

Intramural Co-ed Ball Hockey

League Rules

Equipment

1. Goalies must wear helmets and face masks at all times and are advised to wear other protective equipment as well.
2. All pads and equipment must be intact so that stuffing is not coming out.
3. No outdoor shoes, boots or sticks

General Play Rules

4. Badgering the referee will result in a game suspension and further disciplinary action if deemed necessary. Fighting will result in League suspension and further disciplinary action.
5. All games will start on time. If a team fails to have the required 4 players on the surface by 5 minutes past the hour, that team shall forfeit the game.

Specific Sport Rules

6. Players must stay away from the curtained walls/divider wall; only one person in to get a ball. This is to prevent injury to players and damage to the curtains/divider wall. Penalty will result if players go into curtains.
7. All face-offs will be done at center using the three-touch method.
8. After goal is scored Faceoff at center.
9. Games are 40 minutes in length, consisting of two 20-minute halves. There will be a 5-minute break between halves.
10. Team on playing surface not to exceed 5 players, 1 goalie, and 4 out.
11. A team must have 4 players on the surface to begin a game.
12. Sticks are not to be raised above the waist. Lose of possession with occur if stick is above the waist.
13. Teams with no girls will be given a 2 goal penalty
14. Slap shots and knockdowns will result in a change of possession.
15. Infraction of the following rules will result in 2 minute penalty. Note: If a player receives 3 minor penalties in one game, that player is suspended from the game.
 - No slashing
 - No elbowing
 - No high sticking
 - No body contact

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- Unsportsman like penalties will be reviewed by a sport governing body and further suspension may occur.
- * Roughing penalties or overly aggressive contact (body checking, yelling/cursing at other players) will result in a game misconduct to be reviewed based on the severity of the penalty.

16. TIEs will be allowed during regular season. Playoff TIE: 3 person shoot out. If tie remains sudden death shoot out utilizing all players till tie is broken.