**Men’s Ball Hockey Rules**

\*Note: This league has refs (not self-officiated) the officials calls are final and any arguments will not be tolerated.

***This is a fun-league****. We are all just out here for a little exercise and fun, nobody is making the NHL anytime soon. Any super aggressive players will be asked to leave and given a full refund, no questions asked. It only take a few arrogant players to make a league horrible and we are looking to address this from day one.*

**Men’s Adult Division (Min Age Requirement 19+)**

Location: Easter Seals Ball Hockey Facility (2311 Oxford St W)

Lighting: There are lights provided for later games

Rink Size:100 feet by 45 feet with chain link fence along each end

4 on 4 games plus a goalie

\*No refunds after first game, unless a player is removed from the league by the commissioner.

Game Balls: Provided by Connect Sports London

**Required Equipment**

* Hockey Gloves
* Hockey Stick, composite or wooden blades are accepted
* Goalie equipment🡪 It is a requirement for all goalies to wear full gear

**Recommended Equipment**

\*Equipment that is recommended but not chosen to be worn by the player can result in potential injuries. Any set injuries due to negligence by the player does not fall on Connect Sports London.

* Helmet/Visor
* Knee Pads
* Elbow Pads
* Jock

**Format**

11 week Full Season (Tuesday Night League)

🡪 9 Regular Season Games

🡪 2 Playoff Games

\*4 teams make the playoffs, although the remaining teams will still play the final two weeks to decide the overall standings.

**Regular Season Standings**

Win a game= 2 points

Tie a game= 1 point

\*In the event of a tie during the regular season standings the goals for/goals against ratio will determine who is ahead.

**Game Length-Regular Season**

* Each game is allotted a 1 hour time slot.
* 3 periods non-stop time: 15/15/20 with a 1-2 minute break between each period.
* The ref will notify players by whistle when each period is done along with a provided buzzer.
* Games can end in ties during the regular season.

**Playoffs Format**

* \*Playoffs will be 15/15/15 non-stop time and 5 min overtime.
* 3 man shootout then sudden death shootout (during sudden death, 1 player can continue to shoot, they don’t have to rotate as this point)

**Team Rosters**

* Team Rosters cannot exceed 14 players total.
* Players are allowed to sub in for teams but must notify the ref before-hand and fill out a waiver. Not completing this act will result in a forfeit of the game. Liability and insurance are too important.
* Playoffs: A player must play a minimum of 2 regular season games to be eligible to play in the playoffs. I.E no ringers

**Intoxication**

* No alcohol is permitted at Easter Seals Ball Hockey Facility.
* Any player that is deemed to be intoxicated will be asked to leave and removed from the league without refund-no questions asked.

**Team Uniforms**

* Required-same colour jersey/t-shirt/sweater.
* Each team will decide a set colour for the season.
* Contact the league administrator to discuss a set team colour for the season.

**Easter Seals Ball Hockey Rules**

* No body contact of any kind-2 minute penalty (second infraction will result in player being kicked out of the game)
* Sticks- Must be kept on the ground at all time, i.e no batting the ball out of the air, calling for passes, high sticking etc. Player safety is crucial and any infraction will result in a 2 minute penalty. Any player with 3 high sticking violations during the game will be suspended for that game and the next.
* Aggressive play and constant penalties by any player may result in 1 game suspension deemed by the ref.

\*All other hockey infractions will result in 2 min minor penalties or 5 minute major penalties (run time) and will follow exact NHL rules by the referee. Link [http://www.nhl.com/nhl/en/v3/ext/rules/2014-2015-rulebook.pdf page 43-48](http://www.nhl.com/nhl/en/v3/ext/rules/2014-2015-rulebook.pdf%20page%2043-48)

* If a power play goal is scored, the player may return from the box.

**General Information**

* Player’s may sub on the fly.
* If a ball is shot out of bounds the ref decides who touched it last and it is the other teams ball in their end.
* The ref will keep track of the score/time and update players whenever asked during a stoppage.
* Teams may switch goalies but this only permitted after a period ends and must be done quickly.

**Suspensions**

\*This is a for fun league and any suspensions will be handled by the league administrator.

\*Fighting is not allowed & will result in an immediate ban from the league with no refund.

\*Refs have the final call in suspending players for the game and any arguing/insults will simply not be tolerated.

**Questions/Concerns**

Contact

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