



### **How Teams are chosen**

You will be placed on a team for the first two weeks of gameplay where you will be evaluated by 4 Team leaders who will then have a draft to choose their team for the season. Once the teams have been selected there will be regular season games. At the conclusion of the regular season, there will be 2 weeks of playoffs to determine the league champion.

### **Game Play Rules**

The game will be played in 3 fifteen minute periods with a 2 minute rest between 1<sup>st</sup> & 2<sup>nd</sup> and 3<sup>rd</sup> periods. Time will run continuously except for team or official time-outs.

1. Each team is permitted a single 1 minute time-out per game
2. Playoffs will be 5 minute stop-time sudden victory overtime if game is tied at the end of regulation

*or*

There will be 3 forty minute games each week with 2 twenty minute halves, a 2 minute half-time and a 5 minute break between games.

1. Each team is permitted a single 1 minute time-out per game
2. Playoffs will be 5 minute stop-time sudden victory overtime if game is tied at the end of regulation

### **Playoffs**

At the conclusion of the regular season there will be a 4 team round-robin play day. The following week will be the finals and bronze-medal game (1 vs. 2, 3 vs. 4)

### **Player's Equipment**

1. All players must always wear the following pieces of equipment: helmet, mask, gloves, and a Jock strap.
2. The following pieces of equipment are optional: elbow pads, mouth guards, shoulder and arm pads, back/kidney pads, and knee pads
3. No hard-shell plastic shoulder pads permitted

### **Possession**

1. Team in possession of the ball retains possession for restart after a stoppage for ANY injury.
2. The first player to a loose ball along the boards is awarded possession.

## **Shooting**

1. No deliberately hard shots are to be directed through a crowd. This results in a loss of possession. Players are encouraged to go around an opponent before shooting. A player moving towards the net must step around the defender before attempting the shot and must have a clear shooting lane to the net. If the shooter is stationary, the shooter must be a body length away from the defensive player and must have a clear shooting lane to the net.
2. Note: this rule applies only to shots taken outside of the dotted line.
3. Any offensive player hitting a defensive player with the ball on a SHOT towards the goal will be assessed a minor penalty. If a goal is scored on the shot, the goal will not count.
4. Note: It is not a penalty if the defensive player is hit with the shot while in the crease or if the defensive player makes a deliberate move to stop the shot. This rule applies only to shots taken outside of the dotted line.
5. In the event of a follow through penalty on a shot, any goal scored will not count.

## **Contact**

1. There is absolutely no stick to body contact. All stick to body contact – slashing - (from anywhere on the floor) shall be assessed a minor or major penalty.
2. Any offensive player (including the ball-carrier) who deliberately charges directly at a defensive player may be assessed a charging penalty.
3. An interference penalty will be assessed to any player who deliberately holds his stick in the face of his opponent.
4. All contact shall be hands together gloves to body of the “steering” type as compared to hitting or punching contact. Any play deemed to be excessively rough will result in a minor or major penalty.
5. Any deliberate attempt to injure will result in a match penalty.

## **Zone Defense**

1. No team may use a zone defense when teams are at even strength. The first offence is a warning. Any subsequent zone defense violations will result in a bench minor penalty to the defensive team.
2. A team may use a zone defense when shorthanded.
3. A team on a power play may shoot through the lanes of a zone defense.

## **Penalties**

1. Any player receiving 3 penalties in the game will be expelled from the balance of the game.
  - a. If a player receives a 2nd 3 penalty game expulsion they will get an additional 1 game suspension.
2. Any penalties on the ball carrier during a breakaway shall result in a Penalty Shot. If no goal is scored, play will restart with possession to the non-offending team at centre.
3. Any unsportsmanlike penalty will result in double minor. The penalized player will go to the penalty box, and the penalty does count towards the 3 penalty expulsion rule.
4. Any player receiving a major penalty will be removed from the game PLUS the game following. If the removal takes place in the last game of a tournament/playoffs, the suspension carries over to the next tournament or regular season game. Exhibition games do not count towards the suspension.
5. Any player penalized for fighting and deemed to be the aggressor or instigator, will be removed from the game, and suspended pending a disciplinary hearing.

## **Stick Checks and Goal Keeper Measurements**

While player stick checks and goal keeper equipment measurements are not permitted, the referee, at his/her direction, may direct removal of a stick, equipment and/or off floor equipment alteration so to ensure safe and/or fair play.

## **Players Movement**

1. Between teams is permitted with approval of executive.
2. Pickups must be registered properly, fee is \$10 per game.
3. Playoffs, no team can use a Player from other teams, or a player from the spare list.
4. Goaltenders may be pulled from other teams or spare list.