



**BRAMPTON
SPORTS LEAGUE**

BALL HOCKEY

RULE BOOK & REGULATIONS

General Conduct

Respect and Sportsmanship

- Treat all players, officials, and spectators with respect and courtesy.
- Always display good sportsmanship, regardless of the outcome.
- Engage in fair play and avoid unsportsmanlike behaviour.

Teamwork and Communication

- Support teammates and foster positive communication.
- Respect your coach's instructions and officials' decisions.

Compliance with Rules

- Follow all league rules regarding gameplay, equipment, and safety.
- Cooperate with referees and league staff during games and practices.

Safety

Protective Gear

- Helmets and gloves must be worn.
- Ensure all equipment is in good condition and properly fitted.

Injury Reporting

- Report injuries or health concerns to onsite BSL League Convenor and seek medical attention.
- Notify league officials of any injuries sustained during games.

Safe Play

- Avoid high-sticking, body checking, or excessive roughness.
- Play responsibly to ensure the safety of all participants.



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Behaviour

Zero Tolerance Policy

- Discrimination, harassment, verbal/physical abuse, and hostile behaviour are not tolerated and can result in single game ejection/permanent ban.

Property and Equipment

- Respect all league facilities and equipment.
- Report any damage to league officials immediately.

Disciplinary Actions

Violations

- May result in warnings, suspensions, or expulsion from the league.

Reporting

- Violations should be reported to league officials and will be handled confidentially and fairly.

League Information

- Games take place at Gore Meadows Community Centre Pavilion at 6:30 pm, 7:30 pm, 8:30 pm, 9:30 pm, or 10:30pm.
- CSA-approved helmet, gloves, and hockey stick are mandatory.
- ID is required for each game. No subs are permitted for Free Agent absences.
- If a player participates who is not listed on your team's official roster, your team will forfeit the game.



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Gameplay

- Format: 4-on-4 plus a goalie. (Free Agent teams must rotate goalies weekly)
- Structure: 5-minute warm-up, 3 periods that are 15 minutes each, 1 timeout per game, 3-minute intermissions.
- Substitutions: Allowed on-the-fly or after a goal.
- Overtime (regular season): Sudden-death period (5 minutes)– **Shootout** if score is still tied following the 5 minute sudden-death period.
- Overtime (playoffs): Sudden-death period (5 minutes); followed by a shootout if needed.

Goalies

- Registered Teams: Must provide a full-time goalie.
- Free Agent Teams: May rotate goalie duties. CSA-approved helmet with cage required.
- BSL provides chest/arm protection and a goalie stick, but no goalie helmets. (It is recommended to bring your own chest/arm protection if you have it for optimal comfort).

Colour Coordination

- Athletes must be wearing there BSL provided jersey
- Players should bring both a white/black t-shirt option if we need to pivot! Pinnies will be available if needed as a worst case scenario.



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Penalties

(Referee discretion following Ontario Ball Hockey Guidelines)

- **High-Stick:** Stick raised above waist during windup or play.
- **Delay of Game:** Making ball unplayable or slow exiting after penalties.
- **Sliding/Kneeling:** No body part other than feet may touch the ground.
- **Slash:** Swinging stick across body (45°+) even without contact.
- **Interference:** Obstructing a moving player or path to the ball.
- **Holding/Hooking:** Wrapping arms or stick around another player.
- **Boarding/Checking:** Using the body to pin or bump opponents.
- **Roughing/Push/Shove/Cross-Check:** Physical contact outside of fair play.
- **Tripping:** Using stick or body to trip another player.
- **Charging:** Running or backing into a player with force.
- **Unsportsmanlike Conduct:** Taunting, arguing, or disrespecting officials.

Referee Guidelines

- Warnings may be issued for minor behaviour; continued issues lead to penalties.
- Minor (1–2 min), Major (5 min), Misconduct (10 min), or Game Misconduct (ejection).



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Playoffs

- The top 6 teams play in a championship bracket. Bottom 4 teams play in a consolation bracket.
- Players must participate in at least 50% of regular-season games to qualify for playoff games.

League Software

- Free Agents & Captains will be added to DigitalShift. (Captains can add/modify their roster if approval has been granted by BSL League Convenor)
- Use Digital Shift to view stats/schedules.