



SSNL GENERAL TECH STANDARD RULES AND REGULATIONS

The following regulations will apply to ALL qualification and provincial tournaments under the jurisdiction of School Sports Newfoundland and Labrador (SSNL). Please consult the technical standards, which follow for specific sport rules.

1. All SSNL sports have some sport specific rules that differ from Provincial Sport Organization or National Governing body playing rules so make sure you and the Officials review these in the tech standards that follow. They **MUST** be followed.
2. No player will be permitted to play wearing a cast made of plaster, fibreglass or any other material considered dangerous by the official.
3. All school teams **MUST DECLARE AND REGISTER** through the [SSNL HUB](#) by the designated dates. Any school teams not declared and registered through the HUB by the designated dates will not be permitted to participate in SSNL Events (Foundation, Qualifier, or Provincial).
4. SSNL has instituted a maximum point spread to be used in tie breaking situations and to promote SSNL ideals of sportsmanship. All games should be recorded on the SSNL tournament page website and at the playing venue(s) and reported to media using only the maximum point spread as set out in the technical standards of each sport. In the tie-breaking procedure, the goal/point spread must credit all the points for the losing team only (eg. If sport has a max 7-point reporting spread and score was 12-2 then report/post as 9-2, not 7-0).
5. There is a no fighting policy in all SSNL events. Any violation will result in an immediate expulsion from the tournament and a possible multi-year suspension from all SSNL activities.
6. SSNL has banned the use of **electronic and mechanical noise makers** (Air horns, mega phones, **[NEW 26-27]** Stadium Horns, and Loud Cups) during SSNL events. SSNL will provide signage to all schools.



7. Players and fans are not permitted to engage in behaviour where they are intentionally trying to distract players or are impeding on the playing surface. Failure to comply could result in in-game penalties, expulsion from the playing venue, and further discipline from SSNL.
7. Teacher-sponsors must be on the bench at all times. Games do not start without the teacher-sponsor present. If the teacher-sponsor is not on the bench 10 minutes after the scheduled start time, the team without the essential personnel will lose the game by default.
8. Players who are not dressing for a game are permitted to still sit in the bench area, but are still subject to all rules governing appropriate team behaviour.
9. Team composition is at the discretion of the coach and can change from the Qualifier to the Provincial Tournament. SSNL does encourage, however, that coaches consider rewarding those players that helped win a Provincial berth with a place on the team for that tournament as well.
10. SSNL game referees are to be instructed to remain on the floor after the game to sign the score sheet and participate/oversee the shaking of hands by teams.
11. In-Game Protests: It is expected that all tournament game related protests be made in-game when the issue arises. Teams wishing to protest must do so in game by telling the Referee (or in sports where self-refereeing is used, stop and tell the convenor or other designated official) at the next available stoppage in play. The Tournament Protest Committee shall review and rule on the issue within a reasonable time before the game will re-commence. For Provincials, the SSNL Rep may be used to help with the ruling. You CANNOT protest discretionary calls by the referee. **Protests must still be accompanied in game by a \$50 protest fee or they will not be considered.** See "Protest, Disciplinary Infractions, and Appeals" section in the SSNL Varsity Manual for more details.
11. Coaches are not permitted to change any SSNL rules at the coaches meeting or at any other time by consensus vote. Any change in rules in this situation could result in a loss of points by infringing teams, potential school fines and sanctions, and/or the entire tournament being voided.



11. The use of unauthorized video replays is banned from SSNL events as a measure of officiating.

11. No cell phones or any person who is not a minor official are permitted at scorer's tables.

15. Game officials **MUST** provide written reports to the convenor for all major rule infractions.

16. Members of the coaching staff must complete the CAC Safe Sport Training.

- "Making Headway" - To be completed by minimum of one member of the coaching staff
- "Safe Sport" Training - To be completed by all Coaches and Teacher-Sponsors
- "Rule of Two" - To be completed by all Coaches and Teacher-Sponsors

17. SSNL philosophy values team accomplishments and sportsmanship. Aside from SSNL sports with an individual component, the Sportsmanship and MVP medals will be the only individual awards presented at SSNL tournaments. There are to be no other individual awards (i.e. Player of the Game or All-Star Team) to be awarded at our tournaments. Failure to comply with this will result in a \$100 fine and possible further sanctions.

17. Fines:

- a. Schools who have qualified (through winning their Qualifier or a receiving a bye) for a Provincial tournament and who (AFTER REGISTERING their team) do not attend the tournament, will be fined \$300 if the reason for pulling out is not deemed valid by the Varsity Council.
 - a. If said team pulls out of the Provincials after Wednesday 5pm of the registration week they will also be required to pay the full Provincial Tournament registration.
 - a. Any school that withdraws from a Provincial tournament after the schedule has been approved/released will receive a two-year ban on hosting in that sport and gender.
 - a. Aside from the fines, teams will still be responsible for any expenses they incurred regarding the Provincial tournament (e.g. t-shirts, meals).
 - a. Any school that fails to pay the assessed fines by June 30 of the current year, will be suspended until the fine has been paid.



2026-27 SSNL VARSITY BALL HOCKEY TECHNICAL STANDARDS

EVENTS

Unless there is a competition between at least two teams/individuals in any SSNL tournament, there will be no medals or banners awarded.

Provincial champions will be declared in:

1. Boys and Girls 4A
2. Boys and Girls 3A
3. Boys and Girls 2A
4. Boys and Girls A

REGISTRATION FEES

A maximum of \$150 per team but subject to change with approval from SSNL Office

Participation fee of \$10 per athlete for Provincials

Participation fee of \$7 per athlete for Qualification Tournaments.

RULES

The SSNL Ball Hockey Tech Standards list regulations for SSNL tournaments below, but refer to the full SSNL Ball Hockey Rule Book at the end of this document for an extended breakdown on Rules and Penalties. There are new/updated rules in this document so all teams must familiarize themselves with it.

It is the responsibility of all convenors to ensure that all officials have a copy of the tech standards and rule book and understand its contents before a tournament begins. The documents will be also available on our website on the Ball Hockey sports page.



TEAM COMPOSITION

1. Teams will be allowed to register a maximum of 15 players per tournament with a maximum of 15 dressing per game.
2. Players not dressed are permitted to be on the bench, but are still subject to all the rules of the game.
3. Teams on the court will consist of 3 players plus a goalie.

EQUIPMENT

1. The official SSNL ball hockey ball is the Knapper Official 65mm PRO FLUID Orange Ball. These balls are to be used at all Qualifier and Provincial tournaments. SSNL will provide game balls.
2. Player **MUST** wear/use:
 - a. C.S.A approved helmets with full cages/visors.
 - a. Protective gloves - Hockey, ball hockey, broomball or lacrosse “protective gloves” are permitted.
 - a. Wooden, composite, and aluminum sticks without tape of any kind on the bottom of the blades.
 - a. Team uniforms (t-shirt/jersey). Uniforms must have a legible number on the back.
 - a. Any shin guards designed for floor/ball hockey are permitted outside of pants or with shorts. Any modified shin pads (ex. Hockey shin pads with the Knee Cap removed) should be inspected to ensure no sharp edges exist posing a risk to players on the floor.

Goalies **MUST** wear/use:

- f. CSA approved helmet and/or goalie mask with attached neck protector or separate neck protector.
- f. Jersey or shirt with a legible number on the back.
- f. Ice or ball hockey goalie glove and blocker.
- f. Ice or ball hockey goalie pads.
- f. Ice or ball hockey pants and chest/arm protector.
- f. A jock/jill.
- f. Wooden, composite, or aluminum stick without tape of any kind on the bottom of the blades.

NOTE: There should be no substitutes for this equipment that is not normally worn in either ice or ball hockey and this includes softball gloves and street hockey goalie masks.



PLAYING FACILITY

1. Games will be played in a gymnasium or other suitable indoor facility.
2. Playing court must be at least be the size of an official basketball court with no major obstructions protruding from the wall.
3. Player's benches, penalty box, spectator area and scorer's table must not be part of the playing surface. Any barriers used to create benches or block openings in a gym must be constructed from a solid material such as wood that cannot be easily moved.
4. All venues must have a marked face off area to the right and left of the goalie.
5. All venues must have a designated goalie's crease measuring 7 ft. wide by 3 ft. deep.
6. Goalie net measures 4 ft. by 6 ft. (inside the posts)
7. No water bottles or other objects may be stored on top of the net at any time.
8. **[NEW 26-27]** Including the ceiling itself any ball that comes in contact with any obstructions, changes direction, and creates an advantage (such as a scoring chance or change of possession or control) will be blown dead. A faceoff will then take place at the designated spot on the floor closest to where the ball was shot prior to the obstruction

GAME DURATION & PLAY

1. Games will consist of 2, 20-minute periods, with the last 3 minutes of the game being stop time unless the goal spread is greater than 3 goals. **[NEW 26-27]** Warm-Ups, Half-Time, and breaks between Overtime will be limited to 5 minutes each.
2. There will be a 30-second timeout per half available to each team, however, you are not permitted to carry-over a first half timeout into the second half..We recommend that both be used to provide goalies with an extra chance to hydrate and cool down during games.
3. Teams will have 10 seconds from the whistle to set up for the next face-off and if not, the ball can be dropped by the official. If the 10 seconds are up and the offending team is present but not set up properly, the offending team's player taking the faceoff will be kicked out of the faceoff.
4. **[NEW 26-27]** Faceoffs must be won with a stick. Any Attempt to contact the ball and win a faceoff using a body part will result in the play being blown dead. The faceoff will be conducted again and the offending player replaced by a teammate



5. If a game is tied after regulation time, it will be recorded as a tie except in the playoffs. In the playoffs, OT will now consist of 10-minute stop time sudden death periods until a winner is determined, with the same timeout rules in the second half of regulation. Teams will switch ends following each 10-minute period. (if no goal was scored) until a winner is determined.
6. A **10-goal** mercy rule will be in effect any time after the 1st period of play has ended.

OFFICIALS

1. The convenors shall be responsible for the provision and training of minor officials.
2. All ball hockey referees must be at least 19 years of age unless approved by the SSNL Varsity Coordinator.
3. 2 referees will now be required for all Ball Hockey games for SSNL tournaments. Hosts can request a fee increase with the SSNL office should registration fees need to increase above the current maximum.
4. SSNL will post contacts for securing Officials on our web site sports page.

PROTESTS, DISCIPLINARY INFRACTIONS & APPEALS

See the SSNL Varsity Manual or General Tech Standards section at the beginning of the document for policy and procedures on all protests, disciplinary infractions, and appeals.

TIE-BREAKING PROCEDURE

A maximum point spread of **10** points per game will be used for tie breaking procedures. No more than this will be shown on the score clock.

1. Two Way Ties:
 - Head to Head
 - Goal Average (goals for divided by goals for + goals against)
Example: Team A: 9-7 & 3-6. Goal average = .48
Team B: 9-8 & 1-7. Goal average = .40
Team C: 4-5 & 5-6. Goal average = .45
 - Total Goals For
 - Total Goals Against



- 10 Minute Game + Sudden Death Shootout if needed (sudden death commences after first shooter shoots).
2. Three Way Ties:
- Win/loss record using games among tied teams only. If the result reduces the tie to a 2 way tie, the procedure for 2 way tie above will be used.
 - Goal average among tied teams.
 - Goal Average (goals for divided by goals for + goals against)
 Example: Team A: 9-7 & 3-6. Goal average = .48
 Team B: 9-8 & 1-7. Goal average = .40
 Team C: 4-5 & 5-6. Goal average = .45
 *If the result reduces the tie to a 2 way tie, the procedure for 2 way tie above will be used.
 - Goal average in games against all teams. If the result reduces the tie to a 2 way tie, the procedure for 2 way tie above will be used.
 - If the 3 teams are still tied at this point then the Convenor and the SNL Rep will decide upon a suitable way to reduce the tie to a 2-way tie so that resolution can be applied.

SCHEDULING

Type of tournament allowed:	Round Robin, Double Round Robin, 2 div., or 4 div.
Maximum # of teams in round robin:	6
Maximum # of teams in one venue:	10
Number of matches per day allowed:	5
Games scheduled every:	Hour
Back-to-back games permitted:	1
Earliest a game should be scheduled:	Starts at 9am



Latest a game CAN be scheduled:	Starts at 9pm
[NEW 26-27] Warm-Ups, Half-Time, and breaks between Overtime	5 Minutes each
Time between back-to-back round robin games or last round robin game and first playoff game if back-to-back.	30 minutes
Time between last round robin game that leads straight to a final (if back to back)	30 minutes
Time between back-to-back playoff games	30 minutes

AWARDS

For each classification, the following awards are provided:

Qualifiers

1. Gold and Silver Medals
2. Individual Sportsmanship Award (1 for entire Tournament)
3. Individual MVP Award (1 for entire Tournament)
4. Qualification Championship Banner

Provincials

1. Gold and Silver Medals
2. Individual Sportsmanship Award (1 per team)
3. Individual MVP Award (1 for entire tournament)
4. Team Sportsmanship Banner
5. Provincial Championship Banner.

NOTE: *No Player of the Game,” All-Star,” or other individual awards are permitted. Failure to comply can result in a \$100 fine for the host school.



SSNL Ball Hockey Game Rules/Infractions

SECTION A: Categories/Calling of the Penalties

Penalties fall into the following categories:

• Bench Minors • Minor Penalties • Goaltender Penalties • Coincidental Penalties	• Major Penalties • Misconduct Penalties • Game Misconduct Penalties • Match Penalties • Penalty Shot
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General Notes on Penalties

- Any player or team official may be assessed penalties at any time before, during, or after a game. These can be called on the floor or off the floor before entering a dressing room.
- Any player, including the goaltender, who receives three Minor (2-minute) penalties of any kind in a single game will be ejected from that game.
- If a 4-minute penalty is assessed, the offending team will be shorthanded for 4 minutes, or until a goal is scored.
- In the event of a power play goal, the offending player will remain in the penalty box for the 4-minute duration and will be replaced by a player from their team's bench.
- The penalized player can return after the next whistle/stoppage of play after the 4 minutes are served.
- A 4-minute minor penalty counts as 1 towards the 3 needed for game ejection.
- **[NEW 26-27] A Double minor** may be assessed to any of the following: Butt-Ending, Head-Butting, High stick (blood), Head-Contact, Slew-footing, and Spearing. The double minor penalty will be recorded and served as separate minor penalties (2 minutes + 2 minutes). It will only count as ONE penalty towards the "3 penalty" rule.
- Any player who receives a **Major (5-minute) penalty in a game will be ejected from that game.**
 - In the case of ejection, a player from the floor will be chosen by the coach to serve the penalty for the ejected player.



BENCH MINORS: In a case when a Bench Minor penalty is called, the player identified as the offender shall serve the penalty. If that player cannot be identified, or if the penalty is called against a coach/manager, a player from the floor shall be identified by the coach to serve the penalty.

GOALTENDER PENALTIES: In the case where a goaltender is assessed a Minor or Major penalty, **a player from the floor shall be chosen by the coach to serve the penalty time.**

- If a goaltender leaves the goal crease during a fight, an automatic Minor penalty will be assessed, plus any other penalties that occur afterwards.
- If a goaltender leaves the goal crease to join a fight, either as a peacemaker or to take part, a Game Misconduct shall be called and the goaltender ejected. Supplemental discipline from SSNL would be determined after the incident.

SERVING COINCIDENTAL PENALTIES: When two players from opposite teams are assessed Coincidental penalties, they may be replaced on the floor. The penalized players cannot return to the floor until the first stoppage after the penalty time ends.

- At no time will a team be short handed by 2 players (3-on-1, 4-on-2). If a team is shorthanded and a second penalty is called against them, that second penalty shall begin after the end of the first penalty (either when the penalty time expires or when a power play goal is scored).
- If teams are playing 2-on-2 in the last 2 minutes of a game and a team gets another penalty, play will revert to 3 on 2. The first offenders will continue to serve their penalty and will wait for a whistle to return to the game.
- All Major penalties will be served the full 5 minutes; they cannot be ended by power plays goals.

SERVING MINOR AND MAJOR PENALTIES:

- In a case when one player is assessed both a Minor and Major penalty at the same time, the Major penalty shall be served first. The same player shall serve both penalties.
- When Minor penalties are assessed to more than one player from the same team on the same play, each penalty shall be recorded in the order they happened and served one after the other (an extended 3-on-2)
- When both Minor and Major penalties are called on the same play to two different players on the same team, the Minor Penalty shall be recorded and served first, followed by the Major, once the Minor has expired. *The power play will therefore be 3-on-2 for a maximum of 7 minutes.*



MISCONDUCT PENALTIES: *A Misconduct penalty may be defined as an incident whereby a player or coach/manager is deemed to “conduct themselves in such a manner as to make a travesty of the game” (Examples: excessive arguing/verbal abuse toward opposing players or officials, or some similar unsportsmanlike conduct).*

- Where a Misconduct penalty has been called, the penalty shall be a full 10 minutes in length. The offending team will not be shorthanded and can replace the penalized player. That player cannot return to play until the first stoppage after the penalty time ends.
- If the Misconduct is called within the final 10 minutes of the game or in overtime, the player shall be removed from the game and replaced in the penalty box by a player of the offending team’s choice (either from the floor or bench).

To promote SSNL’s sportsmanship policies, any player who is assessed a second 10-minute Misconduct penalty in a game shall be ejected from that game and miss the team’s next game.

GAME MISCONDUCT PENALTIES: Players who are assessed a **Game Misconduct penalty** will be sent from the floor immediately to the team’s dressing room. This player can be replaced on the floor by another player unless the ejection is the result of a third Minor or a Major penalty. In such a case, a player from the floor will be selected by the coach to serve the ejected player’s penalty.

- **Two Game Misconduct penalties will result in tournament expulsion.**

MATCH PENALTIES: **Match penalties** are defined as those that are considered a “deliberate attempt by one player to cause injury to another player, using some type of illegal stick or body contact” as defined in the Playing Rules.

- In such cases, the offending player shall be given a **Major penalty + Game Misconduct penalty + expulsion from the tournament**. A player from the floor must be chosen to serve the 5-minute Major penalty.
- If any additional penalties to the Match penalty were assessed to the ejected player (example: a player was first assessed a Minor penalty, then committed an infraction that led to the Match penalty), those penalties shall be served by the same player chosen to serve the Major penalty.



PENALTY SHOTS: At any time where an infraction of the Playing Rules calls for a Penalty Shot, the player who was offended shall be awarded the Penalty Shot opportunity.

- *If the offended player is unable to take the Penalty Shot due to injury, another player who was on the floor during the Penalty Shot call shall be chosen to replace the original shooter.*
- *The ball shall be placed at the centre faceoff marker and the shooter shall move the ball forward toward the opposing team's goal. **The player must be in motion when the shot is taken.***
- *The goaltender may not leave the crease until the shooter has touched the ball to begin moving toward the goal.*
- *If the goaltender throws the stick (or any other object) or dislodges the net intentionally in a manner that prevents a goal from being scored, the referee shall award the shooting team a goal.*
- *If the offended player has also been assessed a penalty on the play not related to the Penalty Shot call, they shall take the Penalty Shot and then serve the penalty.*
- *In the case where a Penalty Shot is called because of a Delay of Game, Falling Deliberately on the Ball or Handling the Ball in the Goal Crease (by a non-goaltender), a player from the floor may be chosen to take the Penalty Shot.*

DELAYED PENALTIES:

- If a team in possession of the ball commits an infraction that would result in a Minor, Major, Misconduct or Match penalty, the referee shall blow the whistle immediately to stop play and assess the appropriate penalty.
- If the offending team is not in possession of the ball, they must gain possession and control to cause a whistle to blow play complete.
- The resulting face-off shall occur where the play was stopped unless the penalty occurred while the offending team was in the attacking zone with the ball. The face-off would then take place at the centre face-off area.
- The referee has the right to stop play immediately in the case of an infraction that results in a Match penalty. The resulting face-off would occur in the same manner as for a delayed penalty.

In any case where a penalty is called that requires that a player from the floor serve the penalty time and the coach refuses to send a player to the penalty box, the referee shall then select the player.



SECTION B: Playing Rules

This section has been divided into the following Categories to reference the different rules and infractions.

**1. Restraining
Infractions**

**2. Physical
Infractions**

**3. Stick
Infractions**

**4. Sportsmanship
Infractions**

5. Game Flow

B.1. Restraining Infractions

DEFINITION	TYPE OF PENALTY OR ACTION	
	MINOR PENALTY	MAJOR PENALTY/ACTION
B.1.1 HOLDING refers to when any player holds an opponent or an opponent's stick with their hands.	If the opponent is not injured, a Minor penalty will be called.	- If the hold causes injury, a Major penalty and Game Misconduct will be called. - Any injury that occurs to the head or neck area will be considered a deliberate intent to injure and a Match Penalty will be called. - Any player who grabs any part of an opponent's helmet, mask, or hair to gain an advantage will be assessed a Match penalty.
B.1.2 HOOKING Hooking occurs when a player impedes or attempts to impede the movement of an opponent by hooking with either the blade or butt-end of the stick.	If the opponent is not injured, a Minor penalty will be called.	- If an opponent is injured, a Major penalty and Game Misconduct, will be called. - If the hooking occurs above the waist, the penalties related to high sticking may be enforced at the referee's discretion.
B.1.3 .1 INTERFERENCE Interference occurs when;	If the opponent is not injured, a Minor penalty will be called.	If an opponent is injured, a Major penalty and Game Misconduct will be called. If the



• A player interferes with or impedes the progress of an opponent who is not in possession of the ball. This includes attacking players that attempt to deliberately “run interference” for the ball carrier against a defender to gain an offensive advantage. • A player deliberately knocks a stick out of an opponent’s hands • A player prevents an opponent who has lost or dropped a stick from regaining possession of it.	• A Bench Minor for Interference shall be assessed if a player or team official on the players’ or penalty bench interferes with an opponent on the floor and the referee cannot identify the person responsible.	injury is the result of a deliberate action, a Match penalty will be called. • If the referee can identify the person, a Game Misconduct will also be assessed with the Bench Minor. • If the non-offending team should score a goal during the play, the Bench Minor shall not apply but the Game Misconduct would stand
B.1.3.2 GOAL TENDER INTERFERENCE • occurs when a player uses their stick or body to make physical contact with a goaltender and interfere with their free movement. • Unless the ball is in the goal crease area, a player of the attacking side may not stand in the goal crease area. Once the ball enters the crease,	• A Minor penalty for Goaltender Interference will be called for a violation of the situations listed above.	• LEGAL or ILLEGAL GOALS RELATED TO THIS RULE: • If an attacking player is judged to be voluntarily inside the crease and the ball then legally enters the net, the goal will be disallowed. • If an attacking player has physically interfered with the goaltender during the same play, the goal will be disallowed and a Minor penalty for Goaltender Interference be called. • If an attacking player has been forced into the crease area by a defender (and is judged to be unable to avoid contact with



attacking players may pursue it if it still loose, as determined by the referee. However, the rules regarding physical contact with the goaltender that would interfere with the ability to stop the ball would still apply. • An attacking player must attempt to avoid any contact with the defending goaltender, whether they be inside or outside the crease.		the goaltender) and the ball should legally enter the net while the attacking player is still in the crease, the goal shall be allowed.
B.1.4 HANDS ON THE BACK • is called when a player places a hand on an opponent's back area to attempt to pin them to a wall or to control their movement. This often happens when the opponent is the ball carrier.	• often seen in ice hockey but given the risk of injury in ball hockey and lack of protective equipment worn, referees will ensure that players understand the dangers involved. Therefore, calling a penalty for hands to the back even if there hasn't been an incident (player hasn't been knocked down and perhaps injured) is necessary and must be called consistently. • If the opponent is not injured, a Minor penalty will be called.	• If the opponent is injured, a Major penalty and Game Misconduct will be called. • If, in the judgement of the referee, any player deliberately injures an opponent with a pushing motion originating from hands to the back, a Match penalty will be called.



B.2. Physical Infractions

[NEW 26-27] A **Double minor** may be assessed to any of the following: Butt-Ending, Head-Butting, High stick (blood), Head-Contact, Slew-footing, and Spearing. The double minor penalty will be recorded and served as separate minor penalties (2 minutes + 2 minutes). It will only count as ONE penalty towards the "3 penalty" rule.

DEFINITION	TYPE OF PENALTY OR ACTION	
	MINOR PENALTY	MAJOR PENALTY/ACTION
B.2.1 FIGHTING - a repeated exchange of punches, with or without gloves on, between players on opposing teams. <i>“There is a no fighting policy for all SSNL events. Any violation will result in an immediate expulsion from the tournament and a possible multi-year suspension from all SSNL activities.”</i>	- A player identified as being the instigator or aggressor in a fight shall be assessed a Minor penalty in addition to any other penalties already assessed. - A Minor penalty shall be assessed to any player who, after being struck, retaliates with a blow or attempted blow. - If the player continues to retaliate (i.e.: engage in a fight), they shall be assessed a Major Penalty and automatic tournament <i>expulsion</i>.	Major penalty and automatic tournament expulsion shall be assessed to any player who fights with another player, whether on or off the playing surface. - Any player who wears rings, tape or any other object on the hands and uses such in a fight to gain an advantage or to inflict injury shall be assessed a Match penalty in addition to any other penalties incurred. - When a fight occurs, all players not involved are to move to their respective benches or to a neutral area. - Any player who refuses the referees instructions in this case shall be assessed a 10-minute Misconduct penalty. - Any player who joins a fight (i.e.: 3rd player in) either as a peacemaker or participant shall be assessed a Game Misconduct plus any other penalties incurred under the rules (such as tournament expulsion and/or SSNL suspension)

B.2.2 ROUGHING is considered any excessive and unsportsmanlike physical conduct used to either gain an advantage over an opponent or to provoke an opponent to retaliate in a manner that would cause them to incur a penalty, either during the play or a stoppage.	If the opponent is not injured, a Minor penalty will be called	If the opponent is injured, a Major penalty will be called and (at the discretion of the referee) a Game Misconduct may also be assessed. NOTE: The Major penalty for Roughing should not be used in place of the Major penalty for Fighting.
B.2.2 BODY CHECKING <i>is called when a player delivers an intentional bump, push or shove to an opposing player.</i>	- If the player is not injured, a Minor penalty will be called. - If, in the opinion of the referee, accidental contact has taken place, <u>no penalty shall be called.</u>	- If a player is injured by the impact, a Major penalty and Game Misconduct will be called. - If, in the judgement of the referee, any player deliberately attempts or succeeds in injuring an opponent with a body check (especially if it is determined that the primary point of contact is the head or neck area), a Match penalty will be called.
B.2.3 CHARGING is called when a player uses body contact after taking 2 or more steps/strides toward or jumping at an opposing player.	If the player is not injured, a Minor penalty will be called.	- If a player is injured by the impact, or if an attacking player charges the goaltender who is in the crease area, a Major penalty and Game Misconduct will be called. - If, in the judgement of the referee, any player deliberately attempts or succeeds in injuring an opponent with a body check, a Match penalty will be called.

B.2.4 CHECKING FROM BEHIND - is called when a player uses any intentional forceful body contact that impacts the back part of the receiver's body, anywhere on the floor. - However, if a player comes up from behind on an opponent and in the process of cleanly playing the ball makes unintentional contact with the back part of the player being checked, the attacker should not be penalized. An example might include if the ball carrier backs into the attacker, initiating contact.	If the player is not injured, a Minor penalty will be called. IMPORTANT: Given the relatively minimal amount of protective equipment worn and the speed of the game, all referees must be consistent in calling Checking From Behind to avoid any unnecessary head or spinal injuries.	- If a player is injured by the impact, a Major penalty and Game Misconduct will be called. - If, in the judgement of the referee, there appears to be a clear intent to cause injury (especially if it is determined that the primary point of contact is the head or neck area), a Match penalty will be called.
B.2.5 ELBOWING & KNEEING are defined as any foul committed against an opponent in any manner using an elbow or knee.	If the opponent is not injured, a Minor penalty will be called.	- If the opponent is injured, a Major penalty and Game Misconduct will be called. - A Major penalty and Game Misconduct shall be assessed any player who injures an opponent by elbowing or kneeing. - Any elbowing or kneeing infraction that occurs above the height of an opponent's shoulders (to the head or neck area) will be considered a deliberate intent to injure and

		a Major penalty and Match Penalty will be called.
B.2.6.1 TRIPPING is called when a player trips an opponent using their stick or a body part.	- If the opponent is not injured, a Minor penalty will be called. SITUATIONS WHERE TRIPPING MAY/MAY NOT BE CALLED: - If a defender hooks the ball from the ball carrier who in turn trips over the defender's stick, a tripping penalty shall not be called. - If a defender in the process of falling or sliding along the floor hits or knocks the ball from an opponent's stick with his own stick prior to making actual body contact, the tripping penalty shall not be called. - If a defender slides into the path of the ball carrier and trips them, causing them to lose possession, then a tripping penalty shall be called. - However, if the defender is stationary on the floor and the forward motion of the attacker causes them to trip over the defender, a tripping penalty shall not be called. - If a defender falls to the floor to block a shot and slides into the shooter, causing them to trip, then a tripping penalty shall be called.	If the opponent is injured, a Major penalty and Game Misconduct may be called.



	When a player in control of the ball on a breakaway in the attacking zone is tripped from behind, preventing them from having a clear shot on goal, a Penalty Shot shall be awarded to the non-offending team. Play shall not be stopped until the attacker has lost control of the ball to the defending team.	
B.2.6.2 SLEW FOOTING is called when any player uses their feet to knock an opponent's feet out from under them with a kicking or leg dragging motion from behind.	If the opponent is not injured, a Minor penalty will be called.	- If the opponent is injured, a Major penalty and Game Misconduct will be called. - If, in the judgement of the referee, any player deliberately injures an opponent with a slew footing motion, a Match penalty will be called.
B.2.7 DELIBERATELY KICKING/STOMPING ON AN OPPONENT		A Match penalty and tournament expulsion shall be assessed on any player or team official who deliberately kicks or stomps on or an opponent, official, or team official.

B.3 Stick Infractions

DEFINITION	TYPE OF PENALTY OR ACTION	
	MINOR PENALTY	MAJOR PENALTY/ACTION
B.3.1 CROSS-CHECKING is called when a <i>player uses the shaft of the stick with both hands in a checking motion that contacts an opponent's body.</i>		[NEW 26-27] A 2 minute minor or, at the discretion of the referee, a MAJOR penalty and a game misconduct shall be assessed. ALSO, any player who strikes an opponent above the normal height of the shoulders with a Cross Check shall incur a MAJOR penalty and a



		GAME MISCONDUCT penalty whether or not an injury is incurred.
B.3.2.1 HIGH STICKING CONTACT W/OPPONENTS • Contacting an opponent above the normal height of their waist (in such a manner not covered by other stick-related penalties). This contact may be accidental or deliberate. • Checking or intimidating an opponent while carrying the stick above the waist.	• [NEW 26-27] A player who contacts an opponent above the height of their shoulders with a highstick, INCLUDING A FOLLOW THROUGH of a shot will be assessed a 2 minute minor penalty. NOTE: Since many players often carry their sticks higher when playing ice hockey, it is very important that coaches and referees communicate with players to make sure they do not bring this habit into ball hockey. This preventative measure may help teams avoid injuries and penalties. Players are expected to be responsible for controlling their sticks at all times.	
B.3.2.2 HIGH STICKING CONTACT W/ THE BALL • The height of a player's waist is the maximum allowable height for stick use	• STOPPAGES: • High sticks on shots (for the backswing ONLY) will result in a faceoff in the defensive zone of the offending player. • A goal scored from a ball contacting a high stick above the waist shall not be allowed. For any other clarification, see the Legal and Illegal Goals section. • If the follow through of a shot contacts a player above the waist, the appropriate high-sticking penalty will apply, depending on the point of stick contact. • If a player makes what is considered by the referee to be intentional contact with the ball with their stick above the height of their waist, the play will be blown dead and a faceoff will take place in the offending team's end of the floor at one of the designated faceoff markers. At the discretion of the referee, play may be allowed to continue if the ball comes into accidental contact with the portion of a player's stick between the hands when it is being held in normal stance.	

B.3.3 SLASHING is called when any player attempts to or succeeds in interfering with the progress of an opponent by slashing at their body or stick with their stick.	[NEW 26-27] A 2 minute minor or, at the discretion of the referee, a MAJOR penalty and game Misconduct penalty shall be assessed.
B.3.4.1 SPEARING is called when a <i>player uses the tip of the stick blade in a jabbing or poking motion towards an opponent's body.</i>	- If the opponent is not injured by an attempted or successful spearing motion, a Double Minor penalty will be called. - If the opponent is injured, a Major penalty and Game Misconduct will be called. - If, in the judgement of the referee, any player deliberately injures an opponent with a spearing motion, a Match penalty will be called. NOTE: If an opponent initiates contact with a player's stick and is speared (runs into an outstretched stick), the referee will need to use judgement in determining whether spearing or another lesser infraction would be appropriate.
B3.4.2 BUTT-ENDING is called when a player uses the top (butt end) of the stick in a jabbing or poking motion towards an opponent's body. In both cases, an attempt to spear or butt-end an opponent will also be called.	Any player who uses a butt-ending motion (attempted or successful) against an opponent will receive a Match penalty and tournament expulsion.
B.3.5 THROWING A STICK OR OBJECT	If a player on the defending team throws a stick (or any part of a broken stick), or any other object (such as a glove) at the ball or ball carrier in the defending zone, the referee shall allow the play to continue and, if a goal is NOT scored, a Penalty Shot shall be awarded to the attacking team once the defending team takes possession of the ball or play otherwise stops.



	• If a goal is scored, no Penalty shot will be awarded for the infraction. • If such an infraction occurs in the ball carrier's own zone, a Minor Penalty shall be assessed.
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B.4 Sportsmanship Infractions

DEFINITION	PENALTY OR ACTION
B.4.1 HARRASSMENT OF OFFICIALS, UNSPORTSMANLIKE CONDUCT/MISCONDUCT • SSNL team officials (coaches, managers, teacher-sponsors) shall be responsible for their own conduct and that of their players at all times and must make every attempt to prevent unsportsmanlike conduct before, during and after all games. Team officials are expected to be models of sportsmanship for their athletes.	• Any display of excessively poor sportsmanship will result in a minor penalty + a 10-minute misconduct for Unsportsmanlike Conduct for the first offense. • A second such offense will result in a tournament expulsion (see SSNL technical standards). These behaviours would include: • Disrespectful or obscene language or gestures, whether directed at another person or not. • Throwing a stick or piece of equipment, banging sticks on the board/floor in protest. • Disputing or showing disrespect for an official's ruling after being warned by the referee. • Not proceeding directly to the penalty box when initially penalized. • Displaying behaviour designed to provoke an opponent into incurring a penalty (Examples include verbal or physical contact) • In the case where the player has already been assessed a Minor penalty on the play, both penalties will be served by the same player, with the Major being served first (for the second offense) • In a case where the penalty is assessed against a player or team official on the bench, a player from the floor will serve the penalty.



B.4.2 ATTEMPTS TO INJURE OR DELIBERATE INJURY any player or team official who attempts to or succeeds in deliberately injuring an opponent, team official, referee or spectator in any manner.	- A Match penalty (automatically accompanied by a 5-minute Major penalty to be served by a player who was on the floor when the incident occurred). - Infractions that fall under this rule are explained in the sections related to specific infractions.
B.4.3 LEAVING THE PLAYERS OR PENALTY BENCH no player may leave the players' or penalty benches at any time during a fight on the floor, or for the purposes of starting a fight.	- If any player or team official leaves either the team's bench or the penalty bench with, in the referee's opinion, the intention of fighting or becoming involved in an ongoing fight, they shall be assessed an automatic Game Misconduct and tournament expulsion, as well as face possible further disciplinary action by SSNL. - If, in the opinion of the referee, the player leaving either bench shows no intention to start or join a fight, the penalty shall be a Game Misconduct. - If a penalized player leaves the penalty box before the penalty time has expired and joins an ongoing play, that player would be assessed a Minor penalty for Delay of Game.
B.4.4 SPITTING Is the act of forcing saliva, phlegm, or food out of your mouth.	A Match penalty and tournament expulsion shall be assessed any player or team official who deliberately spits on or at an opponent, official, team official, or spectator.

B.5 Game Flow

DEFINITION	PENALTY OR ACTION
B.5.1 Adjustment of Equipment If players need to adjust their equipment they must leave the floor and be replaced until ready to return.	- A Minor penalty for Delay of Game shall be assessed to any player on the floor who holds up the start of play to adjust equipment. - Goaltenders may, at the referee's discretion (would require the game clock be stopped unless the adjustment can be made within the 10 seconds between stoppage and faceoff), make minor adjustments without leaving the goal crease area. If they are forced to go to the team bench, they must be replaced by an alternate goaltender, if one is available, or by another player until ready to return to the floor.



B.5.2 Broken Sticks • A broken stick must be dropped to the floor immediately. • A player (including the goaltender) who loses or breaks a stick can receive one directly from a teammate (hand-to-hand transfer). If the stick is thrown or slid along the floor to a teammate, the play will be blown dead. • A goaltender may not go to the players' bench to receive a replacement stick during a stoppage in play- it must be delivered by a teammate.	• Playing with a broken stick- Minor penalty • Throwing or sliding a broken stick in the direction of a ball carrier...see rule B.3.5 • Throwing a replacement stick from the bench to the playing surface- Bench minor
B.5.3 DELAY OF GAME • can be considered any action that, in the opinion of the referee, is deliberately delaying the game in any manner.	A Minor Penalty or Bench Minor for Delay of Game will be called, except for any situations listed below where a Penalty Shot or goal may be awarded. • Deliberate stalling the beginning of play. For the actual act of taking faceoffs, Teams will have 10 seconds from the whistle to set up for the next face-off and if not, the ball can be dropped by the official. If the 10 seconds are up and the offending team is present but not set up properly, the offending team's player taking the faceoff will be kicked out of the faceoff. Any other deliberate beginning of play stalling will result in a penalty. • Unnecessarily freezing the ball, • Players (except a goaltender) deliberately falling on, picking up or gathering the ball into the body while standing or lying on the floor. • If a player other than the goaltender commits this offence inside the goal crease, a Penalty Shot shall be awarded to the non-offending team. • If this offence occurs while the defending team's goaltender has been removed for an extra attacker, a goal will be awarded to the non-offending (attacking) team.



	• Intentionally shooting, throwing or kicking the ball out of the playing surface, either during play or during a stoppage. • [NEW 26-27] If a player chooses to stand behind their own net with possession of the ball for more than 10 seconds and makes no attempt to advance play, the play shall be blown dead and a faceoff take place in that team's zone. If this happens 3 times in a game, the offending team shall receive a Minor Penalty for Delay of Game • Defending players or goaltenders deliberately dislodging the goal net from its proper position. • If this occurs in the last 2 minutes of the game or in overtime, a Penalty Shot shall be awarded to the attacking team (no Minor Penalty would be assessed). • If a goaltender deliberately dislodges the goal net while an opponent is on a breakaway in the attacking zone, a Penalty Shot shall be awarded. • If the goalie has been removed for an extra runner and that team deliberately dislodges the net to prevent a scoring opportunity, a goal will be awarded.
B.5.4 LEGAL & ILLEGAL GOALS • A legal goal shall be scored if the ball has completely crossed the goal line, between the posts and under the crossbar.	• If the defending team directs the ball into its own goal, the goal shall count, unless the ball contacts a defender's high stick. • If the defensive high-stick is deemed intentional (defender attempted to knock the ball down), play will be blown dead and a faceoff will take place in the offending team's end of the floor at one of the designated faceoff markers, see rule B.3.2.2 for clarification. • A goal shall NOT be allowed if: • The ball has been directed into the net because of a distinct kicking motion by an attacking player, or after being kicked, the ball deflects off any player or stick into the net. • The ball has been deliberately directed into the net by anybody part of an attacking player, including the feet. • The ball contacts an attacking player's stick above normal waist height. • The ball deflects directly into the goal off any part of an official's body.



	The face-off resulting after a disallowed goal will take place on either side of the defending goalkeeper, depending on which side the previous play was whistled down.
B.5.5.1 HANDLING/GRIPPING THE BALL - Players shall not close a hand over the ball in a way that helps gain an advantage over an opponent. - This would include any movement of the ball that helps move around an opponent (carrying the ball around an opponent).	- Play will be stopped and a face-off take place at the point of the handling. No penalty will be called. - When a player closes a hand on the ball and immediately drops it to the floor in front of them, without gaining or attempting to gain an advantage, the play will be allowed to continue. - A minor penalty will be assessed: - Any goalkeeper that deliberately holds the ball to cause what the referee considers an unnecessary stoppage in play. - In this situation, referees should be looking for instances where the goalkeeper has a clear opportunity to play the ball to a teammate with no significant opposing pressure but chooses to hold the ball. The referee should provide a verbal warning to keep play moving after which, if the goalkeeper still maintains possession with no opposing pressure, the Delay of Game penalty shall be assessed. - Any player who picks up the ball from the floor using a hand while play is ongoing will be assessed a Minor penalty for Delay of Game.
B.5.5.2 HANDPASSES	- If two teammates are in the attacking zone and a hand pass is made between the two then there is a faceoff where the receiving player touched the ball. - If one teammate is in the attacking zone and one teammate is in the defensive zone a hand pass is made between the two then there is a faceoff where the passing player touched the ball. - If two teammates are in the defensive zone and a hand pass is made between the two then play is allowed to continue.
B.5.6 OBJECTS ON THE GOAL No water bottles or other objects may be stored on top of the net at any time.	A Minor penalty will be called on any goalkeeper who deliberately places such objects on top of the net
B.5.7 KEEPING THE BALL IN MOTION	A Minor penalty shall be assessed any player who deliberately holds the ball against the boards or any part of the goal in any manner, unless being challenged by an opponent.



• A team in possession of the ball in its defending zone shall always attempt to advance the ball forward or otherwise keep it in motion unless prevented from doing so by players of the opposing team. • For an infraction of this rule, play shall be stopped, the face-off shall be at either end zone face-off spot in the defending end of the offending team.	• [NEW 26-27] If a player chooses to stand behind their own net with possession of the ball for more than 10 seconds and make no attempt to advance play, the play shall be blown dead and a faceoff take place in that team's zone. If this happens 3 times in a game, the offending team shall receive a Minor penalty for Delay of Game.
B.5.8 BALL OUT OF BOUNDS/UNPLAYABLE, OUT OF OFFICIALS SIGHT	• Any deliberate action (in the judgement of a referee) that results in the ball leaving the playing area or becoming unplayable will be subject to penalties under the Delay of Game rules. • When the ball goes outside the playing area or strikes obstacles above the playing surface that cause a change in possession or give an advantage to the attacking team (for example, basketball nets), play shall be stopped and the result shall be a face-off located where the ball last touched a player or official. • If the ball ends up on the back of the net but is quickly knocked back to the floor by a goaltender, play shall be allowed to continue. • If the ball goes out of bounds or becomes unplayable because of the direct actions of the attacking players, the face-off shall be moved out to the centre face-off circle. • If at any time the referee loses sight of the ball, play shall be stopped. [NEW 26-27] Including the ceiling itself any ball that comes in contact with those obstructions, changes direction, and creates an advantage (such as a scoring chance) will be blown dead. A faceoff will then take place at the designated spot on the floor closest to where the ball was shot at the obstruction."



B.5.9 TOO MANY PLAYERS ON THE FLOOR

- During an “on the fly” line change, all players above the allowable number (3 for full strength, 2 for a shorthanded situation) are considered part of the play until substituted players fully leave the playing surface (in other words, are considered “on the bench”).
- **PENALTY:** A Bench minor will be assessed for too many players on the floor if; during a player substitution during play (“on the fly”), a player entering the game contacts the ball before the player leaving the floor has both feet off the playing surface.