



Waterloo Regional Adult Ball Hockey League

2013 Adult Gym League

Bylaw and Rule Highlights

- **Team/Player Registration** – All teams' players, *including coaches*, must be registered before participation. Use of a non-registered player or coach will result in game default(s) as well as further action by officials (i.e. Suspension). All participants must be seventeen (17) years of age or older during the current season of league play.
- **Team Uniform** – All teams' players must wear like coloured shirt/jersey with a permanent number (no tape) clearly displayed on the back. If any one player does not have a proper uniform, including a permanent number, the entire team must use the provided pinnies.
- **Mercy Rule** - When the goal span reaches **seven (7) goal differential** at any time in the second period, the game is over and the final score is registered at that score. Referees must stay and continue refereeing the game if both teams decide to scrimmage after the Mercy Rule takes effect.
- **Length of Games and Game Components** - Games will consist of two (2) periods, each being twenty four (24) minutes run time. One (1) thirty (30) second timeout per period for each team is granted.
- **Standings Tie Breakers** - The following criteria will further rank teams in regular season and post season round robin standings:

1	Team with most points
2	Head to head wins
3	Team with fewest penalty minutes
4	Team with fewest goals against
5	Team with the fewest losses
6	Goal span percentage (goals for divided by the sum of (goals for + goals against))

- **Overtime Procedure**

- **Regular season games and round robin play-off games:**

1. Games which end in a tie during these games will result in a **'sudden death' shootout** to determine a victor.
2. Both teams receive one (1) point for the tie during the game.
3. Each team shall select players to shoot until a victor is established. All players, on the team with the fewest players participating, must shoot before the shoot-out line-up is recycled for both teams in the shoot-out (this is only if a victor is yet to established).
4. The team to score first during their opportunity, while the other team fails to score during the same opportunity, will win the game.
5. Winning team will earn one (1) extra point.

- **Non-Round Robin play-off games or elimination games:**

1. Games which end in a tie during these games will result in the following.
2. **'sudden victory' overtime** - A five (5) minute overtime period will be played after a two (2) minute rest after regulation ends. Each team is awarded one (1) timeout for this overtime period
3. **'best of' shootout** – 5 players are selected for shootout. The team that scores more goals after the 5 shooters is the winner. Once a team scores more goals than the other team is capable of scoring, the shootout is stopped and the team with more goals is the winner
4. **3) 'sudden death' shootout** – the same 5 players selected for shootout will participate in a sudden death shootout where when one team scores and the other does not, that team is the winner

- **Other Playing Rules**

1. Hockey helmets are mandatory, face masks highly recommended. All helmets and face masks must be CSA approved and have CSA sticker. CSA approved lacrosse helmets/face masks and palm covered gloves are allowed.
2. Soccer shin guards are highly recommended and do not need to be covered by socks. Hockey shin guards and other forms of hard shin guards which cover the leg must be covered completely.
3. The 'visitor' team will be responsible to change jerseys when a colour conflict occurs.
4. If a team is unable to field a team of at least four (4) players for an upcoming game, they are only eligible to recruit a maximum of two (2) players from another team within their Tier. The league conveners must be notified of this situation one (1) day in advance to the game and be given the name(s) of the player(s) the team is using. The two recruited players cannot be from the team that the recruiting team is playing. These players can only play for that game. All teams are eligible for this action a maximum of once per season and cannot use this action in the final two (2) games of the regular season and any play-off or championship games.

5. During play if the ball makes contact with any part of the basketball net above the goaltenders the play will be immediately called off and the resulting face-off will be at 'center floor'.
6. **High sticking** is the act of raising **one's stick above the shoulders**. This may be as a result of an **attempt at or direct contact with the ball** with any part of the hockey stick above the shoulders. This action will result in a minor penalty.
7. Jewelry is prohibited and must be removed or covered accordingly (if unable to remove) prior to playing. Medical alert bracelets or necklace are eligible to be worn during play. Referees are encouraged to remind players of removing jewelry prior to start of game, however if a player is caught with jewelry who was previously warned to remove it will receive a minor penalty for delay of game.
8. Any contact with the opposing team's goaltender which, in the opinion of the official, occurs in the goalie's crease will result in a minimum minor penalty call.
9. During play if any player throws a stick or any item at a player, or the ball to disrupt play, will result in an automatic ten (10) minute major penalty, a Game Ejection (GE), and an one (1) game suspension.
10. Fighting is prohibited in the league, and players/coaches who fight on the premises of the playing facility will be given a fighting major which results in; an eight (8) game suspension which must be served for on team only ; a \$125 fine charged to the player; a suspension from all other league involvement until the eight (8) games and the \$125 fine has been served and paid; be placed on a six (6) month probation period after the suspension has been served.
11. Penalties will result in penalty shots, the number of penalty shots will be determined by the severity of the penalty. One (1) penalty shot for each minor penalty; two (2) penalty shots for each five (5) minute major; three (3) penalty shots for each ten (10) minute major.
No penalty shot(s) will be awarded to either team on coincidental penalties.
Only players (excluding goalies) on the playing surface during the time of a penalty infraction are allowed to take the resulting penalty shot(s).
If a goal is scored during a penalty shot the resulting face-off will be at 'center floor'. If no goal is scored on a penalty shot the resulting face-off will be in the offending team's defensive zone. Face-offs on coincidental penalties will be in the zone where the ball was last played before the penalty call.
12. All non-minor penalty shall result in game ejection. 3 penalties in one game results in a Game Ejection (GE).
13. If a player is within 5 feet of the wall, who in the opinion of the official(s), is in a vulnerable position and is pushed from behind or from the side towards the wall by an opposing player, the opposing player will receive a minor penalty for Boarding. The penalty may be increased to a double minor for Boarding at the officials discretion.
14. Any player, who plays in multiple divisions, who receives any major penalty which result in game suspensions will be automatically suspended from all games for that day. These games missed do **NOT** contribute towards the games suspended. However, any game (the player is registered to play) after the day of infraction will be counted towards the games which the player will serve for the suspension.
15. All major fines are the responsibility of the team. 100% of any team's fines must be paid prior to the team's next game. No fine money will be accepted at the facility and must be paid at least a day prior to team's next game.
16. Verbal and physical abuse of league officials will not be tolerated. These actions may result in game ejections, suspensions, and/or fines depending on severity of the action. If any player disagrees with the an officials performance, please contact the league conveners via email after a twenty-four (24) 'cool-down' period.

A complete copy of league rules will be available for review at www.absoluteballhockey.com



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Team Rep Acknowledgement Form

	Team Name	Rep Name	Signature
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	Team Name	Rep Name	Signature
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