

INGLEWOOD BALL HOCKEY LEAGUE



RULES & REGULATIONS

Revised 2024
Revision 2.0

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SECTION 1 - Administration

a. League -

The Inglewood ball Hockey League (IBHL) is a non-contact/ non body checking coed recreational ball hockey league, run by volunteers, for the sole purpose of having fun, in a competitive recreational league.

b. League Composition -

The Inglewood Ball Hockey League shall be composed of at least 4 teams (see team composition, section 3 a.).

c. Duties / Operation -

The league operators shall run the league in a fair manner, with equal opportunities for all to play (see team player eligibility, section 3 c.). The league operators will provide referees, timekeeper(s), updated statistics (on the website, www.ibhl.ca). The league operators shall set all fees and payments, collect all fees, and make all payments to referees, timekeeper(s) and venue operators. The league operators shall decide on what, if any, awards shall be handed out and for what the awards are for.

d. Contact Information -

ibhl@ibhl.ca

416-884-4245



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SECTION 2 - Officials

Referees

a. Referee Duties -

The referees shall always conduct themselves in a neat and professional manner. They shall apply the rules of the Inglewood Ball Hockey League and enforce them without prejudice. They shall control the game and keep the players in check. They shall record all major infractions on an incident report form and shall submit that form to the head referee within 24 hours of the incident for review. They shall be on time, ready to begin the game at the scheduled start time. All the decisions of the referees are final. The referees are under no obligation to explain their calls or actions to any player or team, the only ones that the referees must explain calls to are the timekeeper and the league operators. Any communications to teams and or players regarding penalties and or suspensions will be made through the head referee, or occasionally from the league operators. The referees shall have the option to terminate a game (see termination of a game, section 4b.). The referees shall wear a black and white striped shirt (long or short sleeved), and appropriate footwear (running shoes, non-slip).

Timekeepers

b. Timekeeper duties -

The timekeeper shall oversee running the clock with the current score, penalties, period and time showing. They will record all infractions, scores, scoring players (goals and assists), in a neat, legible style on the supplied game sheets. They shall ensure that all players on the floor are listed on a team roster sheet and the game sheet. If any player is missing, then they shall ask the team captain for the players' name and number and check to see if the player is registered with the league (from a master registration list). The timekeeper shall report to the referees at the first stoppage of play (by blowing the horn) if players from either team are in the penalty box or on the player bench and are becoming belligerent to the timekeeper or to each other. The timekeeper shall submit the game sheets to the league operator at the end of the night so that Player and Goaltender game statistics can be updated.



SECTION 3 - Participants

Team – A playing group made up of qualified players, under IBHL regulations, up to the number of players provided by the IBHL regulations.

a. Team Composition –

Teams shall be comprised of no less than 10 players and 1 goalie to no more than 15 players and one goalie (dressed and on the bench). Each team is allowed 3 substitute players to be on the team list over and above the 15 players and 1 goalie but cannot have all 18 players and 1 goalie dressed for any one game. Each team shall have matching jerseys of the same colour. If two teams have the same-coloured jerseys, then the home team is required to have either cover-ups or another set of matching jerseys of a different colour.

b. Registration –

Each team shall fill out a registration form, noting players and goalies, names, contact information, and team name (if known at time of registration) in a legible manner. All forms must be submitted to the league operators before the beginning of the season to be played. These forms must be filled out for each year with the necessary changes.

c. Player Eligibility –

All players must be turning at least 18 years of age during the current year. All players must be free from suspensions in the IBHL and other ball hockey leagues in Ontario. Players under suspension from other leagues are ineligible for registration in the IBHL. Only eligible players are allowed on the player's benches during warm-ups and games. Eligible players are players that have filled out the registration / waiver form in full and legible writing and paid their fees. Unreadable writing will cause the form to be denied and the player to be ineligible to play. Any team that brings an ineligible person onto the bench will be assessed a bench minor penalty and the person must leave the players bench and that side of the arena.

d. Fee's –

The fees will be set at the earliest time that the league operators receive their contract from the various vendors. The fees will cover all regular season and playoff games up to and including the finals. The fees shall cover all costs incurred by the league operators to run the league, including but not limited to, operating costs, awards, and personnel. There will be no refunds given to players that have decided to stop playing after the season has begun, or due to any circumstances that are not a result of the league or the operation of the league. **Substitute Players will be subject to a \$15.00 per game fee, paid before the game, and must fill out a registration / waiver form legibly and completely to be eligible to play.**



e. Payment –

Each team entry shall be required to pay in full the team fee as set out by the league operators by a minimum of two weeks before the regular season of the league begins play. The team may submit payment in either cash, e-transfer (to ibhl@ibhl.ca) or cheque (made out to IBHL) form. There will be a late payment fee assessed to each team not in compliance with payment date. Individual players must pay the individual player fee at a minimum of one week before regular season play begins for the league.

f. Team / Player Violations –

Any team that allows a non-registered player to play will be subject to a \$100.00 fine and a forfeit of the game in which the non-registered player partook. Any player found to have falsified their registration form in any way shall be suspended for 1 year. Anyone who is playing under a name other than their own shall be suspended for 1 year. Any team found in collusion to falsify registration or non-registration of players will result in the entire team being suspended for 1 year, with re-instatement only after a meeting with the league operators, and dependant on the league operator's findings. There is to be **NO ALCOHOL OR DRUGS INSIDE THE PLAYING VENUE**, any player or team found with alcohol or drugs inside the arena proper (common areas, change rooms, benches, etc.) will be subject to a \$2000.00 fine and the team will not be allowed to play until the fine has been paid.

g. Team Roster –

Each team will be required to fill out a game sheet before each game with players names, signatures and numbers written in a **legible** form for the timekeeper and statistician. Teams that have illegible writing will not be awarded player points for that game. Also note that these forms will be used to record attendance for playoff eligibility.



SECTION 4 – Playing Rules

Games – Games shall be played at Lloyd Wilson Centennial Arena, in Inglewood Ontario, Caledon East Twin Pad Arena, Caledon East Ontario, Bolton Arena, Bolton On, or Mayfield Arena, Caledon On., except for when the arena owners state otherwise.

a. Times and Timing –

All games shall be played in 3 periods consisting of three 10-minute periods in the regular season, with two 10-minute periods and one 12-minute period in the round robin playoffs, with one 10-minute period and two 12-minute periods in the Semi-Finals and three 12-minute periods in the Finals of stop play time. All games will be stop time. There are no time outs during the regular season; during the playoffs each team will be awarded one 30 second time out per game. All games must start within 2 minutes of the official game time. If teams aren't prepared the clock will start and time will run, teams that are not ready to start at the official start time will be assessed a delay of game penalty. All teams must be ready to begin play at the official game time. Late arrival of players or goalies is not a valid reason for a late start. Each team will start with the players that they have ready at the official game time granted that they have the minimum requirement for a game (see games, defaults / forfeits, section 4f.). During the 3rd period if one team is leading the opposite team by 5 goals or more the clock will run with no stoppage unless the losing team closes the goal differential to less than 5 goals.

b. Points for games –

All regular season games shall be assigned 2 points for a win, 1 point for a tie and 0 points for a loss. Round Robin Playoffs shall work on the 5 point per game system, which consists of 1 point per period win, ½ point per period tie, 0 points per period loss, 2 points per game win, 1 point per game tie and 0 points per game loss.

c. Overtime / Extended Play –

Overtime will not exist in regular season or Round Robin playoff games; these games will remain a tie. Semi-Final playoff and Final playoff games will have a winner. Games which end in a tie at the end of regulation time will have one 5-minute sudden death victory overtime period, with a 4 on 4 format. If a winner is not determined during the overtime period, a 3-man shoot out will determine the winner (the team with the most goals at the end of the shoot out will be determined the winner). Teams will not change ends for the shootout. If the game is still tied after the 3-man shootout, additional single rounds will be used until a winner is determined. All players on a team must participate in the shootout before a player may shoot for a 2nd time.



d. Termination of a game -

With respect to ensuing danger to either team due to playing conditions the referees have the sole decision as to whether to begin or continue a game. The referee may also terminate a game if it is beyond disciplinary control.

e. Tiebreakers for regular season seating and Round Robin advancement

With respect to 2 teams ending the regular season with the same number of points the following chain will be followed to determine the seating – 1 – regular season head-to-head (most wins) if still tied then 2 – most goals for, if still tied then 3 – least goals against, if still tied then 4 – wins (most wins, goes ahead)

With respect to 2 teams ending the Round Robin Playoffs with the same number of points the following chain will be followed to determine the seating – 1 round robin head to head (winner moves on), if still tied then 2 – round robin most goals for, if still tied then 3 – round robin least goals against, if still tied then 4 – wins (most wins, goes ahead), if still tied then 5 – regular season head to head (winner goes on), if still tied then 6 – use regular season tie-breaker rule.

f. Flooring –

The IBHL uses non-touch flooring. Flooring is when one team shoots the ball from **their own defending zone** (inside the blue line only) down to the opposing team's end of the floor and across the goal line. If the non-offending team goaltender makes any move towards the ball, be it leaving the crease, making a catching motion or any other movement that the referee deems a play for the ball; the flooring will be waived off.

g. Offside Pass -

The IBHL **does not use the center red line** to determine Offside Passes, Offside/2-line Passes **are in effect and legal**. A player may make a pass to a teammate which is over the center red line legally, providing that the player has not preceded the ball across the opposing teams defending blue line.

h. Offside -

An Offside occurs when one member of the attacking team crosses over the defensive team's blue line (and enters the attacking zone) before the ball or ball carrier.

i. Floating Blue Line -

Once the attacking team legally crosses the opponent's blue line with the ball, the blue line is eliminated, and the attacking zone is now the area from the center red line.



j. Defaults / Forfeits –

A default by a team shall come by as a result of the team not having the minimum number of players (6 players + 1 goaltender or 7 players) at their scheduled game time start or a team having players ejected to the point that they do not have the minimum number of players required to play a game. As a result of either a default / forfeit the game shall be awarded to the non-offending team, with all points awarded to the non-offending team and a score of 1-0 being recorded, in the round robin playoffs the non-offending team will be awarded all 5 points and a win of 3-0 will be recorded. Each forfeit from any team will result in a \$200.00 fine, payable before they play the next game, unless notification has been given at minimum of 1 week before said game. Any team that forfeits more than 3 games will be subject to a hearing on their further participation in the league.

k. Postponements –

Any game(s) that are postponed by forces of nature, or unsafe floor conditions, or by circumstance beyond the league operator's control shall be re-scheduled before the end of the regular season (if the occurrence is during the regular season) or before the end of the playoffs (if the occurrence is during the playoffs) at the earliest non-conflicting time available from the arena operators. If the game is postponed during play and there is one period or less remaining of the game and the teams involved are to meet again then the remaining portion of that game will be played prior to the beginning of the next scheduled meeting. If the teams are not scheduled to meet again and there is half or more of the game remaining, then the game shall be rescheduled. If there is less than one period remaining and the teams are not scheduled to meet again then the team with the lead will be awarded the points associated.

l. Face-offs –

Face-offs – During all games face-offs will take place as designated by the specific rules.

- a. **Start of Game/Period** – face-off will be conducted at center floor location.
- b. **Goals** – Face-off will be conducted at center floor location.
- c. **Delayed offside** – face-off will be conducted at the attacking team blue line.
- d. **Intentional Offside** – face-off will be conducted in the offending team's end of the floor.
- e. **Ball out of play** – Face-off will be conducted at the face-off location in accordance with the rule.
- f. **Penalty** – Where a team has been assessed a time penalty or where both teams are assessed penalties, but a team ends up with 1 or more-time penalties, the face-off will be in the defending zone of the team acquiring the additional time penalties.



SECTION 5 - Equipment

Equipment – The league shall use Official hard orange ball hockey balls for play during the regulation and playoff portions of the season.

a. Player –

Players will be required to wear CSA approved helmets with a chin strap, and hockey, or lacrosse gloves. Broom ball gloves, or non hockey or lacrosse gloves will not be allowed. Non-slip running shoes are the recommended footwear for players, but all players must wear running shoes. Players are not required to wear full face shields, but they are recommended by the league for safety, if a player chooses not to wear a full face shield a form fitted mouth guard is recommended. All loose jewelry (necklaces, watches, rings, earrings, etc.), must be removed before playing in a game. If the referee notices any loose jewelry the player will be asked to remove it, if the player does not then the player will be ejected from the game. The league also allows elbow pads, which must be worn underneath the jersey, knee pads (volleyball or basketball) which can be worn over or under track pants, shin pads (soccer or ball hockey) which can be worn over or under track pants, protective cup which must be worn under track pants or shorts. Shoulder pads are not allowed. Sticks must be made from Composite, Aluminum or Wood. Plastic blades are not allowed. There is no maximum curvature ruling on a stick, however, at the Referee's discretion the stick may be removed from the game if the stick is deemed dangerous.

b. Goaltender –

Must wear full protective gear for a goaltender, which includes but is not limited to a CSA approved helmet, a proper blocker and catching glove, upper body protection, lower body protection, goalie pads and a goal stick. Goaltenders may wear non-running shoes that provide more toe and instep protection. Steel-toed shoes or boots are not allowed. Plastic bladed goal sticks are not allowed.



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SECTION 6 - Penalties

Penalties – Penalties occur when one or more players conduct themselves in a way that is against the rules of the game. If any one player receives 6 minutes or more in penalties throughout the course of a game, that player shall be ejected from the game. If a player accumulates 6 or more penalty minutes within the last two minutes of a game, that player will be suspended for the team’s next scheduled game. If any one player accumulates 20 minutes or more during the course of the regular season, that player will be subject to a one game suspension, upon returning, that player will be on probation and subject to receiving only 10 minutes in penalties before further suspension and a review of their registration. If any one player receives 10 penalty minutes or more during the playoff portion of the season that player will receive a one game suspension, upon returning that player will be under probation and subject to receiving 6 penalty minutes before further suspension and a review of their registration. ***Any Penalties that are assessed as coincidental minors and where one of the players has earned an extra penalty both players shall be in the penalty box and both teams shall play short-handed until such time as the team with the single minor penalty has served the time, that player will then be allowed out of the penalty box and their team shall have the remainder of the other team’s penalty in a power play opportunity.*** Any penalty that results in suspension will be subject to a monetary fine (see Section 7).

a. Minor Penalties –

For a Minor penalty, any player, except a goaltender, shall be ruled off the floor for two minutes of actual playing time, during which time no substitutes shall be permitted.

Where the minor penalty assessed results in a ‘Time Penalty’ the ensuing face-off will be in the defending zone of the team assessed the ‘Time Penalty’.

- a. Stick infractions, Body infractions, and other minor penalties – Stick infractions are any penalty that comes as the result of illegal use of one’s stick. Body infractions are the result of using one’s body in an illegal manner. Other minor penalties are infractions that occur during the course of a game.



MINOR STICK INFRACTION PENALTIES

INFRACTION	TIME OF PENALTY	MINIMUM ADDITIONAL PENALTY	RULING
High Sticking Player	4 Min	None	A player contacting their stick above the waist of an opposing player, whether the contact was intentional or unintentional
High Sticking Ball	2 Min	None	Any stick contacting the ball above the boards
Hooking	2 Min	None	A player that uses their stick to impede the movements of an opposing player.
Tripping	2 Min	None	A player that uses any part of their body or stick which trips or attempt to trip an opposing player.
Cross Checking	4 Min	None	A player contacting their stick against an opposing player in a pushing type motion.
Slashing	4 Min	None	Any slashing motion contacting an opposing player below the waist

MINOR BODY INFRACTION PENALTIES

INFRACTION	TIME OF PENALTY	MINIMUM ADDITIONAL PENALTY	RULING
Holding	2 Min	none	A player holds or restrains a player contrary to the playing rules
Roughing	2 Min	none	Any player (at the discretion of the referee) which uses unnecessary roughness during play or at a stoppage of play contrary to the playing rules.
Interference	2 Min	none	A player which interferes with an opposing player contrary to the playing rules
Goaltender Interference	2 Min	none	A player which interferes with the opposing goaltender, thus preventing the goaltender from making a save.

Head Contact	4 min	Referee's Discretion	Any player who makes intentional contact with the head of another player on the opposing team
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Body Contact	2 Min	Referee's Discretion	A player using their body to interfere with or restrict the movements of an opposing player contrary to the playing rules.
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OTHER MINOR INFRACTION PENALTIES

INFRACTION	TIME OF PENALTY	MINIMUM ADDITIONAL PENALTY	RULING
Bench Minor	2 Min	none	Language, trash talking, arguing, from the bench, suspended player(s) on, at or near the players bench which includes non-registered person or spectator on the players bench
Too Many Men	2 Min	none	A team with more than the allowable players on the floor during a play.
Delay of game	2 Min	none	Holding of ball in hand, standing on ball, shooting ball over glass from the defensive end; except where the ball goes over the boards entering through the player's bench. Late to the start of the game
Ineligible Player	2 Min	none	If a player losses their helmet during play they must replace it immediately both properly and securely fastened or the player must go directly to the player's bench without participating in the play.
Unsportsmanlike Conduct	2 Min	Referee's Discretion	Any conduct (at the discretion of the referee) is of an unsportsmanlike nature and is contrary to the playing rules.
Non-closure of penalty box door	2 Min	none	A player that doesn't close the penalty box door after their penalty has expired. The player is required to serve the time, the team is not short-handed for the penalty.



b. Major Penalties –

Major penalties are any penalty that carries with it a time length of 5 minutes of playing time. Major penalties will be issued to a player automatically if an injury occurs to an opponent or at the discretion of the referee the intensity of the infraction was severe. A player from the floor at the time of the infraction will serve the entire major penalty, no substitution is allowed. **Where the major penalty assessed results in a ‘Time Penalty’ the ensuing face-off will be in the defending zone of the team assessed the ‘Time Penalty’.**

Major Stick infractions, Major Body infractions, and other major penalties – Stick infractions are any penalty that comes as the result of illegal use of one’s stick. Body infractions are the result of using one’s body in an illegal manner. Other major penalties are infractions that occur during a game.

MAJOR STICK INFRACTION PENALTIES

INFRACTION	TIME OF PENALTY	MINIMUM ADDITIONAL PENALTY	RULING
Slashing above Waist	5 Min	Game Ejection	Any slashing motion contacting an opposing player above the waist

MAJOR BODY INFRACTION PENALTIES

INFRACTION	TIME OF PENALTY	MINIMUM ADDITIONAL PENALTY	RULING
Fighting*	5 Min	4 Game Suspension	2nd Fight, Season Suspension (upon review of league officials)
Fighting Instigator	5 Min	2 Min minor, 6 Game Suspension	
3rd Man In	5 min	3 Game Suspension	
1 st Player leaving bench during altercation	5 Min	Double Minor, 5 Game Suspension	



Any Others Leaving Bench	5 Min	Game Ejection	
Fighting Off Surface	10 Min	Game Ejection & 7 Game Suspension	
Charging	5 Min	Game Ejection	
Boarding	5 Min	Game Ejection	
Hitting from Behind	5 Min	Game Ejection	
Dropping gloves / challenging	5 Min	Game Ejection, 2 game suspension	

***Fighting can be assessed as a single person penalty.
If one player is throwing the punches and the other is not returning the punches
or fighting back then only the aggressor will be assessed a fighting penalty.**

OTHER MAJOR INFRACTION PENALTIES

INFRACTION	TIME OF PENALTY	MINIMUM ADDITIONAL PENALTY	RULING
Misconduct	10 Min	none	
2 Misconducts in same game	10 Min	Game Ejection, 1 Game Suspension	
Game Ejection	None	None	If game ejection occurs in 3 rd period, the player will be required to miss the following game
Game Misconduct	10 Min	Game Ejection, 1 Game Suspension	
Gross Misconduct	10 Min	Game Ejection, 2 Game Suspension	
Match Penalty	5 Min	Game Ejection, 4 Game Suspension	
Match – Physical Abuse of Official, threats to Official	5 Min	Game Ejection, Lifetime Suspension	

Match - Verbal Abuse of Officials (Referee's discretion)	5 Min	Game Ejection, 5 Game Suspension	
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c. Match Penalties -

Match penalties are penalties where the referee deems there was a deliberate intent to injure, or a deliberate injury has occurred. Other forms of Match penalties may be assessed where there is any physical abuse of a referee or timekeeper or as stated in other playing rules.

MATCH PENALTIES

INFRACTION	TIME OF PENALTY	MINIMUM ADDITIONAL PENALTY	RULING
Cross Checking	5 Min	4 Game Suspension	Based on degree of violence / injury occurs
Butt Ending	5 Min	4 Game Suspension	Based on degree of violence / injury occurs
Spearing	5 Min	4 Game Suspension	Based on degree of violence / injury occurs
Head Butting	5 Min	5 Game Suspension	Based on degree of violence / injury occurs
Spitting	5 Min	Lifetime Suspension	Based on Spitting on an opponent
Physical Abuse of Official	5 Min	Lifetime Suspension	Pushing, shoving or physically confronting a game official
High Sticking	5 Min	4 Game Suspension	Based on degree of violence / injury occurs to an opposing player above the waist

SECTION 7 - Discipline

Suspensions, & Fines – Suspensions are handed out by the League Operators. They can range from 1 game to life. All (non-Life) suspensions are carried over to the next round of play, be it playoffs or the next season. Fines will be assessed by suspensions.

Fine amounts –

For each game suspended the player will face a \$10.00 fine. For example, if a player is assessed a fighting penalty and is also assessed the instigator or aggressor penalty then that player will be assessed a 7-game suspension and a \$70.00 fine. The only suspension which does not carry a fine is the 1 game suspension for 20 or more penalty minutes during the regular season or 10 penalty minutes or more during the playoffs. Any player assessed a suspension and fine will not be permitted to play in any games until the assessed fine has been paid in full.

Any team that forfeits a game without a minimum of 1 week notice is subject to a fine of \$200.00 and a hearing on their future in the league.

There is to be NO ALCOHOL OR DRUGS INSIDE THE PLAYING VENUE, any player or team found with alcohol or drugs inside the arena proper (common areas, change rooms, benches, etc.) will be subject to a \$500.00 fine and the team and or associated team will not be allowed to play until the fine as been paid.

ALL FINE MONIES COLLECTED WILL BE DONATED TO A CHARITY OF THE LEAGUES DECISION AT THE END OF THE SEASON

ALL DECISIONS MADE BY THE LEAGUE ARE FINAL!

