

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 schools **MUST** register their school online for all tournaments and in the case of the Provincials, their entire roster as well. Teams participating in Qualification, Junior Varsity, and Foundation tournaments can register their roster directly with the convenor. All players must be registered in the format above prior to their **FIRST GAME STARTING** in order to be eligible to play in an SSNL Tournament. Failure to comply will result in the defaulting of the games in question and awarding of points to the opposing teams.
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. Players and fans are not permitted to engage in behaviour where they are intentionally trying to distract players or 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. 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 of this Convenor Manual for more details.
12. 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 infracting teams, potential school fines and sanctions, and/or the entire tournament being voided.
13. The use of unauthorized video replays is banned from SSNL events as a measure of officiating.
14. 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. At least one member of the coaching staff for each team **MUST** complete the free coach.ca "Making Headway" concussion course in order for their school's team to be eligible for SSNL tournaments.
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-Start Team) to be awarded at our tournaments. Failure to comply with this will result in a \$100 fine and possible further sanctions.
18. 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. 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. Schools may also be banned from Provincial competition in that gender and sport for 1 year.

2019-20 SSNL BALL HOCKEY TECHNICAL STANDARDS

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

★ [NEW] 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 this rule book and understand its contents before a tournament begins. The rulebook will be available on our web site on the Ball Hockey sports page.

TEAM COMPOSITION

1. Teams will be allowed to register a maximum of 15 players plus a coach and manager per tournament with a maximum of 12 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 Mylec Orange G-Force Water Injected ball. These balls are to be used at all Qualifier and Provincial tournaments.
2. C.S.A approved helmets with full cages/visors are mandatory.
3. Protective gloves are mandatory. Hockey, ball hockey, broomball or lacrosse “protective gloves” are permitted.
4. Wooden, composite and aluminum sticks, without tape of any kind on the bottom of the blades are permitted.
5. Team uniforms (t-shirt/jersey) are mandatory. Uniforms must have legible number on the back.
6. Shin guards are mandatory. Any shin guards designed for floor/ball hockey are permitted outside of pants or with shorts. All other types must be worn inside of pants or socks. Consequences for not covering non-ball hockey specific shinpads properly are listed in the Rulebook.
7. Goalies must wear all protective equipment designed for ball hockey or ice hockey including a C.S.A. approved facemask. Softball gloves or masks are not permitted.

PLAYING FACILITY

1. Games will be played in a gymnasium or other suitable indoor facility.
2. Playing court must be at least 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.

GAME DURATION

1. Games will consist of 2, 20-minute halves, with the last 3 minutes of the game being stop time unless the goal spread is great than 3 goals.
2. Each team will be permitted 1, 30-second time out per game.
3. If a game is tied after regulation time, it will be recorded as a tie except in the playoffs. In the playoffs, a 5-minute sudden death period with successive 5-minute periods to be played (if no goal was scored) until a winner is determined.
4. 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 21 years of age unless approved by the SSNL Varsity Coordinator.
3. SSNL will provide a list of Officials on our web site on the sports page in question.

PROTESTS, DISCIPLINARY INFRACTIONS & APPEALS

See the SSNL Handbook 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.

★ [NEW] 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
Latest a game can be scheduled	9pm
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:

Qualifier

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 per team)
4. Team Sportsmanship Banner
5. Provincial Championship Banner.

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

REGISTRATION FEES

A maximum of \$100 per team

Participation fee of \$3 per athlete for Provincials

Participation fee of \$2 per athlete for Qualification Tournaments.



SSNL Ball Hockey Game Rules

Section A: CATEGORIES/CALLING OF PENALTIES

Penalties fall into the following categories:

<ul style="list-style-type: none">• Bench Minor Penalties• Minor Penalties• Goaltender Penalties• Coincidental Penalties	<ul style="list-style-type: none">• 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.**
 - For the purpose of this rule, a 4-minute double Minor shall count as one Minor penalty.
- Any player who receives a **Major (5-minute) penalty in a game shall 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 shorthanded 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 second Major penalty. In such 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 help make it easier to reference different rules:

1. Restraining Infractions	2. Physical Infractions	3. Stick Infractions	4. Sportsmanship Infractions	5. Game Flow
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1. Restraining Infractions

1.1: Holding

- **DEFINITION:** *Holding* refers to when any player holds an opponent or an opponent's stick with their hands.

- **PENALTIES:**

- *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.*

1.2: Hooking

- **DEFINITION:** 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.*

- **PENALTIES:**

- *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.*

1.3: Interference & Protection of the Goaltender

1.3.1: Interference

- **DEFINITION:** Interference occurs in situation such as when:
 - 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 in order to help 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.

- **PENALTIES:**

- *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 injury is the result of a deliberate action, a Match penalty will be called.*
- *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.*
- *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.*

1.3.2: Goaltender Interference

- **DEFINITION: Goaltender interference** occurs when a player uses their stick or body to make physical contact with a goaltender and interfere with their free movement.
- **EXPLANATION:** 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, 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.

- **PENALTIES:**

- *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 the goaltender) and the ball should legally enter the net while the attacking player is still in the crease, **the goal shall be allowed.***

1.4: Hands on the Back

- **DEFINITION:** **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.
- **EXPLANATION:** This practice is often seen in ice hockey but given the risk of injury in ball hockey because of the lack of protective equipment worn and the speed of the game, referees need to ensure that players understand the dangers involved. Therefore, calling a penalty for hands to the back even if there hasn't been an incident (a player hasn't been knocked down and perhaps injured) is necessary and must be called consistently.

- **PENALTIES:**

- *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.*

2. Physical Infractions

2.1: Fighting and Roughing

2.1.1: Fighting

- **DEFINITION:** Fighting is a *repeated exchange of punches, with or without gloves on, between players on opposing teams*.
 - The SSNL General Technical Standards Rules and Regulations state that, **“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.”**

- **PENALTIES:**

- A **Major penalty and automatic tournament expulsion** shall be assessed to any player who fights with another player, whether on or off the playing surface.
- 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 expulsion.*
- 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)*

2.1.2: Roughing

- **DEFINITION: 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.*

- **PENALTIES:**

- 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.

2.2: Boarding and Body Checking

2.2.1: Boarding

- **DEFINITION: Boarding** is called when *a body check, cross-check, elbow, charge or trip causes an opponent to be violently thrown into the boards (gym walls).*

- **PENALTIES:**

- *If the player is not injured, a Minor penalty will be called*
- *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.*

2.2.2: Body Checking

- **DEFINITION: Body Checking** is called when *a player delivers an intentional bump, push or shove to an opposing player.*

- **PENALTIES:**

- *If the player is not injured, a Minor penalty will be called*
- *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.*
- *If, in the opinion of the referee, accidental contact has taken place, no penalty shall be called.*

2.3: Charging

- **DEFINITION: Charging** is called when a player uses body contact after taking 2 or more steps/strides toward or jumping at an opposing player.

- **PENALTIES:**

- 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.

2.4: Checking From Behind

- **DEFINITION: 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.

- **PENALTIES:**

- If the player is not injured, a Minor penalty will be called.
- 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.

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.

2.5: Elbowing and Kneeing

- **DEFINITION:** Elbowing and kneeing are defined as any foul committed against an opponent in any manner using an elbow or knee.

- **PENALTIES:**

- 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.

2.6: Tripping & Slew Footing

2.6.1: Tripping

- **DEFINITION:** Tripping is called when a player trips an opponent using their stick or a body part.

- **PENALTIES:**

- 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.

- **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**.
- 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.

2.6.2: Slew Footing

- **DEFINITION:** 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.

- **PENALTIES:**

- 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.

2.7: Deliberately Kicking/Stomping on an Opponent

- A **Match penalty and tournament expulsion** shall be assessed any player or team official who deliberately kicks or stomps on or an opponent, official, or team official.

3. Stick Infractions

3.1: Cross-Checking

- **DEFINITION: Cross-checking** is called when a player uses the shaft of the stick with both hands in a checking motion that contacts an opponent's body.

- **PENALTIES:**

- If a player is not injured, a Double Minor penalty will be called
- If a player is injured, a Major penalty and Game Misconduct will be called
- Any cross-check 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 Match Penalty will be called.

3.2: High Sticking

3.2.1: Contact With Opponents

NOTE: Since many players with 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.

- **DEFINITION:** High sticking involves:
 - 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.

- **PENALTIES:**

- If the opponent is not injured, or if the stick is used in an intimidating manner with no contact with the opponent, a Double Minor penalty will be called.
- If the opponent is injured, a Major penalty and Game Misconduct will be called.
- If the high stick appears to have been deliberate, a Match penalty will be called, regardless of whether an injury occurs.
- At the discretion of the referee, if the high stick causes injury but is deemed accidental, a Double Minor penalty may be called.

3.2.2: Contact With the Ball

- **DEFINITION:** 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 intentional contact with a ball with their stick above the waist, a **Minor penalty** will be called.

- 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.

3.3: Slashing

- **DEFINITION: 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.*

- **PENALTIES:**

- *If the opponent is not injured, a Double Minor penalty will be called.*
- *If the opponent is injured, a Major penalty and Game Misconduct will be called.*
- **If the slash contacts an opponent's stick, a regular Minor penalty will be called.**
- *If a player swings a stick at an opponent (whether in range or not) without actually striking them, or who, on the pretext of playing the ball, makes a wild swing at the ball with the object of intimidating an opponent, a slashing Minor penalty will be called.*
- *If, in the judgement of the referee, any player deliberately attempts or succeeds in injuring an opponent with a slash, a Match penalty will be called.*

3.4: Spearing and Butt-Ending

- **DEFINITIONS: Spearing** is called when a player uses the tip of the stick blade in a jabbing or poking motion towards an opponent's body. **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.

- **PENALTIES:**

- **SPEARING:**

- *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.
- **BUTT-ENDING:** Any player who uses a butt-ending motion (attempted or successful) against an opponent will receive a Match penalty and tournament expulsion.

3.5: Throwing 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.*

4. Sportsmanship Infractions

4.1: Harassment 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. The second such offense will result in a tournament expulsion (**covered in the current SSNL technical standards**). Such behaviours would include:*
 - Disrespectful or obscene language or gestures, whether directed at another person or not.
 - Throwing a stick or piece of equipment or banging sticks on the boards or floor in protest.
 - Persisting in 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 the case where the penalty is assessed against a player or team official on the bench, a player from the floor will serve the penalty.

4.2: Attempt to Injure or Deliberate Injury

- **DEFINITION:** A **Match penalty** and expulsion from an SSNL tournament will be assessed to any player or team official *who **attempts to or succeeds in deliberately injuring an opponent, team official, referee or spectator in any manner.***

- **PENALTIES:**
 - *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.

4.3: Leaving the Players' or Penalty Bench

DEFINITION: In accordance with SSNL's regulations regarding fighting, 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.

- **PENALTIES:**
 - *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.*
- **OTHER INFRACTIONS REQUIRING PENALTIES:**
 - *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.*

4.4: Spitting

- 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.

5. Game Flow

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.

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.

- **PENALTIES:**

- *Playing with a broken stick- Minor penalty*
- *Throwing or sliding a broken stick in the direction of a ball carrier...see rule 3.5*
- *Throwing a replacement stick from the bench to the playing surface- Bench minor*

5.3: Delay of Game

- **DEFINITION:** Delay of Game can be considered any action that, in the opinion of the referee, is deliberately delaying the game in any manner.

- **PENALTY:** *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.*

- Examples may include:
 - Deliberate stalling the beginning of play,
 - 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.
 - 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**.*

5.4: Legal & Illegal Goals

- **DEFINITION:** 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), a **Minor penalty** will be called...see **rule 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 any body 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 goaltender, depending on which side the previous play was whistled down.

5.5: Handling/Gripping the Ball

- **DEFINITION:** *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.

• **PENALTIES:**

- *Any goaltender that deliberately holds the ball to cause what the referee considers an unnecessary stoppage in play will be assessed a Minor penalty for Delay of Game.*
 - In this situation, referees should be looking for instances where the goaltender 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 goaltender 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.*

• **HAND PASSES:**

- 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.

5.6: Objects on the Goal

- **DEFINITION:** SSNL Technical Standard- *“No water bottles or other objects may be stored on top of the net at any time.”* Given the speed of the game, a ball that strikes an object like a water bottle could be mistaken for hitting the crossbar. Spilled water on the floor can also cause slipping hazards and delays to clean up.

- **PENALTY:** *A Minor penalty will be called on any goaltender who deliberately places such objects on top of the net.*

5.7: Keeping the Ball in Motion

- **DEFINITION:** 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, and the face-off shall be at either end zone face-off spot in the defending end of the offending team.

- **PENALTY:** *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.*

5.8: Ball Out of Bounds, Becomes Unplayable or Goes Out of Official's Sight

- 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.
- 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.

5.9: Too Many Players on the Floor

- **EXPLANATION:** 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.