



SBHL Game Procedures Manual

2026 Spring Season

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Game Procedures

Most of the Rules of Ball Hockey mirror those of ice hockey or what you are already familiar with. There are a number of special rules that you should be aware of if you have never played SBHL Ball Hockey before. Please review the online rulebook for full rules, however please note SBHL specific rules throughout the rest of this document:

https://www.canadaballhockey.ca/en/page/online_rulebook/online_rulebook.html

Saskatchewan Ball Hockey has a very strict policy for fighting, intent to injure, abuse of officials and other serious incidents. The SBHL will provide all team reps with a suspension and fine list that will be enforced in the event that any of the above occur.

Minimal Contact:

Although the term non-contact is used for ball hockey a more accurate depiction would be the term minimal contact. There is no body checking, however, there is always a bit of bumping or light pushing amongst players to gain body position between them, the opponent and the ball. There is absolutely no stick work tolerated in the sport.

The "Floating Blue Line":

This method of offside is exclusive to ball hockey and heavily promotes offense, as the offensive zone is very large and extends from the center line all the way to the end boards in the defensive zone.

The largest difference between Ball Hockey and most forms of Ice Hockey is the "Floating Blue Line" that regulates offsides in the offensive zones. Once a player has moved the ball over the blue line into the attacking zone, the attacking zone increases to include the entire opponent's half of the rink. If the defending team sends the ball past center, the zone is reset to the blue line and their opponent must regain it as explained above.

Game Ejection:

ANY three penalties in a game will earn a game ejection.

Liquor Consumption within Playing Facilities

The consumption of alcohol in dressing rooms/bench areas are prohibited by our facilities. The penalty (issued by the facility) may be the loss of dressing rooms facilities for an indeterminate period of time. If these facilities choose to implement a fine, then teams will have to pay this out of their pocket and will be suspended from league play until they pay it in full to the facility. Additionally, the league will also forfeit your next game and the team you played will be able to take any game from your schedule being that they did not get to play your game.

Player Equipment

The following equipment is **mandatory** for players:

- CSA approved helmet
 - All players under 18 years of age **MUST** wear a CSA approved **FULL facial protection**
 - No lacrosse or football facial protection
- CSA approved ICE hockey or CBHA approved ball hockey gloves
- Sleeves must be **AT LEAST** $\frac{3}{4}$ length of the arm (i.e. must cover/go past the elbow)
 - Exception: Co-Ed divisions are allowed the use of T-Shirts
- **ALL YOUTH players MUST wear shin pads**
 - They can be soccer/ball hockey shin pads, or ice hockey type (which must be covered, i.e. socks worn over top)
- Running shoes must be **CLOSED** toed
 - No steel toed foot protection
- Ice hockey stick
 - No plastic or salming/floorball style blades
- Rule 24 and 25 covers player protective equipment and dangerous equipment

Goaltender's Equipment

- CBHA approved balls are low bounce and hard. Therefore, goaltenders must use CSA approved ice hockey gear; no street hockey equipment can be used (except in U5 & U7 youth leagues or unless otherwise approved by the league).
- All Goaltenders in U9 (and older) must have their own goal equipment. In U5 and U7, goal equipment (pads, blocker, glove, chest pad) will be provided to teams if they are needed. In circumstances where a team may not have a regular goalie, the league will provide some.
- **The following equipment is mandatory for goalies:**
 - Protective cup
 - CSA approved goal pads (unless using league issued pads)
 - Chest and arm pads
 - CSA approved Helmet with cage
 - Road hockey helmets **ARE NOT ALLOWED**
 - CSA approved blocker and trapper
 - Protective hockey pants
- Rule 23 covers goaltender's equipment

Division Specific

U5/U7

First 25 minutes of the allotted time slot will be for Warmup/Skill Development.

- 1/3 court game with small nets
- 1 period
 - 30-minute STRAIGHT time

- 3-minute buzzer (dictates shift changes)
- Teams will defend the end they warmed up in
- 5 v 5 with NO GOALTENDERS
- NO TIMEOUTS ALLOWED
- Faceoff at center of the court
 - At the beginning of the period
 - After each 3-minute buzzer
- Each player can ONLY score 3 goals
- After each goal;
 - Team that just scored will give the other team HALF court
 - Team that just scored CANNOT attack until the ball crosses HALF court
- Penalty Procedure
 - If a penalty is called it will result in a penalty shot. A player from the penalized team will stand in the net. Direct all players who aren't involved in the penalty shot off to the side at their benches. Once the penalty shot is completed follow the same procedure as after a goal.

U9

- 5-minute warmup/skill development
- 3 periods full court game with normal nets
 - 15-minute STRAIGHT time periods
 - 3-minute buzzer (dictates shift changes)
 - Teams will START in the end they warmed up in and change ends each period
- 5 on 5 + goaltenders
- 1 x 30s TIMEOUT per team per game (no extra for overtime)
- Faceoff at center of the court
 - At the beginning of the period
 - After each goal
- Faceoff at closest faceoff dot after each 3-minute buzzer
- Each player can ONLY score 3 goals
- Penalty Procedure
 - Standard procedure
 - Penalties in STRAIGHT time are 1.5x length
 - i.e., 2-minute minor is 3 minutes, double-minor (2+2) is 3+3 minutes, 5-minute major is 7.5 minutes and 10-minute misconduct is 15 minutes

U11 and Above

- 5-minute warmup
- 5 on 5 + goaltenders
- 3 periods full court game with normal nets
 - 13-minute periods
 - Period 1 and 2 are STRAIGHT time

- Last minute of period 2 is stop time if stoppage of play occurs with 1:00 or less remaining on clock. (i.e. if the whistle blows at 1:03, the clock will continue to run until the first whistle at 1:00 or less in the period)
 - Period 3 is STOP time
 - If at any point there is a 5-goal spread (including last minute of the 2nd period) stop time will convert to STRAIGHT time
 - Straight time is to start upon ball drop after the 5-goal spread is reached.
 - Teams will START in the end they warmed up in and change ends each period
- 1 x 30s TIMEOUT per team per game (no extra for overtime)
- Penalty Procedure
 - Standard procedure
 - Penalties in STRAIGHT time are 1.5x length
 - i.e., 2-minute minor is 3 minutes, double-minor (2+2) is 3+3 minutes, 5-minute major is 7.5 minutes and 10-minute misconduct is 15 minutes
 - When converting penalties between straight and stop time, use the following formulas:
 - Straight time to stop time – convert remaining time of penalty into seconds, then multiply by 0.67, then convert back to minutes
 - E.g., 2:33 remaining in penalty. 153 seconds x 0.67 = 102.5 seconds (round to 103). 103 seconds is 1:43 remaining time in penalty.
 - Stop time to run time – convert remaining time of penalty into seconds, then divide by 0.67, then convert back to minutes
 - E.g., 1:25 remaining in penalty. 85 seconds / 0.67 = 126.9 seconds (round to 127). 127 seconds is 2:07 remaining time in penalty.

Co-Ed

Of the 6 players on the floor, 2 must always be of OPPOSITE gender, otherwise a penalty for too many players will be assessed. Penalties remove that gender from the floor (i.e., a female penalty results in a team only requiring 1 female to be on the floor for the penalty kill).

Female goals are worth “2” goals.

If a CO-ED team does NOT have at least 6 players of which 2 players must be of the opposite gender for the start of the game, they cannot just play short a player. They do not have the correct number of players - the game will be a FORFEIT. See “[Default Games](#)” below for more information.

Slapshots: There are no slapshots in Co-Ed. This applies to shots, passes, dump-ins, icings, etc. This will be governed as per the following:

- Wind up: Stick is only allowed to come back to hip height
- Follow through: Stick can raise above hip height but player is still responsible for all actions (i.e. contact of stick with opposing player may result in penalty.)

Jersey Conflicts

Teams must wear jerseys that at minimum have matching base colour. That means AP's must wear matching base colour uniform (i.e., an AP cannot wear a green jersey if the team they are AP'ing for uses a yellow uniform).

In past seasons the league has left pinnies at different arenas to avoid colour conflicts between teams; However, these pinnies are not returned in full and in other cases players have intentionally torn them, making them unusable for other players.

Teams that have their own custom jerseys will be responsible for their own second uniform to avoid colour conflicts; we understand that having two sets of jerseys are costly, so we will ALLOW teams to wear their own numbered pinnies or even get simple cost-effective t-shirts with numbers on the back, to use **ONLY** to avoid colour conflicts.

For reasons listed above, it is now the team's responsibility to supply some form of a respectable back up uniform/t-shirt with numbers in case of Jersey Conflicts.

Affiliate Players (AP) & Goaltenders

- The use of affiliate players will be to eliminate teams having lower roster sizes for game play and/or helping to eliminate forfeits.
- **Youth AP Guidelines:**
 - APs are determined @ league discretion. Requests must be made at least 2 hours prior to game time.
 - AP's will be allowed in order to balance overall skill and fair play, as well as ensuring teams have an adequate number of players @ league discretion.
 - E.g. there could be a time in which a U18 goalie AP's for a U15 team in extenuating circumstances
 - **Playoffs:** Affiliates are only allowed to get a team to 10 runners and a goalie and must be approved by the league at least 2 hours prior to game time.
- **Adult Men's Regular Season AP Outline:**
 - **Registered Players** can affiliate (AP) with any other team to get said team to 10 runners and a goalie. If a team has 10 of their own players and a goalie, an AP cannot be used.
 - AP's must sign in on game roster sheets and indicate they are an AP beside their name.
 - Example: Wayne Gretzky (AP)

- There is no inter-league play between Co-Ed, Women's or Men's.
 - Players must be registered to a team within that league in order to affiliate
 - i.e., a Men's player registered in Co-Ed must also be registered in Men's in order to affiliate in Men's. A Women's player in Co-Ed must also be registered in Women's in order to affiliate in Women's.
 - See Co-Ed caveat's below
 - Exceptions for goalies can be made with league approval at least 2 hours prior to game time
- To use affiliate players, the team must provide the AP a matching base colour uniform.
- **Adult Men's Playoff Eligibility**
 - There will be ZERO use of affiliate players for playoffs
 - Only exception is for goaltender of which must be from same division or lower unless agreed upon with opposing team prior to gametime or advanced permission from the league
 - Players must be registered to a team and have played one regular season game to be eligible for playoffs
 - Players are only allowed to be registered to 2 teams per "league" (i.e. can be registered to two men's teams and 2 co-ed teams)
 - Players can only be registered to 1 team per division
 - If a player is registered on 2 teams, they must play 30% (rounded down) of the regular season games on the lower division team to be eligible for playoffs – this is to reduce the likelihood of 'ringers' being used in playoffs
 - i.e., Regular season = 16 games. $16 \times 30\% = 4.8$ -> must play 4 games to be eligible for playoffs. Regular season = 11 games. $11 \times 30\% = 3.3$ -> must play 3 games to be eligible for playoffs.
 - These requirements can and should be verified directly on the website. This can be only requested by a team up to the beginning of the 3rd period (following the same notes as with ID'ing Players).
- **CO-ED Regular Season AP Outline:** (Please note differences for Co-ed below)
 - Co-ed teams may AP...
 - a female from another registered men's, women's or co-ed team
 - a male from ONLY another Co-ed team
 - males up to a maximum of 10 total runners
 - females up to a maximum of 4 total females
 - A goalie can be used from outside co-ed with advanced permission from the league or from the opposing team
- **CO-ED Playoff Eligibility**
 - There will be ZERO use of affiliate men players for playoffs
 - Co-ed teams may AP registered females in the league to a maximum of 4 total females

- Exceptions for goalies can be made with advanced permission from the league or from the opposing team
- These requirements can and should be verified directly on the website. This can be only requested by a team up to the beginning of the 3rd period (following the same notes as with ID'ing Players).

*** The SBHL reserves the right to make case by case decisions as required when it comes to affiliate players and playoff eligibility and their decision shall be final ***

ID'ing Players (Adult Only)

All players should have their photo ID with them. A team can request up to the beginning of the 3rd period to have an opposing player ID'ed to verify who they are. If an individual doesn't have their ID with them when being ID'ed - no one can vouch for the individual (not even the referee or timekeeper) - **NO ID, NO PLAY**. A timekeeper, referee or league representative can request an ID check at ANYTIME.

League representatives that are playing in the game are considered as players NOT league representatives.

If an individual is found out to NOT be who they are OR not registered OR cannot produce ID - the player will be REMOVED IMMEDIATELY from the game, ALL goals they scored OR assisted on will be REMOVED from the scoresheet AND the team will be assessed 2 (two) 2-minute Minor penalties for Ineligible Player. **TWO** individuals will be placed in the penalty box to serve these penalties.

- Example - if the teams were playing 5 vs 5 and this happens, the teams will then play 5 vs 3 for 2 minutes.
- Officials, please submit a report in regards to this situation as there may be additional discipline action required.

If the requesting team ends up wrong in their request, they will be assessed a 2-minute minor penalty for delay of game.

Late Arriving Players (Adult Only)

Late arriving players to a game already in progress will ONLY be allowed up to the beginning of Period 3.

Default Games

There is a 5-minute warm up prior to the game start time (the Timekeeper is responsible to set and start the warm up clock time). At the end of the warm up clock time each team MUST have 6 players on the floor ready to go.

- For the purpose of this section, if a team does not have the required number of players, then the 5-minute warmup time must start at the posted game time (i.e. for a 7pm start time the warmup time would commence at 7pm and the default countdown explained below wouldn't be able to start until 7:05pm at the earliest. In the case where games are behind, the warmup time will start as soon as possible).

If a team(s) do not have the minimum number of players, the game clock time is set to the respective division period time (i.e. 15:00, 13:00 etc.) minutes and started; but the game does not actually commence.

If the team(s) does NOT have the minimum number of players 2 minutes into the period (i.e. 13:00, 11:00 etc.), the game is **DEFAULTED**.

If the team(s) HAVE the minimum number of players BEFORE the 2-minute cutoff, the following will happen...

- The offending team(s) will have to serve a 3-minute Delay of Game penalty which will not begin until the ball is dropped
- the game clock time will NOT be reset

2026 Rule Changes

- Rule 19(g)/62(f): when play is stopped due to high sticking of the ball, the offending team is not permitted a change of players, except for the goaltender who is permitted to return to the floor in exchange for one player.
- Rule 24(c): When a goaltender loses their helmet, facial protector, blocker or trapper play shall be stopped immediately, unless there is an imminent scoring chance that does not pose a safety risk to the goaltender.
- Rule 28(f): 4-minute minors have been replaced by double-minor (2+2) penalties. Should a goal be scored in the first 2 minutes of the powerplay, the remaining time will be washed out and the 2nd minor penalty will commence immediately.
 - o In scenarios of run time, this will be applied as a “3+3” penalty. The subsequent 3-minute run time penalty will start on the ensuing ball drop after the goal is scored.
 - o This double-minor rule applies to the following penalties
 - Butt-Ending (rule 49f)
 - Head-Butting (rule 49b)
 - Head Contact (rule 86b)
 - High Sticking: accidental high stick causing blood (rule 62c)
 - Slew Footing (rule 85b)
 - Spearing (rule 49g)
 - Attempt to Injure (rule 49d)
- Cross-Checking (rule 54a), high-sticking (rule 62a/b), and slashing (rule 79a) are no longer 4-minute penalties. They are standard 2-minute penalties.
- **ADULT ONLY:** Rule 57(j): The non-offending team will have choice of which *end-zone faceoff location* the faceoff will occur following the calling of icing or at the start of a powerplay.
- **MEN’S ONLY:** Rule 65(a)iii: Hybrid Icing will be in effect for ALL Men’s divisions. Please see rule 65 in the 2026 CBHA rulebook for full hybrid icing explanation.

- **ADULT ONLY:** Rule 65(g): When icing is called, the team who iced the ball is not permitted to change. This includes if a timeout is called; no player substitutions may be made. Teams are permitted to replace their goaltender if they were removed for an extra attacker.
- Rule 75(e): All stoppages due to ball out of play, ball becoming unplayable, etc., in the end zone will result in the faceoff remaining in the end zone regardless of which team caused the stoppage. This also applies to stoppages in the neutral zone while the zone is set; the faceoff will occur outside the blue line but will the zone will remain set regardless of who caused the stoppage.

Overtime

Overtime Procedures (Youth)

Regular Season League Games

No OVERTIME, [Regular SHOOTOUT procedure](#).

Round Robin Playoff Games

No OVERTIME, [Regular SHOOTOUT procedure](#).

Consolation Games

No OVERTIME, [Regular SHOOTOUT procedure](#).

Semi-Final Playoff Games

OVERTIME - SUDDEN DEATH, 5 minutes STOP time, 3 on 3

- If a team is shorthanded when entering OVERTIME or is penalized during OVERTIME, the OTHER team will be allowed to put another player on the floor (i.e. 4 on 3). When the penalized player's penalty expires, he/she will be allowed to return to the floor. Teams will play 4 on 4 until the next stoppage, then teams will return to 3 on 3.

If the score is still TIED at the end of OVERTIME, it will now go to our [Regular SHOOTOUT procedure](#).

Championship Games

OVERTIME - SUDDEN DEATH, 10 minutes STOP time, 3 on 3

- If a team is shorthanded when entering OVERTIME or is penalized during OVERTIME, the OTHER team will be allowed to put another player on the floor (i.e. 4 on 3). When the penalized player's penalty expires, he/she will be allowed to return to the floor. Teams will play 4 on 4 until the next stoppage, then teams will return to 3 on 3.

If the score is still TIED at the end of OVERTIME, it will now go to our [Regular SHOOTOUT procedure](#).

Overtime Procedures (Adult)

Note 1: If the game is part of a Best of 2 series, refer to the “[Best of 2 Game Series Format](#)” section.

Note 2: Where the normal player strength is 3 on 3 and a team is penalized, the penalized player will go and serve his/her penalty as per normal. The non-penalized team will ADD 1 player and the teams will play 4 on 3. Once the penalty has expired, the player will come out of the penalty box and the play will continue 4 on 4 until the NEXT stoppage.

Note 3: Whenever going into any of the Shootout Procedures ALL players serving a penalty or that have been removed from the game will be INELIGIBLE to participate in the shootout.

Regular Season League Games

Men’s: No OVERTIME, [Regular SHOOTOUT procedure](#).

Women’s: No OVERTIME, [Regular SHOOTOUT procedure](#).

Co-Ed: No OVERTIME, [Co-Ed SHOUTOUT procedure](#).

Tiebreaker Games

Men’s: No OVERTIME, [Regular SHOOTOUT procedure](#).

Women’s: No OVERTIME, [Regular SHOOTOUT procedure](#).

Co-Ed: No OVERTIME, [Co-Ed SHOUTOUT procedure](#).

Round Robin Playoff Games

Men’s: No OVERTIME, [Regular SHOOTOUT procedure](#).

Women’s: No OVERTIME, [Regular SHOOTOUT procedure](#).

Co-Ed: No OVERTIME, [Co-Ed SHOUTOUT procedure](#).

Consolation Games

Men’s: No OVERTIME, [Regular SHOOTOUT procedure](#).

Women’s: No OVERTIME, [Regular SHOOTOUT procedure](#).

Co-Ed: No OVERTIME, [Co-Ed SHOUTOUT procedure](#).

Quarter-Final Playoff Games

Men’s: OVERTIME - SUDDEN DEATH, 5 minutes STOP time, 3 on 3

- If a team is shorthanded when entering OVERTIME or is penalized during OVERTIME, the OTHER team will be allowed to put another player on the floor (i.e. 4 on 3). When the penalized player’s penalty expires, he/she will be allowed to return to the floor. Teams will play 4 on 4 until the next stoppage, then teams will return to 3 on 3.
- If the score is still TIED at the end of OVERTIME, it will now go to our [Rotating Power Play Overtime procedure](#).

Women’s: OVERTIME - SUDDEN DEATH, 5 minutes STOP time, 3 on 3

- If a team is shorthanded when entering OVERTIME or is penalized during OVERTIME, the OTHER team will be allowed to put another player on the floor. When the penalized player's penalty expires, he/she will be allowed to return to the floor. Teams will play 4 on 4 until the next stoppage, then teams will return to 3 on 3.
- If the score is still TIED at the end of OVERTIME, it will now go to our [Regular SHOOTOUT procedure](#).

Co-Ed: OVERTIME - SUDDEN DEATH, 5 minutes STOP time, 3 on 3 (1 of each gender - including goaltenders)

- If a team is shorthanded when entering OVERTIME or is penalized during OVERTIME, the OTHER team will be allowed to put another player of either gender on the floor. When the penalized player's penalty expires, he/she will be allowed to return to the floor. Teams will play 4 on 4 until the next stoppage, then teams will return to 3 on 3.
- If the score is still TIED at the end of OVERTIME, it will now go to the [Rotating Power Play Overtime procedure](#).

Semi-Final Playoff Games

Men's: OVERTIME - SUDDEN DEATH, 5 minutes STOP time, 3 on 3

- If a team is shorthanded when entering OVERTIME or is penalized during OVERTIME, the OTHER team will be allowed to put another player on the floor (i.e. 4 on 3). When the penalized player's penalty expires, he/she will be allowed to return to the floor. Teams will play 4 on 4 until the next stoppage, then teams will return to 3 on 3.
- If the score is still TIED at the end of OVERTIME, it will now go to our [Rotating Power Play Overtime procedure](#).

Women's: OVERTIME - SUDDEN DEATH, 5 minutes STOP time, 3 on 3

- If a team is shorthanded when entering OVERTIME or is penalized during OVERTIME, the OTHER team will be allowed to put another player on the floor. When the penalized player's penalty expires, he/she will be allowed to return to the floor. Teams will play 4 on 4 until the next stoppage, then teams will return to 3 on 3.
- If the score is still TIED at the end of OVERTIME, it will now go to our [Regular SHOOTOUT procedure](#).

Co-Ed: OVERTIME - SUDDEN DEATH, 5 minutes STOP time, 3 on 3 (1 of each gender - including goaltenders)

- If a team is shorthanded when entering OVERTIME or is penalized during OVERTIME, the OTHER team will be allowed to put another player of either gender on the floor. When the penalized player's penalty expires, he/she will be allowed to return to the floor. Teams will play 4 on 4 until the next stoppage, then teams will return to 3 on 3.
- If the score is still TIED at the end of OVERTIME, it will now go to the [Rotating Power Play Overtime procedure](#).

Championship Games

Men's: OVERTIME - SUDDEN DEATH, 10 minutes STOP time, 3 on 3

- If a team is shorthanded when entering OVERTIME or is penalized during OVERTIME, the OTHER team will be allowed to put another player on the floor (i.e. 4 on 3). When

the penalized player's penalty expires, he/she will be allowed to return to the floor. Teams will play 4 on 4 until the next stoppage, then teams will return to 3 on 3.

- If the score is still TIED at the end of OVERTIME, it will now go to our [Rotating Power Play Overtime procedure](#).

Women's: OVERTIME - SUDDEN DEATH, 10 minutes STOP time, 3 on 3

- If a team is shorthanded when entering OVERTIME or is penalized during OVERTIME, the OTHER team will be allowed to put another player on the floor. When the penalized player's penalty expires, he/she will be allowed to return to the floor. Teams will play 4 on 4 until the next stoppage, then teams will return to 3 on 3.
- If the score is still TIED at the end of OVERTIME, it will now go to our [Regular SHOOTOUT procedure](#).

Co-Ed: OVERTIME - SUDDEN DEATH, 10 minutes STOP time, 3 on 3 (1 of each gender - including goaltenders)

- If a team is shorthanded when entering OVERTIME or is penalized during OVERTIME, the OTHER team will be allowed to put another player of either gender on the floor. When the penalized player's penalty expires, he/she will be allowed to return to the floor. Teams will play 4 on 4 until the next stoppage, then teams will return to 3 on 3.
- If the score is still TIED at the end of OVERTIME, it will now go to the [Rotating Power Play Overtime procedure](#).

[Best of 2 Game Series Format](#)

- Game 1 can end in a TIE
- Game 2 can end in a TIE, if Game 1 has a winner
- If BOTH teams, win 1 game OR tie BOTH games then a "Game 3 Overtime" will be played IMMEDIATELY after Game 2 with the following format...
 - SUDDEN DEATH
 - 10 minutes STOP Time
 - 3 on 3
 - Co-Ed: 1 of each gender including goaltenders
 - Any player ejected for a "Game Ejection" or a 10-minute misconduct is allowed to return. Penalty count towards a game ejection also resets for the "Game 3 Overtime".
 - Any major, match, game misconduct or gross misconduct penalty is still prohibited from returning for the "Game 3 Overtime"
 - **Still TIED...**
 - **Men's:** [Rotating Power Play Overtime procedure](#).
 - **Women's:** [Regular SHOOTOUT procedure](#).
 - **Co-Ed:** [Rotating Power Play Overtime procedure](#).

Note: If it is a 'consolation' Best of 2 Series that requires OT after Game 2, it will be 5 minutes of 3 on 3 and then the regular shootout procedure

Shootouts

Regular Shootout Procedure

Home team designated on the game sheet will decide whether they wish to shoot first or second.

It is a SUDDEN DEATH format with 1 shooter per team (versus the 3-shooter format we had in previous seasons). If one team scores and the other team doesn't, the shootout is over.

All players that were ejected/removed from the game or were in the penalty box at the conclusion of Period 3 or Overtime – will NOT be eligible for the shootout.

If one team scores and the other team doesn't, the shootout is over.

If both teams score or don't score, then the teams will select another shooter to do another round of shootout.

No repeating of shooters will be allowed UNTIL one of the teams have gone through their entire player roster (not including goaltenders), at this point BOTH teams shooting rosters will reset.

Co-Ed Shootout Procedure

Home team designated on the game sheet will decide whether they wish to shoot first or second.

It is a SUDDEN DEATH format with 2 shooters per team (1 of each gender). A female goal counts as 2 just as it would during the regular play. Teams decide their respective gender order and are not required to match.

- E.g., Team A can send female then male and Team B can send Male then female.

All players that were ejected/removed from the game or were in the penalty box at the conclusion of Period 3 or Overtime – will NOT be eligible for the shootout.

If one team has more goals than the other in the shootout, the shootout is over.

If both teams are still tied after the shootout, then the teams will select 2 more shooters (1 of each gender) to do another round of shootout.

No females can repeat UNTIL one of the teams have gone through their entire **female** player roster (not including goaltenders), at this point BOTH team's female shooting rosters will reset.

No males can repeat UNTIL one of the teams have gone through their entire **male** player roster (not including goaltenders), at this point BOTH team's male shooting rosters will reset.

Rotating Power Play Overtime Procedure

Rules:

Note 1: If the teams are EVEN score-wise during Power Play #1 or Power Play #2 and the team shorthanded scores - team on the power play LOSES.

- Another way to put it... if the shorthanded team ever scores to “go ahead” in the Power Play Overtime it is a sudden death win.
- All power plays are 2 minutes STOP time - Teams can pull their goaltender at ANYTIME
- Timekeeper will put 2 minutes up on the clock and will start and stop the clock time accordingly
- No timeouts allowed
- Home team will get to decide if they start on the power play or if the visiting team will
- All Power Plays will start in the shorthanded team’s zone with a faceoff on the side of the power play teams choosing
- Any MINOR (2 min or 4 min) or 10-minute MISCONDUCT penalties will automatically expire...
 - at the end of the regulation time
 - at the end of the Sudden Death Overtime
 - at the conclusion of each Power Play Overtime half
 - *Note 2: Penalties will also reset towards the 3-penalty game ejection rule at the end of each regulation time/Sudden Death OT/Power Play OT. HOWEVER, at no point does the 2 (two) 10-minute misconduct rule resulting in a GAME MISCONDUCT reset (I.e., a misconduct received in the 1st period and then in the 5v3 Power Play OT would result in a GAME MISCONDUCT and ejection).*
- Any MAJOR or MATCH will be served out in full (carries over through ALL power play OT instances i.e. PP and PK) and will possibly affect the number of players on the floor. If a player is removed from the game at any point due to a MAJOR, MATCH, GAME MISCONDUCT or GROSS MISCONDUCT penalties - they will no longer be able to participate in the Overtime or the Power Play Overtime(s).

Power Play #1

- 5 on 4 power play for each team for a FULL 2 minutes each (a total of 4 minutes of Overtime could be played)
- Each team gets 2 minutes on the power play to score as many goals as you can
- Co-Ed: team on penalty kill must have 2 of each gender (including goalie)

If still tied...

Power Play #2 (BEAT THE CLOCK!) – REPEAT UNTIL WINNER

- 5 on 3 power play for each team for a FULL 2 minutes each (a total of 12 minutes of Overtime could be played)
- Each team gets 2 minutes on the power play to score a goal as fast as possible
- Co-Ed: team on penalty kill must have 1 of each gender (including goalie)

- Fastest team wins
 - Example:
 - Team A scores in 60 seconds
 - Team B MUST score in 59 seconds or less

Note 3: If a penalty occurs to a Shorthanded team when they are 5 on 3, an additional player will be added to the Power Play team

- *Example: 5 on 3, Shorthanded team takes a penalty, it will be 6 (+ goalie) on 3 player strength advantage for the Power Play team (Max 6 on 3)*

Rules of Emphasis

Rule 47 - Harassment of Officials, Unsportsmanlike Conduct/Misconduct

While we understand that hockey is an emotional sport, this does not give players or coaches the right to treat others or you as officials with disrespect. As much as we encourage our officials to treat disrespect with respect in an effort to help players and coaches improve, sometimes penalties are warranted to help guide them on the correct path.

Do not let players or coaches off the hook for their actions. They must be penalized appropriate under the rules provided to us for their actions. This will result in better officiating environments for us all.

If there are any questions with how to apply rule 47 please contact your assignor.

Rule 53 – Checking from Behind

Referees are instructed not to substitute other penalties when a player is checked from behind in any manner. This rule must be strictly enforced.

CLARIFICATIONS

1. Checking From Behind entails that contact with the player being checked takes place in the back part of the body.

2. Where a player about to be checked turns and, as a result, creates contact with the back, a penalty shall be assessed to the player delivering the check for Checking from Behind.

3. The intent of this interpretation is not to penalize a player who comes up behind an opponent and in the process of playing the ball, makes unintentional contact with the back part of the body of the player being checked.

4. Riding off, pinching or rubbing a player shall be permitted as long as no intentional contact occurs to the back of that player, except as provided under Rule 50 (b) - Boarding and Body Checking, in all minor divisions.

The determining factor for Checking from Behind versus cross-checking is whether or not the player applying the check is in motion. If the player is stationary and cross-checks an opponent from behind then a penalty for Cross-Checking should be assessed. If the player is in motion and Cross- Checks an opponent from behind, then a penalty for Checking from Behind shall be called. Notwithstanding the aforementioned, if a player is cross-checked from behind into the boards or the goal net, the Checking from Behind shall be called.

ADDITIONAL GUIDELINES TO ALL OFFICIALS

There are sufficient rules in the Canadian Ball Hockey Association Rule Book to cover most situations that may lead to spinal injuries. Referees should be aware of the tragic

consequences of such injuries and strictly enforce the rules in situations such as the following:

1. Where a player along the boards, with her head down looking for the ball or “digging the ball out”, is hit from behind and driven headfirst into the boards with the head and neck in a flexed position.
2. Where a player in the process of checking an opponent swings the elbow and forearm out with the intent of throwing the opponent into the boards.
3. Where a player “kicks” or “pulls” an opponent’s feet out from behind and then pushes the player into the boards.

Calling the penalty after the injury has occurred may be too late for that injured player. Only through Referees being consistent in calling this type of infraction with strict enforcement, will players and team officials realize the danger factor in committing such types of fouls. Everyone connected with the game is aware of the tragedy of a spinal injury with resulting paralysis. It is the responsibility of players, team officials and Referees to make every attempt possible to reduce the incident of this frightful injury. Team officials can teach players legitimate methods of checking an opponent, while players can be educated to the dangers of checking an opponent illegally. The Referee has the responsibility to penalize players who illegally check an opponent. If the Referees are consistent and strict in calling infractions that may lead to spinal injuries, then hopefully, along with the cooperation of players and team officials, the chances of a player suffering such injuries can be significantly reduced.

Rule 62 – High Stick

In all youth divisions subsection (f) and (g) do not apply.

Instead, in all youth divisions if the ball is contacted by a stick above the normal height of the shoulders the play shall be IMMEDIATELY whistled dead and a 2-minute minor penalty for high sticking the ball shall be assessed to the player causing the stoppage.

- **Note:** no goal may be scored as a result from high sticking the ball.
- **Note 2:** the offending team is allowed to change players for the ensuing faceoff.
- **Note 3:** faceoff location will follow standard procedure following a penalty.

Rule 86 – Head Contact

CLARIFICATIONS ON HEAD CONTACT

Referees should be aware of the tragic consequences of head injuries and concussions and strictly enforce this rule. It is the responsibility of players, team officials and Referees to make every attempt possible to reduce the incident of this frightful injury. Team officials can teach players legitimate. Methods of checking an opponent, while players can be educated the dangers of head contact. The Referee has the responsibility to penalize players who contact an opponent to the head. If the Referees are consistent and strict in calling infractions that may lead to concussions, then along with the cooperation of the

players and team officials, these types of fouls and the chances of players suffering such injuries can be significantly reduced.

A fight is still to be called a fight, not Head Contact.

Note: Contacting an opponent in the head, face or neck with a stick is to be penalized under the appropriate stick penalty.

Change Log

April 15, 2025

- [Player Equipment](#): Rule about youth shin pads and ¾ length sleeves added
- [Affiliate Players \(AP\) & Goaltenders](#): Many changes + wording revised
 - Youth AP section added
 - Adult Playoff registered playoff eligibility set at 1 regular season game
 - Adult Playoff AP eligibility defined based on number of games played
- [ID'ing Players \(Adult Only\)](#): Incorrect request results in 2-minute minor for delay of game
- [Rotating Power Play Overtime Procedure](#): Many changes + wording revised
 - 5v3 timed has been removed. Now 5v4 timed then 5v3 “Beat the Clock”.
 - “Note 2” added about game ejections and misconduct penalties.
 - Power plays to start in-zone and not at center.

March 7, 2026

- General changes to wording of 4-minute minors changed to double-minor penalties
- [2026 Rule Changes](#) section added

March 23, 2026

- [Affiliate Players \(AP\) & Goaltenders](#): changes to regular season AP guidelines and playoff eligibility. NOTE: AP's no longer permitted in playoffs.
- Co-ed overtime procedures changed to 3 on 3 for league consistency. Only 1 of each gender required on the floor (e.g., having a female goalie would allow a team to run 3 male players).

March 31, 2026

- Consolation Best of 2 Series that requires OT after Game 2 does 5 minutes of 3 on 3 then a regular shootout.