



## Winnipeg Ball Hockey League (Winter) Rulebook

1. The League will consist of a 16 game season.
2. Games will be 40 Minutes in length, divided into two 20 Minute halves. Running time except for the last minute of the game, which shall be stop time. If there is a goal spread of three goals or more there shall be no stop time.
3. The referee may use his discretion to stop time due to injury, equipment problem or a player deliberately delaying the time, or there are no available balls if one goes out of play.
4. Each team will be responsible with supplying the referee with one soft Orange ball prior to the game. Balls will be available at the gym at a price to be set by the league.
5. Each team will be allowed one 30 second time out per game.
6. Games shall start on time. A goal will be awarded for every three minutes a team is late and the game will be forfeited at the ten-minute mark from the scheduled start time. If the game is defaulted the final score shall be 3-0 for the team with the most players on hand.
7. Any team that default's a game will receive a loss in the standings and a \$25 fine. The first default will not result in a fine.
8. Each team is allowed to have a roster of 12 players. If a player is suspended his roster spot cannot be filled. (E.g. A team with two players suspended could only dress 10 Players). B division teams may only dress 1 A player per game, but may have 2 on there roster.
9. A team must have at least 3 players on the floor to start a game. A team may finish a game with 2 Players and a goalie, but no less than that. If the situation occurs that and a team has less than two players and a goalie at any point during the game, the game is forfeited by the offending team at that point.
10. If a team is playing without a goalie, they may have four attackers on the floor. At no time may any player at all cover the ball, or catch the ball, in the crease. If this occurs in the crease, an automatic goal will be called against the offending team. If this infraction occurs outside of the crease area, a delay of game penalty will be assessed. If the team is playing with a goalie



11. All players in the league shall sign a waiver form prior to starting their first game. Any player under the age of 18 must have their parents consent before playing. All team reps are responsible for ensuring that all waiver forms are complete and turned in. Any player found playing without submitting a waiver form shall be suspended indefinitely, the team for which he played will forfeit any points received during the games that player was participating in.
12. Once a team has played 10 regular season games, their roster is frozen until the playoffs are complete.
13. A player must play a minimum of 6 regular season games to be eligible to play in the playoffs. Female Co-ed players must play in 4 games. Goaltender's are required to play in 1 game to be eligible.
14. Each team must have a matching sweater colour, and shall have 1 or 2 digit numbers on the back by the 5<sup>th</sup> game of the season. Minor penalties will be issued for Jersey infractions up to a maximum of 3 per game.
15. All the new players participating in the league shall be placed on a 1-year probation period, from the time of his roster signing. He can be removed at any time for any reason by the league and its officials.
16. Games shall be played unless the surface is deemed unplayable by the referee.
17. **Gym Damage.** In the event that damage occurs to the Gymnasium, and it can be attributed to an WBHL team, player or spectator, the guilty party or team will be assessed the expenses and may be removed from further competition. **Remember damage to the facility can cause the league to fold.**
18. Ineligible Players
  - Definition of Ineligible:**
    - a) Underage persons, not 18 years of age before he or she plays his first game and without waiver consent and parental release.
    - b) A player who has not signed a waiver form.
    - c) A player who has signed with one club and plays with another in the same division.
    - d) A player who is suspended or prohibited from playing for any reason.



### 19. Registration and Release Forms:

All teams must register their players on a WBHL Roster and waiver form(s). A Maximum of 13 players may be registered at any one time.

All Waiver and roster form(s) must be turned into the league Registrar prior to the first game.

To release a player, a team must first inform the league registrar prior to adding a player to fill that vacant position.

To trade a player, the league registrar must be advised prior to the players participation with their new team.

### 20. Appeals. Any player/team who disagrees with a suspension may appeal. All suspensions will be waived pending an appeal.

Appeal Procedure:

- a) Appeals may be submitted on an official League Appeal Form, which can be purchased from the league at a cost of \$15.00.
- b) Appeals must be submitted within 72 hours of the effective suspension date.
- c) The effective suspension date in all cases, excluding playoffs, will be the Sunday following the incident.
- d) Appeals must be sent to :  
[Mbhal@hotmail.com](mailto:Mbhal@hotmail.com)
- e) If the Suspension Director waives the entire suspension and fine, then the appeal fee will be refunded in full as well.

### 21. Equipment:

The Players

- A) Recommended equipment, although optional, include:
  - Elbow Pads, Mouth Guard, Athletic Cup, Knee or shin Guards, and a helmet.
- B) Necessary Equipment includes some form of hand protection in the form of Ball Hockey Gloves, Hockey Gloves or Lacrosse Gloves.
- C) All Equipment shall be worn underneath of the player's uniform. With the exception of Soft Knee pads.
- D) Shoulder pads are not permitted in any case, other than for the goaltenders, or if the player has a doctors certificate stating they should be worn.
- E) Sticks of any kind are legal, unless they are broken, or they are deemed by the official to be marking the floor. If they are marking the floor the player will be



forced to substitute the stick, and no penalty shall be assessed. If the player's stick is broken and he/she continues to use it the player shall be penalized and forced to substitute the stick. The referee shall determine if a stick is legal.

#### The Goaltender:

The goaltender must wear a CSA approved helmet with facemask, or a mylec goal mask approved for Ball Hockey. He/she must also wear a Glove and Blocker, Arm and Chest protection, Goal Pants, Goal or street Hockey pads, and an athletic cup, and a Jersey.

#### 22. Spectators:

Any acts of Physical abuse by any spectator or player against a league official, or member of the league, will be dealt with severely and Criminal charges will be pursued if warranted.

Any Player watching a game and showing inappropriate behaviour may be suspended indefinitely.

#### 23. Statistics :

League standings and player statistics will be posted each Sunday at the gym, and on our website at [www.manitobaballhockey.com](http://www.manitobaballhockey.com) once the stats are posted they will not be changed. Make sure your game sheets are accurately filled out and that the official marked the statistics correctly before the end of the current Sunday's games.



## General Rules and Regulations

1. The ball shall remain in play at all times unless it hits the ceiling, the basketball nets, is shot out of the gym, or into the players benches. At that time the possession will be given to the opposite team from the one that last touched the ball. Possession will be given along the wall in the proximity to where the ball was last touched by the offending team, and the three second, three feet, possession rule will come into effect. If the official cannot tell who last touched the ball a face-off shall occur in the said proximity.
2. The Referee shall not start a game prior to the scheduled start time, unless agreed upon by the referee and the participating teams.
3. All suspensions shall be served in consecutive games.
4. During the regular season there will be no overtime.
5. There is no body checking allowed a minor penalty will be issued.
6. Any goaltender who covers the ball behind the end line will be given a delay of game penalty..
7. Once the goaltender freezes the ball and the referee stops play, the ball shall be placed behind the goal line and that team will have three seconds to put that ball in play. Once three seconds has elapsed, or the ball has crossed the goal line, the ball becomes live again for the opposing team. The referee shall determine when the three seconds are up. If a player attempts to play the ball before the referee's signal, or before the ball enters play again, he shall receive a warning. If he attempts to do so on the immediate play after he will receive a delay of game penalty. The referee will have discretion on calling this as the game progresses.
8. Golfing the ball will result in a minor penalty. Contact with the ball is not necessary.
9. Sliding on the floor towards a player could cause an injury if contact is made. It will be the referee's discretion if a penalty shall be called regardless of contact with the ball or the player.
10. Any illegal equipment shall be removed from play and a minor penalty will be issued if the referee deems necessary. If the opposing team calls for an equipment check, and it is not found in their favour, the referee may call a minor penalty for delay of game.



11. No player may remain for more than three seconds in the opposing teams key area as outlined by the league. If the ball is in the key area this rule does not apply. If the ball travels through the key area the three second count shall restart. The Defensive team is exempt from this rule in both key areas. The defensive team is defined as the team without possession of the ball. If no team has possession of the ball possession will be charged to the team that last touched the ball. The referee shall not count the three seconds out loud. If a player attempts to block the progress of a player trying to get out of the key, that player shall receive a minor penalty for interference, and the three second count shall restart. Subsequent attempts to interfere will be additional penalties.
12. If the referee deems the play to be getting too rough, he may call a time out, and a warning will be issued. And a face-off will occur in the proximity of the last placement of the ball on the crossing of the green lines or at centre. If the play in the corners gets too rough or the ball is being held up against the wall or other surface boundary, the referee, with his discretion, may call for a face-off or grant possession to one of the teams, if it is obvious that the one team had possession or if one team was intentionally trying to hold the ball against the wall or other surface boundary.
13. All minor penalties shall be 2 minutes in length and all major penalties 5 minutes in length. Major penalties may include a game misconduct at the referee's discretion.
14. Misconduct penalties will be 10 minutes in length and a player substitution will be allowed.
15. A player will receive a misconduct penalty for any gestures or verbal abuse towards an official (time keeper or ref), and at the referee's discretion when that abuse is directed at a spectator, other league official or a member of the other team. Physical abuse or attempted physical abuse of any kind toward a spectator, league official, referee or timekeeper shall result in a Match Penalty.
16. A Match penalty or Gross misconduct will be assessed to any player who shows any inappropriate behaviour. (i.e. intent to injure, physical abuse or extreme verbal abuse to a player, official referee or timekeeper) The player shall receive a 5-minute major, a game ejection, an ejection from the premises; he will also face a league hearing and a minimum 5 game suspension.
17. Any player who receives an equivalent of 6 game misconduct's or game suspensions in one season shall receive an indefinite suspension. The matter shall be referred to the League Suspension Director. The team that the player belongs to may also be fined.



18. Three penalties in a game, by one player, will result in an automatic game ejection, if the third penalty is a major or misconduct the player will be automatically suspended from the next game as well.
19. Fighting: Any fighting will result in an automatic 5 game suspension. If an instigator is called the instigator will receive an extra game suspension. Any player wearing rings, tape, or other material on his hands during a fight shall be assessed a match penalty in addition to any other penalties he may occur.
20. The third man in any altercation without the referee's signal will receive a game misconduct.
21. The first player off of the bench during a fight shall receive an automatic ejection and possible suspension.
22. No player may bring the blade of his or her stick above his waste on the back swing of a shot. If a player does so, the play shall be immediately blown dead and possession granted to the opposing team from the closest spot along the wall to the occurrence of the shot.
23. A high sticking minor will be called when a player makes contact with the ball above the normal height of the shoulder. At the Referees discretion a minor penalty may be assessed for attempting to swing at a ball above the head.
24. The timekeeper may be called upon at the ref's discretion for assistance for any disputed call, be it on a goal or on a penalty.
25. Where not stated in the rules, all Ice hockey rules will apply.
26. All suspension money collected will go towards prizes for the Championship teams in the League.



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Fines and Suspensions

Infraction	Time of Penalty	Additional Penalty	Fine
Any Minor	3 Minutes	None	None
Any Major	5 Minutes	Possible Game Misconduct	None
3 Penalties in one Game	3/5/10 Minutes	Game Misconduct	None
2 Majors in one Game	5 Minutes	Game Misconduct and 2 Game Suspension	20 dollar fine
Misconduct	10 Minutes	None	None
Misconduct in last 10 minutes of game	10 minutes	1 game suspension	10 dollar fine
2 misconducts, or 1 misconduct and 1 major		Game Misconduct and 1 Game Suspension	10 dollar fine
Match Penalty	5 minutes	5 Game suspension	50 dollar fine
2 Match Penalties in one season		Indefinite Suspension	10 dollars per game
1 <sup>st</sup> player off of the bench during an altercation		Indefinite Suspension	10 dollars per game
Fighting	5 Minutes	Game Misconduct and a 5 Game Suspension	50 Dollar Fine
Fighting Instigator	5 Minutes	3 Minute Minor and an indefinite suspension	\$10 Dollars per game on top of 50 dollar fine
Fighting- Self Defence	5 Minutes	None	None
Gross Misconduct		Indefinite Suspension	10 dollars per game
2 <sup>nd</sup> Gross Misconduct in Season		League Banishment	50 dollar team fine
Defaults			25 dollar team fine
3 <sup>rd</sup> default of season		Team ejection from league	
Total of 6 Game misconducts or game suspensions		Indefinite suspension	10 dollars per game

Note

- A) All fines must be paid in full prior to any player returning to play.
- B) If the suspended player fails to return to the league upon conclusion of the suspension his team must pay 50 percent of the total outstanding fine before the team can play playoffs.
- C) All fines and suspensions will be waived pending properly submitted and successful appeals.
- D) All fine money collected will go towards prizes for the League Champions.