

## PLAYING GUIDELINES:

**Pulling the Goalie:** Pulling the goalie for an extra player is NOT permitted at any point in the game.

**Time Outs:** Team time-outs are NOT permitted (unless a goalie needs a drink, a player(s) is injured or the convener halts play – however, the clock continues to run)

**Playing Area:** Please keep your body and stick out of the playing area. This means keeping yourself and your stick in the player box. Please store your bags, coats, etc. safely out of the way.

**Arms-length Guideline:** To ensure there is minimal contact, we encourage an arms-length policy. This means players should yield approximately one arm's length to opposing players. For example, if someone is running near a wall to play the ball, the opposing player should yield an arm's length cushion to allow a clear path for that player to avoid hitting the wall. Gym walls are concrete with zero give. Players could be seriously injured around these areas if caution isn't taken.

**Reasonable Resistance:** Players should expect REASONABLE resistance when there is contact with opposing players. Incidental contact will happen in hockey. Pushing/shoving a player is NOT reasonable resistance. Should incidental contact result in an injury, players involved should apologize to one another.

**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 teammates saw the ball go in. The convener can also confirm their viewpoint. Both captains should resolve the issue and come to an agreement prior to proceeding.

**Call Fouls/Penalties when Needed:** The convener will step in and eject players who are a threat to the fun or safety of their opponents. If there is any major issues during the game, please report to PSSC as soon as possible. PSSC will investigate and determine a recommendation.

**No Rushing After Goal Scored:** A team who is scored on must allow the scoring team to return to their half of the court before they can proceed to cross half and play the ball.

**Play Near Walls & Corners:** Players are urged to use caution when competing for the ball near walls or in corners. Pinning players against the wall is not allowed.

**Broken Stick(s):** If a player's stick breaks during the game, play should be stopped. The game may resume once the broken stick is off the surface of play.

**Blocking Shots:** Players are permitted to drop to one knee to block shots. However, for safety, players should not intentionally slide.

**Leaving The Bench:** No player may leave the players' bench at any time during an altercation or for the purpose of starting an altercation. If they do, they will be immediately removed from the game.

**Disallowed Goals:**

When the ball has been directed, batted or thrown into the net by an attacking player other than with a stick. (However, unintentional deflections count)

When the ball has been kicked using a distinct kicking motion.

When a goal has been scored and an ineligible player is on the floor.

When an attacking player has intentionally interfered with a goalkeeper in his goal crease.

When the ball has entered the net after making contact with an attacking player's stick that is above the height of the player's waist.

When a goalkeeper has been pushed into the net together with the ball after making a save.

When the net becomes displaced accidentally. The goal frame is considered to be displaced when

the net is pushed further than 1-foot from where it was, prior to or as the ball enters the goal. (If a team intentionally displaces the net then the goal should count – conveners have discretion in this case.)

If the ball enters through a hole in the netting from the side or back of the goal

If a foul is called just prior to or as the ball enters the goal

When the convener deems the play has been stopped

Digging the ball out from under the goalkeeper after it'd been deemed the goalie has possession

#### EQUIPMENT:

Players may purchase their own sticks to use during the season. Sticks can be bought at Fontaines Sport & Cycle. Goalies should also supply their own equipment. PSSC will provide the necessary equipment to have games played like the balls and nets. PSSC will also provide hockey sticks as well as one set of goalie equipment [i.e. mask, goalie pads, goalie stick, blocker, glove]. All equipment will be issued by a first come first served basis.

Only Hockey sticks and goalie sticks fitted with plastic blades will be allowed. Nothing should be loaded inside of the shafts of sticks either to make them heavier or stiffer. Player's caught using illegal sticks may result in removal of player from the game.

Team jerseys: All players from both teams should bring both light and dark colour shirts to each game. The captains can decide prior to the game which team will wear which colour. Teams may also pick their own unique colour to wear in the games - in this case, they do not need to bring an alternate shirt to the game.

Players can opt to wear protective gear such as helmets, shin pads, hockey gloves, mouth guards and/or eye-wear.

Street hockey and ice hockey goalie equipment are legal. There are no restrictions on the size of goalie equipment (unless it's deemed by the convener that the equipment is outside the spirit of fair play). Goalies are allowed to wear a mask, blocker, catcher, goalie pads, hockey pants and chest protector.

#### GAME TIMES:

Matches will be 60 minutes (including warm-ups). The clock starts at the scheduled game time and teams should warm-up for no more than 5 minutes. Your game must end exactly when the next one is scheduled to begin, regardless of what time your game actually started.

Score and time keeping must be managed by representatives (usually the players on the bench) from both teams. The clock does not stop for any reason as each game must end on time.

In regular season games, ties are allowed - no overtime or shoot-out.

During playoffs, tied games will be broken as followed:

a 3-minute sudden death overtime period

a shoot-out: 4 players from each team get to take a penalty shot. (It does not need to be the players who ended regulation on the floor.)

One of 4 shooters from each team needs to be female. After four shots each, the team with the most goals wins. If the score remains tied, each team alternates shooters until the tie is broken per pair of shooters. (Every player must shoot once before a player can shoot a second time.)

#### DEFINITIONS:

Face-Offs: Center ice face-off occurs to start the game. If a ball is shot out of bounds or there is a foul/penalty or other stoppage in play, possession of the ball is given to the team that was not the last one to touch it before going out of bounds.

Ball in Play: All areas (wall, ceiling) are 'live'. The only exceptions are if a ball is dumped into an area that is not considered part of the playing floor (the stage, behind the player bench/mats, etc.)

Icing/Off-sides: Icing and off sides are not in effect.

Crease Area: Both captains should confirm the size of crease area (usually one stick away from the net) prior to the start of the game (if there isn't already a crease line). A player may enter the crease to score a goal but offensive players should NOT stand in the crease area in an attempt to obstruct the goalie's movement. Goalies are allowed to come outside the crease to cut down the angle on stopping shots and to play the ball with their stick. However, goalies are to keep at least one foot in the crease area at all other times.

Goalie Possession: If a goalie gains possession of the ball they have two options: They can use their stick and pass the ball immediately or they can pick up the ball and drop it behind their net to their own player. If the goalie chooses to drop the ball behind the net, his/her team now has 3-seconds ("3-Mississippi") to put the ball in play. The opposing team must not cross behind the plane of the net until three seconds have passed. If a goalie plays the ball forward then it is in play immediately.

Changing On The Fly: If changing on the fly, players should be fully off the playing area (or within a reasonable distance of the bench with the intent to come off) before their replacement goes on.

## INFRACTIONS:

If a player commits an infraction or is the casualty of an infraction, that player or his teammates on the surface of play are EXPECTED to call it. If an infraction is called the ball should be turned over to the team not committing the infraction. (When an infraction takes place an apology by the offender goes a long way.) Infractions can only be called by players on the floor. (Players on the bench calling infractions will not be heard as it causes confusion for players on the floor as well as the convener.)

Standard Hockey Infractions: All typical hockey infractions such as cross-checking, butt-ending, spearing, tripping, holding, pushing, interference, boarding, hooking, hacking and/or slashing are NOT permitted.

High Sticking: Sticks need to be kept below the waist in the event of a shot or pass (this includes both wind-up and follow through). If the stick comes above a height that is deemed too high then the play should be stopped and the opposing team receive the ball. This encompasses shooting, waving for a pass, running down the floor, going around an opponent and/or after a goal is scored. Players must be in control and responsible for their stick.

Reaching Between Players Legs: A player should not place their stick between other player's legs to try to get the ball. This can result in tripping and/or a greater injury.

**Using the Body to Advance:** A player cannot advance towards their opponent by using their backside as a shield. Any goals made from a backside advance will not count.

**Using the Body to Defend:** A player cannot aggressively push players out of their position to defend their net (aka clearing the front of the net). If an offensive player has position near the front of an opponents net (and doesn't interfere with the goalie), the defender can stand near them, but should not physically push them to gain position.

**Hand Pass:** You cannot pass the ball to your teammate by directing the ball to them with your hands. You may catch the ball, but you must drop the ball to the floor immediately. (It does not matter which zone a player is in at the time.)

**No Stick-Lifts:** No player is permitted to 'lift' their opponents stick while they are receiving a pass or in possession of the ball. A player can pin down another players stick with their own but should not chop down on a players stick.

**Stick Checking:** Although part of any normal game, aggressive stick checking causing injury will not be tolerated and may result in ejection from the game.

**Throwing Equipment:** A player shall not throw a stick or any other object in any zone.

**Too Many Players on the Floor:** If a player comes onto the floor and plays the ball before their replacement is off the floor, an infraction should be called.

**Taunting:** Verbal or physical taunting of opposing players is not permitted. Everyone is an adult, please act like it.

**Delay of Game:** Any player who purposely shoots the ball out of bounds or deliberately falls on a ball to stop play has committed an infraction. This also includes stepping on the ball or pinning it with your foot along the wall/boards.

**Goalie Interference:** (1) an attacking player, either by his positioning or by contact, impairs the goalkeeper's ability to move freely within his crease or defend his goal; or (2) an attacking player initiates intentional or de-liberate contact with a goalkeeper, inside or outside of his goal crease. Incidental contact with a goalkeeper will be permitted, and resulting goals allowed, when such contact is initiated outside of the goal crease, provided the attacking player has made a reasonable effort to avoid such contact.