



Ball Hockey Rules

May 2016

(amended August 2018)

Rule 1 - The Playing Area

1. Playing Area

The game of "Ball Hockey" shall be played on a floor or asphalt surface.

2. Goals

A black or red goal line 5 cm wide shall be drawn 4 m from each end. Goal dimensions shall be of 183x122 cm.

3. Goal Crease, Division of Playing Surface, Face-off Spots and Circles

Leisure Centre gym markings will be utilised with the light blue markings utilised as the goaltender area and the centre circle denoted by the large green circle. The halfway line will be denoted by the yellow line in the centre of the leisure centre playing area.

Face-off spot will be taken from the main centre circle.

4. Players' Benches, Penalty Bench

(Leisure Centre Only)

Players' benches are situated at either end of the playing area (designated cupboard facility). Penalty bench for both teams will be situated centrally of the playing area and opposite the players' benches (designated central cupboard facility).

5. Signal and Timing Devices and Dressing Rooms

The playing area shall have suitable sound device, and some form of electric clock. Leisure Centre facilities are provided and equipped with sanitary toilet and shower, for the teams, female and male.

Rule 2 - Teams

1. Composition of Team

A team shall usually have four players on the playing area (3+1 line-up version).

2. Captain of Team, Players in Uniform

A team shall appoint a Captain. A maximum of 6 players, plus 1 goaltender shall be permitted in a game. All players of each team shall be dressed uniformly in colour, etc.

3. Starting Line-up, Change of Players, Injured Players

Players may be changed at any time within via their selected team bench. During any injuries the clock will be stopped and the injured player treated and assessed by team members and referee. Any player with a minor injury can either play on or change with another team mate. Players with major injuries will be taken directly to hospital by those members playing. Game will continue once the injured player has been dealt with.

Rule 3 - Equipment

1. Sticks

Players use regular ice-hockey sticks, the curvature of the blade shall not be restricted. A Minor Penalty shall be imposed on any player guilty of using or wearing illegal equipment or a stick.

2. Footwear, Goalkeeper's Equipment, Protective and Dangerous Equipment

Only "running shoe" type footwear is permitted.

Goalkeepers may wear regular equipment of ice-hockey goalkeepers (except skates). The use of protective ice-hockey or street (ball) hockey gloves is mandatory. All goalkeepers must wear a full face-head protector.

All outfield players over 16+ play at their own risk with protective equipment as optional but must be worn under the uniform. Falklands Xtreme advises that players over the age of 16+ utilise protective gear during games, especially protective gloves, shin pads and helmets.

Palm-less or fingerless hockey gloves, shoulder pads of any kind, or pads or protectors, made of metal or any other material likely to cause injury to a player, are prohibited.

3. Ball

The ball shall be made of an approved plastic with a diameter of 6.6 cm to 7 cm, orange in colour.

Rule 4 - Penalties

1. Minor, Major, Misconduct, and Match Penalties, Penalty Shot

Identical to the ice-hockey rules:

a. Minor or Bench Minor - a player shall be sent off the playing area for 2 minutes, or until the opposing team scores a goal, and no substitute is permitted.

b. Major - a player shall be sent off the playing area for 5 minutes and no substitute. For the second Major in the same game to the same player, or if the Major is for the foul except holding, hooking, interference, and tripping, a Game Misconduct Penalty shall be assessed in addition.

c. Misconduct - a player shall be sent off the playing area for 10 minutes, but the substitute is permitted immediately. A second Misconduct to the same player in the same game shall become a Game Misconduct.

d. Game Misconduct - removal for the remainder of the game, the substitute is permitted immediately. Does not incur automatic suspension for next game.

e. Gross Misconduct - removal for the remainder of the game, the substitute is permitted immediately. Incurs automatic suspension for next game(s).

f. Match - removal for the remainder of the game for an offender and a substitute is permitted after 5 minutes. Incurs automatic suspension for next game(s).

g. Penalty Shot - a player plays the ball from the centre face-off spot towards his opponent's goal line. The team has the option between Penalty Shot and a Minor Penalty.

Situations: *hooking, tripping, or any foul from behind, or interference*, when the player is over the centre red line and has no defending player to pass other than the goalkeeper; *too many men on the playing surface* in the last two minutes of the game; *deliberate displacing of the goal* during the course of a breakaway or in the last two minutes of the game; *falling on the ball, picking-up the ball, or holding the ball*, when the ball is within the goal crease; *throwing a stick* or any object in defending zone in the direction of the ball.

h. Goalkeeper's Penalties - Goalkeepers shall not be sent to the penalty bench for a Minor, Major or Misconduct Penalty, the penalty shall be served by his teammate who was on the playing area, etc.

i. Delayed Penalties, Calling of Penalties, Supplementary Discipline

If a third player is penalised while two players of the same team are serving penalties, the third penalty shall not commence until the penalty of one of the two players already penalised has elapsed.

Should an infraction, which would call for a penalty, be committed by a team not in possession of the ball, the Referee shall signify the calling of a penalty by raising his arm and blowing his whistle only after the ball has come into the possession of the offending team, etc.

Rule 5 - Officials

1. Appointment of Officials, Goal Judges, Official Scorer, Proper Authorities

One Referee, one Official Scorer and two Goal Judges, shall be appointed for each game. One Referee and one Official Scorer/Goal Judge are considered a minimum for any game.

Referees have full authority over the game with Goal Judges assisting the referee in judgement of uncertain goals.

Rule 6 - Playing Rules

1. Abuse of Officials and Other Misconduct

Minor Penalty for disputing the rulings, using abusive language, etc.

Bench Minor for offence by unidentifiable person or from the bench.

Misconduct Penalty for persisting the conduct penalised by Minor, using abusive language, throwing anything out of the playing area, etc.

Game Misconduct for persisting the conduct penalised by Misconduct, throwing anything onto the playing area (together with a Minor), etc.

Gross Misconduct for travesty of the game, or spitting. Holding or striking an official shall be penalised (at the discretion of the Referee) by Misconduct or Game or Gross Misconduct.

2. Adjustment of Equipment, Excessive Rough Play, Boarding, a Broken Stick

A Minor Penalty for the adjustment of equipment on the playing area, or using of a broken stick. A Match Penalty for a deliberate action that could cause an injury. A Minor or Major Penalty for striking or throwing the opponent into the boards, etc.

3. Charging and Checking From Behind

A direct body-check is considered charging. A Minor or Major for charging, additional Misconduct or Game Misconduct for checking from behind, etc.

4. Cross-Checking, Delaying the Game, Elbowing, Kneeing or Head-Butting, Face-Offs, Falling on the Ball, Fisticuffs or Roughing, Goal and Assist

A Minor or Major + Game Misconduct Penalty for cross-checking, elbowing, or kneeling, a Minor or Bench Minor Penalty for delaying the game, a Minor Penalty for falling on the ball, a Minor, Double Minor, Major + Game Misconduct, or Match Penalty for fighting, etc.

5. Handling the Ball with the Hands

If a player closes his hand on the ball, then drops it immediately on the playing area in front of him and gains no advantage by this action or makes no attempt to gain any advantage, play continues.

If there is any infraction, play shall be stopped. When a player holds the ball more than 3 seconds or takes a few steps with the ball, a Minor Penalty shall be imposed.

6. High Sticks, Holding, Hooking

A Minor Penalty for endangering an opponent using a high stick, a Double Minor or a Major + Game Misconduct Penalty for an injury, a Minor or Major Penalty for holding or hooking, etc.

The only exception: If a player attempts to make contact with the ball by using a high stick but he does not touch the ball, the situation shall be considered as if the contact was made.

7. Interference, Interference by Spectators, Kicking a Player, Kicking the Ball, Leaving the Players' or Penalty Bench

A Minor Penalty for interference with an opponent who is not in possession of the ball, a Match Penalty for kicking an opponent (an exception: a Double Minor + Misconduct for the less violent action), a Double Minor + Game Misconduct for the first player to leave the players' or penalty bench during an altercation, and a Misconduct Penalty for the others, etc.

Kicking the ball is disallowed and will result in a Minor Penalty.

8. Goal-hanging

No player shall impede or prevent the goaltender from making a save by "goal-hanging" in the light blue marked area and if they appear to be goal-hanging by the referee or goal judge then they will be given a Minor Penalty.

Note: Goal-hanging will be defined as a player continuously standing in and around the goaltender for more than 5 seconds. It will be at the discretion of the referee if they feel the player has been deemed to have goal-hanged during the scoring of a goal.

9. Ball out of Bounds or Unplayable, Ball Striking Official, Refusing to Start Play

Any ball that goes out of play or out of bounds will result in game being stopped and restarted via the centre Face-Off spot.

Any ball that strikes the referee during a game shall result in the game stopping and being restarted via the centre Face-Off spot.

10. Slashing, Spearing or Butt-Ending, Start of Game and Periods, Throwing a Stick, Tripping

A Minor or Major Penalty for slashing, a Double Minor + Misconduct for a player who attempts to spear or butt-end, and a Major + Game Misconduct for spearing or butt-ending. A Penalty shot for throwing any object in the direction of the ball in defending zone and a Major Penalty in the other zones, etc.

A Minor penalty for any playing tripping an opponent.

11. Time of Game

Senior Games - Two 20-minute halves of stop time and a 5-minute pause at half-time will be the time allowed for each game. Teams will be allowed 2 time outs during the period of the game, with each time out lasting 1 minute.

Junior Games – Two 15 Minute halves of stop time and a 5-minute pause at half-time will be the time allowed for each game. Teams will be allowed 2 time outs during the period of the game, with each time out lasting 1 minute

Rule 7 - Medical Rules

1. Prevention of Infections

A player who is bleeding or is covered by blood must leave the playing area for treatment or cleaning, otherwise a Minor Penalty shall be imposed. No blood-stained objects shall be used on the playing area.