the three reckless play examples above, the GC has the discretion to call a **major** penalty or a **game misconduct** if they deem it was not an accident and/or the offending player does not acknowledge their action.

Penalty - Unsportsmanlike Play

Unsportsmanlike play is not tolerated in the SSC Handball Leagues and encompasses playing in an overly aggressive or intense manner, or showing a lack of respect to anyone at a game. The following items may cause a team to lose sportsmanship points from their opponent or the GC, and will result in a **major** penalty.

- A player's first offense will result in a 2 minute **major** penalty.
- A second offense by the same player will result in a **game misconduct**.
- Unsportsmanlike play includes:
 - Showing displeasure at a play by: throwing equipment or swearing out loud (not directed at another person).
 - Players attempting to make calls during a game: this can include players on the bench or floor trying to make calls against their opponent or petitioning the GC to make calls.
 - Contacting an opponent in a non-threatening manner where it appears to be intentional: for example, two

players gaining position on the ball and one player pushes against their opponent with their back, hip or shoulder – it is clear that they are not trying to hurt their opponent but they are physically moving them away from the ball. Any use of the hands or more aggressive action will result in a game misconduct.

- Purposely delaying the game in any manner.

Penalty - Threatening behaviour towards an opponent

Threatening behaviour is a serious offense in the SSC Handball Leagues and will result in a **game misconduct** and automatic further suspension upon review by the Club.

- A player's first offense will result in a **game misconduct**.
- Threatening behaviour towards an opponent includes:
 - Aggressive reaction to a play: throwing equipment in a threatening manner or verbally responding in a way that is inappropriate and compromises a fun and safe playing environment.
 - Verbally threatening an opponent: this includes swearing or yelling directly at an opponent or verbally challenging them to a confrontation.
 - Physically threatening an opponent:
 - Being involved in a physical altercation that includes pushing, punching, slapping, wrestling or any other physical misconduct.

Penalty - Disrespecting a GC

As with all other SSC participants, GCs should be treated with respect. Players may disagree with the way a GC is calling their game, but must refrain from challenging a GC during the game.

- A player's first offense will result in a **minor** or **major** penalty or a **game misconduct** depending on the severity of the actions. An automatic review will be done by the Club and further action may be taken.
- Disrespecting the GC includes:
 - Challenging calls: any player that disagrees with a call and tries to make the GC change their call. Once a GC has made a call, the play will resume with no further discussion.
 - Players on the sidelines discussing the GC in a negative manner.
 - Players questioning the integrity of the GC: all GCs are trained in the same manner and do not favour one team over another.
 - Swearing at a GC: this will result in an automatic game misconduct.
 - Physically threatening or confronting a GC: this will result in a game misconduct and automatic further suspension upon review by the Club.
 - Ignoring a GC as they are giving feedback or having a discussion: these conversations can happen before, during or after a game.

PENALTIES AND PLAYERS ON THE FLOOR

- Any time a player receives a **minor** or **major** penalty, they must stay off for the full 2 minutes, even if a power play goal is scored.
 - When a power play goal is scored, the team that was penalized can bring on a replacement player but it cannot be the player who is serving the penalty.
 - The exception to this is if the team would be short players if the player serving the penalty does not return to the floor.
- Anytime a female or male player receives a **major** penalty, they will serve it on the bench and the team will be shorthanded. The one exception to this is if the team only has one female playing; if she gets a penalty a male player would serve it for her.
- No team will be forced to play 2 players short due to **minor** or **major** penalties. Any penalties that would result in the team playing two players short will be served one after another.
 - **If a player receives a game misconduct, they will always serve the misconduct** - even if the team has to play shorthanded for the rest of the game. This applies even if the team is forced to play more than one player short.
- If a team only has the minimum amount of players to field a full team on the floor and one of their players receives a **minor** penalty, that player will serve the penalty and the team will play shorthanded.
 - **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 time-out to warm-up or equip a new goalie.**