

BSL Ball Hockey League Code of Conduct & Rules

General Conduct

1. 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.

2. Teamwork and Communication

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

3. Compliance with Rules

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

Safety

1. Protective Gear

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

2. Injury Reporting

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

3. Safe Play

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

Behaviour

1. Zero Tolerance Policy

- Discrimination, harassment, verbal/physical abuse, and hostile behaviour are not tolerated.

2. Substance Use

- Alcohol or drug use before or during games is strictly prohibited.
- Players must be in a fit state to safely participate.

3. Property and Equipment

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

Disciplinary Actions

1. Violations

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

2. Reporting

- **Violations must be reported to league officials or onsite BSL staff and will be reviewed confidentially and fairly by the BSL League Team.**

League Information

- Games take place at Gore Meadows Community Centre Pavilion at 7:00 pm, 8:00 pm, 9:00 pm, or 10:00pm.
- CSA-approved helmet, gloves, and hockey stick are mandatory.
- Gameday rosters are 11 players, including goalies.
- ID is required for each game.
- Teams are allowed 2 injury substitution spots. Please email the league convenor the names of the injury subs before they play.
 - If a player who is not listed on your team's official roster participates, your team will forfeit the game.
- **If your team's goalie is unavailable, you may borrow a goalie from another BSL team to fill in.**
- Rostered players may arrive after the start of a game and are eligible to participate upon arrival.
- Players must play in 50% of regular-season games to qualify for playoffs.
 - If an injury sub ends up playing more than 50% of the season, they may be eligible for playoffs.
- Statistics from games are uploaded within 24 hours of the game.
 - If you have any concerns regarding incorrect stats, please get in touch with the league convenor.

Gameplay

- **Format:** 4-on-4 plus a goalie. (Free Agent teams may rotate goalies weekly or have their goalies alternate playing periods if they do not have an assigned goalie)
- **Structure:** 5-minute warm-up, 3 periods that are 12 minutes each, 2 timeouts per game, 2-minute intermissions.
- **Substitutions:** Allowed on-the-fly or after a goal.
- **There is no stop time; the clock runs throughout the game unless the score is within 1 goal in the last two minutes of the game.**

- If a game is tied after 3 periods of play (in the regular season or shootout), the game will go to a shootout.
 - Each team will select 3 shooters
 - If still tied after 3 rounds, the shootout proceeds to sudden death
 - Players may not shoot a second time until all eligible players have shot once
- If a team is winning by 7 goals, a mercy rule goes in effect and the game ends.
- **Faceoffs:** The ball does not need to make contact with the floor before being played. Players may play the ball once it has been fully released by the referee.
 - Players may not make an early attempt at the ball or swing their stick in a manner that creates a safety risk to the referee or opposing player.
 - High-sticking and other stick-safety rules remain in effect
 - A face-off violation will result in the offending player being removed from the face-off and the draw being retaken.
- Teams unable to field 5 players (including goalie) within the first 10 minutes of the scheduled start time will forfeit their game.
 - Forfeited scores will be recorded as 0-7 loss

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

- Players are expected to wear their assigned BSL jerseys
- All players are encouraged to bring a dark and a light shirt each week to avoid colour conflicts. Pinnies will be available if needed.
- BSL Jerseys will be available upon check-in by week 2.

Penalties

- **Following a penalty, teams play 4-on-3**
 - **Any additional penalty assessed to the short-handed team results in a penalty shot for the opposing team**
 - **Penalty shots will be taken from centre court and the shooter must maintain continuous forward motion toward the goal**

- **After serving their penalty, the penalized player must be the first player to return on the rink**

(Referee discretion following Ontario Ball Hockey Guidelines)

- **High-Stick:** Stick raised above waist during windup or play.
- **Delay of Game:** Making the 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 a 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 a stick or body to trip another player.
- **Charging:** Running or backing into a player with force.
- **Unsportsmanlike Conduct:** Taunting, arguing, or disrespecting officials.
- **Fighting or attempting to engage in a fight will result in immediate ejection and may result in suspension or removal from the league**

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).
- **The referee's decision is final and not subject to protest during gameplay.**

Playoffs

- **All teams make the playoffs format can range from:**
 - Seeding teams 1v8, 2v7, 3v6, 4v5, having playoffs over 3 weeks
 - 8 teams are divided into 2 tiers and having playoffs over 2 weeks
- Players must participate in at least 50% of regular-season games to qualify for playoff games.

Digital Shift

- Free Agents will be added to DigitalShift.
- Use DigitalShift to view stats/schedules, and confirm availability.