IM Ball Hockey Rules and Regulations

EQUIPMENT

1. All players must supply their own sticks, but pinnies and floor hockey balls will be provided.
2. The stick shaft may be plastic, wood, or aluminum.

GAMEPLAY

3. Teams will consist of a minimum of 3 players and 1 goalie. Games will be 3v3 plus a goalie.
4. Rosters max out at 10.
5. For Co-ed Ball Hockey there must be at least 1 member of the opposite gender on the floor at all times, excluding the goalie.
6. Where a time clock is available, each game will consist of three periods of 10 minutes with clock stoppages for the following: after a goal, penalty, offside, icing, ball out of play, or goaltender holding the ball for more than a few seconds.
7. If a clock is not available or there is a shortage of time, three periods of 15 minutes running time will be played.
8. Substitution may occur at any time during the duration of the game.
9. If a player should cause the ball to go out of play then he/she will give up possession to the opposing team. The referee will blow the whistle as soon as the goalie has control of the ball. At this point the goalie has 5 seconds to pass the ball off to his/her teammate.
10. When in control of the ball, the goalie has two options: he/she can pass the ball forward with a stick; or, pass behind the net with either a stick or glove. If the ball is passed behind the net then the defending team has 5 seconds to touch the ball. If the ball is passed behind the net and a player should touch the ball before the 5 seconds, play immediately begins.
11. To score a legal goal, it cannot be kicked in; nor struck with a stick above the shoulders; nor pushed in using the hand, nor while offside.

PENALTIES

12. In addition to the related penalties outlined in the Hockey Canada Rulebook, there is no icing, no offside, no body contact, no raising of sticks and no slapshots with the back swing of the stick over the knees.
13. If an illegal shot is taken the referee will blow the whistle and give possession to the opposite team. Penalties will be 2 minutes (3 minutes if playing running time) in length. Any player constituting a major penalty will mean expulsion from the game. Any player given 2 minor penalties will be ejected from the game.
14. **ANY PLAYER WHO IS EJECTED FROM A GAME WILL BE AUTOMATICALLY SUSPENDED FROM THE LEAGUE PENDING A DISCIPLINARY MEETING WITH THE DISCIPLINARY COMMITTEE AND INTRAMURAL PROGRAMMER.**

TIES and OVERTIME
15. During the regular season, there will be no overtime played.
16. For playoff games that are tied after regulation time, a **five-minute** running time sudden death period will be played.
17. If the game remains tied upon completion of the sudden death period, three (3) players/team will shoot penalty shots.
18. If after these six (3) players have taken their penalty shots, the game remains tied, another player from each team will be chosen to shoot. This procedure continues until the tie is broken.
19. No player is permitted to shoot twice until all other skaters have had a turn.
20. During the shoot-out both teams shoot simultaneously at opposite ends of the rink. For the overtime, the goaltenders will remain in the nets that they were in during the third period.