

# LIGHTHOUSE BALL HOCKEY LEAGUE

## RULES & REGULATIONS



Current January 2018

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## GENERAL PLAY

### TEAMS

1. Each team shall consist of a minimum of three (3) players and one (1) goaltender.
2. A team shall have a minimum of three (3) players and (1) goaltender playing in a game. An infraction shall result in the team forfeiting their game.
  - i. In the event of a team missing a player(s) and/or goaltender for a game they shall be permitted to acquire other individuals to a maximum of five (5) total players and one (1) goaltender.
  - ii. The team shall not be permitted to outnumber the opposing teams total number of players.
  - iii. The team must still have a minimum of three (3) individuals who are on their team roster playing the game.

### TIME AND STOPPAGES

3. Each game shall consist of two (2), eighteen (18) minute periods separated by an intermission.
4. The play clock shall begin at the start of play for each period. Each period shall begin with the drop of the ball at center.
5. The clock shall run continuously throughout each period stopping only in the cases where;
  - i. The ball leaves the playing area.
  - ii. A penalty is called resulting in a penalty shot.
  - iii. A timeout is called (i.e. an injury occurs, a goaltender needs to fix equipment, etc.)
  - iv. The clock shall resume as regular play resumes.
6. Following a goal being scored;
  - i. The offensive team - the team that has scored - shall withdraw to behind the half line until a defensive player or the ball crosses the half line. An infraction shall reset the time given to the defensive side to pass the half line.
  - ii. The defensive team shall have a player or the ball cross half within five (5) seconds of the offensive team withdrawing behind the half line. An infraction shall result in a forfeiting of possession of the ball.
  - iii. The defensive team must have possession of the ball over half or have lost possession of the ball before being allowed to score a goal. A goal scored without this requirement being met
7. In the event of a goalie covering the ball for a stoppage;
  - i. The offensive team shall withdraw to behind the first black line parallel to the posts.
  - ii. The defensive team shall begin play with the ball behind their goal line.
  - iii. Once the goaltender has released the ball the offensive team may cross the black line.
  - iv. The goaltender has 3 seconds from the freezing of play to put the ball behind the goal line. An infraction shall result in forfeiting possession of the ball.
8. In the event of the ball leaving the playing area;
  - i. The clock shall stop until play is resumed.
  - ii. Possession of the ball shall be awarded to the opposing team of the player who last contacted the ball in the playing area. If it cannot be decided who last made contact, possession shall be awarded to the team whose net is closest to the corner the ball will begin in.
  - iii. The ball shall be placed in the closest corner to where it left the playing area.
  - iv. The player starting with the ball shall be given a minimum of a sticks length - the defending player shall not be able to reach the ball with his stick from his position – and shall begin play when he touches the ball.

## Playoffs

9. The rules in this subsection shall apply only to playoffs and shall override any other rules in contradiction.
10. For a player or goaltender to be eligible to play for a team in the playoffs the player must have played a minimum of three (3) regular season games for the respective team in the corresponding season.
  - i. Exceptions to this rule, due to injury or other unforeseen circumstance, must be approved by the League Commissioner prior to being allowed to play.
11. A team shall have a minimum of three (3) players and one (1) goaltender playing in a game. An infraction shall result in the team forfeiting their game.
  - i. In the event of a team missing a player(s) and/or a goaltender for a series, they shall not be permitted to acquire individuals.
12. A playoff game shall consist of one (1) fifteen (15) minute period.

## SCHEDULING AND TEAM POINTS

### Regular Season

13. The Regular Season shall consist of an even number of games for each team.
14. Each team shall play each other team an even number of times.
15. The Regular Season schedule shall be formatted as follows:
  - i. Four (4) teams: Each team shall play every other team three (3) times. A total of nine (9) regular season games for each team.
  - ii. Five (5) teams: Each team shall play every other team two (2) times. A total of eight (8) regular season games for each team. This results in each team having two “bye” weeks.
  - iii. Six (6) teams: Each team shall play every other team two (2) times. A total of ten (10) regular season games for each team.
16. Points shall be awarded towards the team standings at the end of a game as follows;
  - i. The winning team at the end of regulation shall be awarded two (2) points.
  - ii. In the event of a tie at the end of regulation the game shall be considered a draw and both teams shall be awarded one (1) point.
  - iii. The losing team at the end of regulation shall be awarded zero (0) points.
17. The team standings shall be sorted by the total number of points from most to least.
  - i. In the event of a tie in points among two or more teams it shall be broken by the following criteria in the following in order; the fewer number of games played, the greater number of wins, the greater number of points earned in games against the tied team(s), the greater differential between goals for and goals against throughout the season, the greater number of goals scored throughout the season.

## Playoffs

18. Playoff schedules and matchups shall be based on the team standings attained through the regular season. The playoff format shall then be as follows:
  - i. Four (4) teams: The first round shall have first place play against fourth place and second place play against third place. The winners of each respective series shall play in the Finals.

- ii. Five (5) teams: The first round shall have fourth place play against fifth place. The second round shall have first place play against the winner of the first round and second place shall play against third place. The winners of each respective series shall play in the Finals.
- iii. Six (6) teams: The first round shall have first place play against fourth place and second place play against third place. The winners of each respective series shall play in the Finals.

## PENALTIES

- 19. Penalties shall be called and the play clock stopped as soon as the offending team gains control of the ball following a penalty.
- 20. Fighting shall result in an immediate penalty as well as a game misconduct.
  - i. The offending player(s) shall be disallowed from playing in the remainder of the game and shall be subject to supplemental discipline from the League Commissioner up to and including suspension from the league indefinitely without refund.
- 21. Any player who raises their stick above their shoulders, except in the case of a windup or follow-through of a shot, shall be penalized regardless of whether the stick has contacted the ball or a person while above their shoulders.
- 22. Swearing, including taking the Lords name in vain, shall be penalized.
- 23. Tripping shall result in a penalty.
- 24. Charging
- 25. Cross Checking
- 26. Roughing
- 27. Unsportsmanlike Conduct
- 28. Delay Of Game
- 29. Too Many Men
- 30. Bench Minor
- 31. A penalty shot shall be awarded to the non-offending team for any infraction of the above "penalty" rules. In the event of a penalty shot;
  - i. The clock shall stop for the duration of the penalty shot attempt.
  - ii. The hockey ball shall be placed in line with the middle of the net on the second black line parallel with the posts of the net.
  - iii. The goaltender must have both feet on the goal line until the shooter touches the ball.
  - iv. The ball must be kept in motion towards the opponent's goal line.
  - v. The play is dead once the ball is in the net, the goaltender 'freezes' the ball, or the ball travels away from the goal line.
  - vi. Following a save on a penalty shot, possession shall be given to the penalized team in a corner of the gym behind the net of the penalized team.
  - vii. Following a goal on a penalty shot, the standard rules following a goal apply.

## PLAYING AREA & EQUIPMENT

- 32. All players shall have, at minimum, the following equipment;
  - i. A hockey stick in good working condition and not split or broken in any place.

- ii. Running shoes in good condition with non-marking soles
  - iii. Further equipment including but not limited to a jock, helmet, hockey gloves, and shin pads are not necessary for play but are strongly advised by the league.
33. Goaltenders shall have, at minimum, all protective goaltending equipment usually used in ball hockey. This includes but is not limited to, jock, helmet, hockey pants, leg pads, goaltender blocker, goaltender catching mitt, chest protector, and running shoes.
34. The playing area shall have the following markings and items;
- i. A regulation sized hockey net for each side.
  - ii. A goaltender's crease, marked in black, in front of each net.
  - iii. A goal line running parallel from post to post on each net.
  - iv. A center line running parallel with the posts of the nets, marked in red.
  - v. A black line marked halfway between the goal line and center line running parallel with the posts of the nets.
  - vi. A players bench for each team shall be located in one of the corners behind their respective nets.

## STATISTICS & RECORD KEEPING

35. The team standings shall be sorted in order by; points, wins, record against tied team(s), goal differential, goals for, a coin toss.
- i. Two (2) points are awarded for each win, one (1) point for each shootout loss or tie, zero (0) points for each loss.

## ALL-STAR AND MVP VOTING

- Every player will be given one (1) ballot in the final game of the regular season. Each ballot can be filled out with one (1) player nominated from each player's own team and one (1) player nominated from any other team in the league.
- The player receiving the most nominations will win Most Valuable Player.
  - In the event of a tie the honour will be awarded to each of the top players.
- The All-Star teams are populated by players receiving the most votes.
  - One player from each team must be represented.
  - The Commissioner has right to veto or add players to the All-Star teams based on season performance.