

The
Bigs
ULTIMATE SPORTS GRILL

Senior Women's

Ball Hockey League



2020

RULEBOOK



GAMEON SPORTS

THE BIGS ULTIMATE SPORTS GRILL WOMEN'S 4ON4 BALL HOCKEY LEAGUE

The rules, as contained within this official GameOn Sports document are in conjunction with the official rules of the Canadian Ball Hockey Association Official Rulebook and the Rules & Regulations of the Newfoundland and Labrador Ball hockey Association.

As per the official Canadian Ball Hockey Association Rulebook, during internal branch competition, branches may make variation to the Canadian Ball Hockey Association's official rules, providing these variations are more restrictive than the rules as written.

The Big's Ultimate Sports Grill Women's 4 on 4 Ball Hockey League Rulebook is prepared for ease-of-use and convenient reference only. Should errors occur, the contents of reference documents will be interpreted by the Board of Directors of GameOn Sports.

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SECTION I: TEAMS

ROSTER SIZE

Maximum of 12 Players can be signed (includes at least one goalie). Minimum of 9 Players can be signed (includes at least one goalie).

ROSTER FREEZE

No player(s) can be added or removed from a team's roster when the Player Freeze is active. *[Suspended roster players cannot be removed from a roster while serving their suspension.]*

The 1st Player Freeze will be in effect at the start of the season and will not be lifted until completion of a 1/3 of the season.

The 2nd and final Player Freeze will be active one week from the point when 1st player freeze was lifted to the completion of the Season (including playoffs). *Player movement will be made by the recommendation of league Officials and approval of the Board of Directors.*

BENCH SIZE

A maximum of 12 runners plus 1 goalie is permitted for each and every game during the regular season and the playoffs. A minimum of 4 runners plus 1 goalie is required for each and every game.

TEAM REP/ALTERNATE TEAM REP

- It is their duty to represent their team with all matters regarding the league.
- They are responsible for making sure they have enough players to participate in their scheduled game.
- They are required to notify the Board if they cannot submit a roster for an upcoming scheduled game.
- They are required to make sure their team is aware of league rules and where to obtain such information.
- They are the liaison between player(s)/team(s) and the Board, all concerns/questions would go through team reps and brought to the board and the board would go through the team rep whom would in turn go to their player(s).
- Team members (players) are responsible to contact their team rep regarding a league questions/concerns so that it can be put forward to the Board

- Team members (players) are also responsible to notify their team reps in case they cannot participate in their game, this is especially important for goaltenders as an alternate would have to be arranged.

CAPTAIN/ALTERNATE CAPTAINS

Every team is required to have 1 captain and 1 alternate, as they are the ones permitted to speak with an on-floor official. The captain or alternate captain must wait until the on-floor official has reported whatever call is being made to the scorekeeper before they can receive clarification of the call being made.

ILLEGAL PLAYER(S)

- Player(s) will be suspended (suspension length subject to NLBHA review), pending on if player was registered or is allowed to register.
- Team will be assessed a forfeit penalty for use of an illegal player(s).

SECTION II: GAME FORMATS

LENGTH

- Regular season will consist of two 22 minute periods per game followed by a shoot-out (if necessary).
- The playoffs will consist of two 22 minute periods per game followed by a sudden death 10 minute period (if necessary). If no winner has been determined after the first sudden death period, an extra period(s) of 22 minutes will be added until a winner has been declared.

BREAKS & TIME-OUTS

- There will be a 1 minute break between periods.
- There will be no breaks between the end of regulation time and the start of the overtime period/shoot-out.
- There will also be 1-30 second time-out per team, per period, per game. (includes overtime)
- Time-outs can be called at any time after the whistle has been blown and prior to a face off, any player from anywhere on the floor can call a time-out (must be a player from the floor).

START & END

- Games will start at 5 minutes after the scheduled game time.
- Failure to provide a starting line-up after 10 minutes will lead to a 2-minute minor delay of game penalty being assessed to the offending team(s).
- Failure to provide a starting line-up after 15 minutes will lead to the scheduled game having a forfeit penalty being assessed to the offending team(s).
- If both teams can provide a line-up, the ball will be dropped in the face-off circle at the 15 minute mark (after the schedule time) whether both teams are ready or not. If a team's goalie isn't ready for the start of the game then that team can use 5 players (with an empty net) until the goalie is ready to start (the game will be forfeited if the goalie isn't ready before the completion of the 1st period).
- Games will end at the completion of all periods including overtime/shoot-out or at the completion of the hour. (discretion of the referee will be applied with regards to going over allowed time)

SPEED FACE-OFFS

Teams have no more than 5 seconds to line up for the ensuring face-off.

SHOOT-OUT RULES

- Two points awarded to a team that wins in regulation/shootout; one point to a team that loses in the shootout; and no points to a team that loses in regulation.
- Each team names three players. List must be given to an official who will supply the list to the scorekeeper.
- Players must shoot in order as they were written down.
- Home teams chooses which team shoots first.
- Games remaining tied after the 1st three players [3 per team] will continue with "sudden death". Each team will provide the Official with their next player in line to shoot.
- Teams must have the same many shooters unless there is no chance in tying the score.
- Player(s) serving a penalty going into the shoot-out cannot take part. (i.e. If time is remaining on a penalty at completion of game, they cannot shoot)

- Players(s) cannot be repeated for another turn in the shoot-out until the entire bench has been used. [excluding penalized players / goalies]
- Only the game winning goal will be counted towards individual statistics.

RE-SCHEDULING REQUEST

- You may only request to swap dates/times that currently exist in the schedule.
- Only regular season games can be swapped with regular season games and playoff games with playoff games.
- Get written permission from your opponent's team rep by having them send an e-mail to the League confirming that they agree to the change in the schedule. [e-mail must also have listed the new date and time]
- Get written permission from both teams that you want to swap dates/times with. [e-mail must also have listed the new date and time]
- Make sure there are no repeated games/teams playing on the night of the requested switch. [e.g. Team 1 swaps for a different date however will be denied due to the fact they are already scheduled to play on the night in question.]
- Pay a \$20.00 administrative fee. (payable upon request being granted)
- All e-mails should be sent to official@ballhockeyone.com

MERCY RULE

- The MERCY RULE comes into effect once one team is leading the other by a margin of seven (7) goals or more with less than 11:00 minutes remaining in the 2nd period.
- The MERCY RULE may also come be applied if a team is leading the other by a margin of ten (10) goals or more at the completion of the 1st period.

PLAYOFF QUALIFICATIONS

- To qualify for participation in the Playoffs, a player must have played a minimum of 1/3 [e.g. - 15 game season, 5 games played, 9 game season, 3 games played] of their regular season games from the time they were signed. (Back-up Goalies are excluded from this rule.)

TIE BREAKING PROCEDURE

If two (2) or more teams are tied within a group or division, then the tie is broken in the following order:

1. the team with most wins in round-robin schedule;
2. record between teams in round-robin schedule;
3. greatest positive goal difference between goals scored minus goals allowed, from all round-robin games involving only the tied teams;
4. greatest positive goal difference between goals scored minus goals allowed, from all round-robin games;
5. highest total of goals scored in games involving only the tied teams;
6. highest total of goals scored in all round-round games;
7. if a tie still exists then the teams will play a shoot-out.
 - NOTE 1: If a tie exists between two (2) teams who have not played each other in the round-robin portion of the tournament, they shall play a deciding game.
 - NOTE 2: For the purpose of the plus/minus ratios, a team cannot achieve more than plus seven (7) in any one (1) game.

GAME SHEETS

- Each team, at the beginning of each game will have to fill out their portion of the official game sheet/game card and return it to the scorekeeper prior to the start of the game.
- Players who are not listed on the game sheet or who are listed incorrectly will not be permitted to play.
- Players whom are listed on the game sheet as identified by their jersey number can participate during anytime of their arrival for their game as per CBHA rules and regulations.

FORFEITS

1. Offending team(s) would be assessed a loss as well as a minus seven (7) towards their plus minus ratio.
2. Two (2) or more forfeits within a season would require a review from the Board to determine if the offending team(s) would be removed from any further participation within the league.

SECTION III: SUSPENSIONS

AUTOMATIC | SUPPLEMENTAL SUSPENSIONS

- All suspensions are listed as Automatic however supplemental discipline can be assessed where noted.
- Automatic suspensions are not up for appeal. (includes the doubling of each offence for repeat offenders)
- The appeal process applies to supplemental discipline pending appeal procedures being applied.
- All automatic suspensions will double with each and every offence. (e.g. - 1st offence = 1 game, 2nd offence = 2 games, 3rd offence = 4 games and so on)
- Repeat offenders (i.e. - Fighting or Match Penalties) may be removed from further participation within the league.
- All suspensions will be listed on the restricted area of our official website with access being granted to registered league members only.
- Players do not need to be notified of their pending suspension(s) as they were made aware of it when the penalty was originally assessed and recorded on their game sheet. Notification of a pending suspension is only necessary when supplemental discipline has been assessed.

MISCONDUCTS

3. No suspension assessed for one (1) Misconduct in a game.
4. One (1) game suspension will be assessed to any player who receives two Misconducts in one (1) game.

GAME MISCONDUCTS

1. One (1) game suspension.
2. Checking from behind – 2min penalty assessed = One (1) game suspension | 5min penalty assessed = Four (4) game suspension.
3. Rule 47 – CBHA Rulebook (Abuse of an Official) – four (4) game suspension.

GROSS MISCONDUCT

1. Four (4) game suspension.

FIGHTING MAJORS

4. A minimum of fifteen (15) games [instigator receives 2 additional games | aggressor receives 5 additional games]

MATCH PENALTIES

- A deliberate attempt to injure an individual can lead to removal from any further participation within the season/playoffs with possible removal from any further league participation. (suspension length indefinitely pending Newfoundland and Labrador Ball hockey Association review)

APPEAL PROCESS

1. Player/Team must be in good standing with the league (all requirements fulfilled, such as registration, etc..)
2. Players have the right to appeal any suspension that exceeds the automatic suspension being issued by the AFBHA; however, a player is not entitled to participate in any AFBHA sanctioned event until the appeal has been heard and a result been given.
3. All appeals to the AFBHA President must be submitted in writing via e-mail within 48 hours of the game in which the player was penalized, or from the time the team was notified of the suspension.
4. The appeal must be accompanied by a deposit of \$50, which may be forfeited to the AFBHA if the appeal is disallowed. Appeal fee may be refunded if an appeal has been heard and the result is in favor of the protester. [i.e. - reduction in suspension]
5. The AFBHA President may refuse an appeal if he/she feels that its grounds are not valid.
6. Any player or team official incurring a match penalty shall not be permitted to take part in any further games until her suspension has been dealt with by the league executive, this includes any appeal process.
7. Appeals may be made only in regard to interpretation of the rules of competition, and not in regard to the judgment of a referee or other officials. [i.e. - referee decision cannot be overruled]

8. Appeals will only deal with the case in hand, the official's report. [Official's report cannot be disputed]
9. Only the team rep and player requesting an appeal may appear at an appeal hearing.
10. Player/Team Rep will have a chance to voice their concerns with reference to the interpretation of the rules and how it effects them.
11. At the completion of the appeal hearing, a private vote will take place among the appeal committee members with the ruling being sent to the team rep, via e-mail, within six hours of the decision. (Team rep/player will not be present during the voting process.)
12. In case of a tie, the original suspension issued would stand.
13. Meeting will be adjourned if appeal goes off topic from the case at hand with the original suspension remaining intact.
14. The AFBHA, NLBHA and CBHA will receive the findings from this appeal for final closure.
15. The committee ruling will be the final decision and will no longer be open for appeal.

SECTION IV: PENALTIES

STICK INFRACTIONS

- Slashing and High Sticking [excluded - "high sticking the ball" which is a two (2) minute minor penalty] a four (4) minute double minor penalty will be assessed by the Referee.
- When a player carries or holds any part of her stick above the shoulders of the opponent so that injury results, the Referee shall assess a five (5) minute major penalty (automatic Game Misconduct will be assessed by the Referee and reported to the Board of Directors) for all contact that causes an injury, whether accidental or careless, in the opinion of the Referee.

MINOR PENALTIES

- All minor penalties will be 2 minutes in length.
- Double minor penalties can be assessed.
- Penalties will be based on the rules of the CBHA rule book.
- Penalties to take note of are **Stepping on the Ball** - is a delay of game penalty and is 2 minutes in length, **High sticking the ball** - is a 2 minute penalty.
- A player who receives minor penalties (*i.e. roughing, elbowing, boarding etc...*) within the last few minutes of a game may have their penalties reviewed at the conclusion of the game with possible suspensions.

- If a player receives three (3) penalties in a game, that player will be removed from further participation in that game.
- Double High sticking minors count has only one (1) penalty.
- Cross Check, Boarding, Hit from Behind, Body Contact, Head Contact = minimum 4min penalty
- Only one (1) goal can be scored against a four (4) minute penalty, a team can replace their penalized player once a goal has been allowed however the player penalized will have to serve the entire four (4) minutes and wait for the first stoppage in play.
- Player(s) whom are tossed from a game must leave the playing surface and head to their dressing room or leave the building, standing outside the playing surface will not be acceptable and will lead to the appropriate penalties/suspensions being assessed.
- Alcohol is not permitted, guilty individuals will be assessed a one (1) game suspension.
- Northpoint Sports Facility is a smoke free facility - violators of their policies will be assessed a one (1) game suspension.
- Board members, Referees or Scorekeepers shall not be approached regarding any disputed call(s)/non-call(s) or any other disputed items re: the league. There will be no tolerance for guilty individuals, appropriate penalties/suspension will be assessed. Only authorized team reps can contact officials via e-mail to voice their concerns/complaints. A meeting may be scheduled if justification has been provided.
- Any player who is suspended for an "intentional action" [verbal or physical] that is accompanied by a minimum 10 game suspension has to re-apply via e-mail, must sign a waiver agreeing to the criteria put forth by the league. If during that time they receive another offence that is intentional [verbal or physical] no matter the length of the suspension, they shall receive a minimum 5 year [not season] ban from participating in any league/event sanctioned by GameOn Sports]. If the player(s) in question goes the entire year without incident, she shall not need to repeat the above for the following season.

SECTION V: GOALIES

SPARE GOALIES

- Spare goalies are used in the case that a team's goaltender can't participate in her game.
- Goalies which are deemed as spare goalies are those who have registered with the league as a league spare.
- A team can borrow a goalie from a team that they are not playing against.

- A team can borrow a goalie from a team that didn't qualify for playoff participation or their playoff participation has concluded.
- A registered team goalie cannot play out and have her team use a spare goalie. (exception to this rule is, the team in question needs a fourth runner in order to prevent a forfeit)
- In order to use a spare goalie, a team must provide (if required by the Board) proof to why their goaltender isn't participating in their game. Failure to provide this proof will lead to the spare goalie request being denied.

GOALIE DESIGNATED AREA

- A goalkeeper shall not play the ball outside of the designated area behind the net.
- This area shall be defined by lines that begin from either goal post and extend diagonally to points apart at the end boards.
- Should the goalkeeper play the ball outside of the designated area behind the goal line, a minor penalty for delay of game shall be assessed.
- The Determining factor shall be the position of the ball.
- A minor penalty will not be assessed when a goalkeeper plays the ball while maintaining foot contact with their goal crease.
- A goalkeeper can only cover the ball while maintaining foot contact with his goal crease. A minor penalty for a delay of game shall be called if the goalkeeper fails to do this.

SECTION VI: EQUIPMENT

PLAYER EQUIPMENT

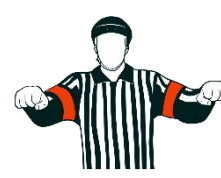
1. All players must wear CSA approved Gloves, Full Facial Protection and Helmets.
2. All other protective gear such as shin guards, elbow pads etc.. are recommended.
3. Shoulder pads are not permitted.
4. Elbows pads must be covered as well as any shin guards that are not specifically made for ball hockey.
5. No plastic hockey blades permitted and no black tape on the blade permitted.

GOALIE EQUIPMENT

1. Goalies must wear CSA approved goalie equipment, street hockey gear will not be permitted.
2. Certain Cat's eye goalie masks are prohibited.
3. Only durable and firmly secured water bottles are permitted on the net. A delay of game penalty will be assessed if a drinking container breaks and spills water on the floor.

JERSEYS

- All players who participating in a league game must wear a Jersey or T-Shirt that is color coordinated with the rest of their team.
- All Players must have a different, clear and visible number on the back of their Jersey/T-Shirt. (Tape is permitted however if tape comes off then player(s) will be assessed a two (2) minor penalty for illegal equipment)
- Players who do not abide to these rules will not be permitted to play by the official in charge of the game.
- If two competing team Jerseys clash, the home team on the schedule has to change their Jerseys. This rule does not apply to teams who registered their Jersey colors with the League and were approved by the league. Those teams have the right to wear their team Jerseys and the team that clashes with their Jersey will have to change their Jersey whether they are the Home team or not.

SAMPLE OF SOME PENALTY SIGNALS**SLASHING****INTERFERENCE****HOLDING****ROUGHING****HIGH-STICKING****HOOKING****MISCONDUCT****CROSSCHECKING****ELBOWING****HEAD CONTACT****TRIPPING****BODY CONTACT**

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