

All participants are required to complete a waiver of liability form. All participants assume the risk of injury. Metamend and its employees and agents shall not be liable for injury to person, loss or damage to personal property arising from or in any way resulting from participation in the game.

#### PLAYERS:

Each team shall consist of FIVE players on the floor (including the goalie). Each team will have one team captain. The Captain will be the only individual allowed to discuss with the officials any questions relating to the rules (NO JUDGMENT DISPUTES). Any player other than the captain (on the bench or on the court) whom makes a protest or interferes with play in any way is subject to an ejection. There are no stipulations as to the number of males or females on the floor at any given time, as long as there are only five players on the floor.

#### FORFEIT:

Four players are required to avoid a forfeit. If a team drops below four players from an ejection or injury, they may continue to play only if, in the opinions of the officials, they have a reasonable chance to win the game.

#### EQUIPMENT:

The equipment shall consist of sticks with plastic and wooden blades (wooden or plastic shafts). All sticks should be wrapped with duct tape or hockey tape so that the floor is protected from direct blade scarring.

As this is a ball hockey tournament, an orange street/floor hockey ball will be used (no tape balls, taped tennis balls, or wiffle balls).

Players are recommended to wear the following:

- rubber soled shoes
- knee and elbow pads
- shin protectors
- helmet
- mouth piece
- athletic supports

**Goalies MUST WEAR:**

- helmet
- chest protector
- street/floor hockey pads, trapper, and blocker
- baseball glove may be worn instead of the trapper
- any full-length leg covering (jeans, sweat pants, wind breakers, etc.)
- no large ice-hockey pads!

**GAME:**

Each game will consist of three 9-minute periods with a 1.5-minute break between periods. The clock will run continuously until the final two minutes of the game, at which point the clock will stop on all whistles (goal differential of three or less only). Teams will switch goals at the end of each period. Each team will receive one time out per game. A time out can only be called during a stoppage of play. A face-off will be used to begin play each time play is stopped or to begin a period. Players must be outside the restraining circle on a face-off. Officials may stop play for injuries or extenuating circumstances.

**MERCY RULE:**

With 4.5 minutes remaining in the third period, the mercy rule will be in effect. At any point during this time, if one team has at least an eight-goal lead on their opponent, the game will be called.

**SUBSTITUTIONS:**

Free substitution is allowed as long as the floor player is within one foot of the team's bench. First violation of this rule will result in a warning for the offending player - after the first warning the next violation will result in the offending player receiving a two-minute penalty.

**NO OFFSIDES PENALTIES**

(exception on Face Offs).

**NO HIGH STICKING-**

High sticking is defined as the forward or backward arc of the stick going above waist level. A player must carry the stick at waist level or below. A goal scored from a high stick will not be allowed. **ANY TIME THE STICK IS ABOVE THE WAIST YOU WILL BE CALLED FOR HIGH STICKING.** This means **NO SLAPSHOTS**

#### NO BODY CHECKING:-

Contact should be minimal. Any moderate to heavy contact with the body or stick will be penalized by the official. Any contact with the intent to harm will warrant the official to eject the player in question. Most contact penalties are two minutes unless a player is doing them often or flagrantly which will result in a five-minute penalty or ejection.

#### SCORING:

A goal shall be scored when the entire puck has completely crossed the back plane of the goal. The puck may deflect off a player or a piece of equipment but cannot be kicked, thrown, or deliberately diverted into the goal by means other than the stick.

#### TIE GAME:

If the game is tied at the end of regulation time then the game will go into a five-minute sudden death period.

The first team that scores a goal ends/wins the game. If at the end of the five-minute sudden death period no goals have been scored, the game will end in penalty shots. Each team will have three alternating penalty shot attempts using three different players. Whichever team is ahead after these attempts will win the game. If it is tied after the three attempts, the teams will each choose one additional player to take a fourth attempt, then fifth attempt, and so on until a winner is declared.

#### HANDLING THE PUCK AND THE STICK:

The goalkeeper may use either hands or stick to clear the puck away from the goal. However, the goalie may not throw the puck across the center line.

The goalie has only three seconds to play the puck from the crease, once they have full and controlled possession. If they go over the three-second limit, there will be a face-off in their zone.

The goalie is not allowed to have the majority of their body in the goal. On the first

offense there will be a warning and a face off in the goalies area. On the second offense it will result in (1) a penalty shot if a goal shot was taken or (2) a two-minute penalty if no goal shots were taken.

The puck may be caught by a player and thrown down immediately as long as an advantage is not gained/the puck is not advanced. Hand passes are face offs not penalties.

#### PENALTY SHOTS:

When a penalty shot is being taken, the players on both teams must stand to the sides of the floor behind the center line. The puck shall be placed at the center line. Only one shot allowed - no rebound shots.

The backward and forward arc of the stick during the swing of his shot must be kept below the waist. Only one shot permitted.

The goalie must remain in the crease until the puck is touched. The goalie may not throw his stick or glove – a goal shall be scored if he is in violation. If during a penalty shot, any player on the opposing team causes a distraction or interference, a second penalty shot shall be awarded (providing the first attempt was unsuccessful).

#### EJECTIONS:

If a player receives two major penalties or three minor penalties in one game they will be ejected from that contest. Any official who feels a penalty was severe in nature may eject a player at any time. Fighting will be an automatic ejection and lead to further judicial penalties!

#### POWER PLAYS:

For all discussion of power plays, the goalie is assumed present, and not included in discussion. The numbers of players discussed in this section refer to the number of FLOOR players. e.g. "4 on 3" actually refers to 5 players (4 FLOOR players and a goalie) vs. 4 players (3 FLOOR players and a goalie).

Minor penalties will result in two-minute power plays. Major penalties will result in five-minute power plays.

If a team commits a minor penalty, the opposing team will receive a 4-on-3 power play.

If the same team commits a second penalty while short-handed, the opposing team will have a 4-on-2 penalty (until the first penalty ends, at which time, it becomes 4-on-3 again). If the same team commits a third penalty while shorthanded, the third penalty will not begin until the first penalty has been expired. At no time may a team have less than two floor players. If a team on a power play commits penalties, they will lose players, enabling both teams to play with as few as two floor players at a time.

Each goal scored by a team on a power play releases the player who committed the first minor penalty for the team scored on. However, if a player has a major or flagrant penalty, the person is not released until the end of their penalty time, regardless of how many goals are scored by the opposing team. Also, if a goal is scored at even strength (4-on-4, 3-on-3), NO player is released from the penalty box.