

Small School Athletic Federation (SSAF)

Technical Guidelines

U20 Girls' Ball Hockey

Revised April 11, 2010

General Rules

- (1) These rules apply to both U20 Girls' Ball Hockey.
- (2) Each game will be officiated by two referees.
- (3) Games will consist of **two** 12-minute periods running time. The last 3 minutes of the 2nd period will be stop time. In the championship game the last 5 minutes of the 2nd period will be stop time, unless the goal differential is 4 or more.
- (4) Each team will be allowed a 1 minute timeout per game.
- (5) Each team will dress no more than 16 players. There will be five players and a goalie on the floor per team.
- (6) All players must wear the same colour numbered jersey, where each player has their own number. No duplicate numbers are permitted. Teams are reminded to bring alternate coloured numbered uniforms in case of a jersey colour conflict. The home team will change jerseys.
- (7) All players must wear a CSA approved helmet with full-face protection, and protective hockey gloves or lacrosse gloves. Each player must have their own helmet and gloves. There is no sharing of equipment. Players that do not have appropriate helmets or gloves will not be allowed to participate. Goalies must wear a CSA approved helmet with full-face protection, gloves, pads, and a chest protector. Mouth guards, athletic supports, and soccer shin pads are also highly recommended for all players.
- (8) Plastic or wooden hockey sticks may be used. No screw-on plastic blades may be used. All knobs of sticks must be taped or capped for safety. Players are encouraged to put tape where the blade is glued to the shaft to act as a safety failsafe.
- (9) An orange ball hockey ball will be used to play all games.
- (10) The goalie crease must be 5 feet across and 3 1/2 feet deep. Offensive players may not go into the goalie's crease. If an offensive player is deemed by the referee to be in the goalie's crease under their own will at the time their team scores, the goal will be disallowed.
- (11) High sticking is any stick that is raised above the shoulder whether it touches the ball, another player, or not. This penalty will be called at the discretion of the referees.
- (12) High sticking, roughing, body checking, cross-checking, boarding, tripping and hooking (typical ice hockey rules) will be called and a **2** minute straight time penalty will be assessed. Penalties assessed will be 2 minutes running time in duration, except in stop time situations, where a 2 minute stop time penalty will be assessed. Any player receiving 3 minor penalties in one game will be ejected from that game.
- (13) If a goalie covers the puck for longer than a three-steamboat count, there will be a whistle and a face off in the zone.
- (14) A face off will resume the game after the whistle has been blown.

- (15) Substitutions may be done on the fly or after a whistle. During substitution the player coming off must be completely off before the next player can join the play. If the referee deems there is a delay of the game on the line change, they will drop the ball on an unannounced 5 second countdown, whether or not the players are ready in the face-off area.
- (16) Any unsportsmanlike conduct may result in ejection from the game and/or tournament at the referee's discretion. Any fighting will result in immediate disqualification from the tournament for the player(s) involved, and a seven-minute penalty will be assessed to the team.

Playoffs

- (1) All ties in standings are broken by the head to head game between the two teams. If still tied, lowest points against will be the next determining factor, followed by least penalty minutes, then highest goals for.
- (2) In the event of a tie in the preliminary round, the game will be considered a tie. In the playoff rounds, the game will go into penalty shots. For the penalty shots each team picks any five shooters. Both team's shooters must shoot at the same time on opposing goaltenders. If, at the end of the five shooters the score remains tied, then a round of sudden victory penalty shots will follow with every dressed player shooting before anyone may shoot a second time.
- (3) In the event of tie in the championship game, the teams shall play a 5 minute sudden victory overtime. If, at the end of overtime the teams remain tied, then penalty shots will proceed as above.

Team Responsibilities

- (1) All teams must complete the league eligibility sheet and fax it to the league convenor at least 48 hours prior to the tournament.
- (2) All players must wear the same colour numbered jerseys, each player with a different number. There is to be no sharing of jerseys. Each player must have their own.
- (3) Jewellery must be removed prior to the start of a game. This includes, but is not limited to any plastic or metal items.
- (4) Each team must have alternate colour numbered pinneys or jerseys in case of colour conflict. The Home Team will change jerseys.
- (5) Due to spatial limitations, there can be no more than 2 adults (coaches) on the bench.