TRUE NORTH BALL HOCKEY

2026-27 Rulebook

Langley Events Centre | Langley, British Columbia

True North Ball Hockey League Rulebook

Application. This rulebook applies to all players, goaltenders, coaches, managers, team representatives, bench staff, and team affiliates, whether in or out of uniform. TNBHL rules are interpreted together with current CBHS rules and policies.

1. Governance and League Authority

The TNBHL Executive administers league rules, discipline, team placement, and eligibility, subject to Coastal Ball Hockey Society requirements.
The league may refuse entry, suspend a team or participant, or impose additional discipline for conduct that violates league rules or harms the league or the sport. Refunds are not guaranteed.

All suspensions are subject to league review. TN Executive may increase discipline based on the seriousness of conduct. Only a designated team representative may contact the league about team matters. A $50 fine may be assessed when another team affiliate contacts the league without authorization. Registration assistance and league-initiated contact are exempt.

2. Player Registration and Eligibility

All players and team staff must complete TNBHL registration and hold valid CBHS membership before participating. TNBHL and CBHS use separate registration systems. **Players must be registered with both systems to be eligible to participate.** Registration in one system does not automatically register a player in the other.

- CBHS membership and insurance registration: www.coastalballhockey.ca
- TNBHL league registration, scheduling and statistics: www.truenorthballhockey.ca

Players are responsible for ensuring both registrations are complete before participating in a TNBHL game.

Registration Violation	Player/Staff Discipline	Team Consequence
First offence	One-game suspension	No fine
Second offence	One-game suspension	$100 fine
Third offence	One-game suspension	$200 fine
Fourth offence	One-game suspension	Game forfeiture and $250 fine

- Players may be registered to a maximum of two TNBHL teams at any one time during the regular season.
- Players may transfer or move between teams during the regular season, provided they are never registered to more than two teams at the same time. All roster moves are subject to league approval, and TNBHL reserves the right to deny any trade or transfer that it determines may negatively affect competitive balance.
- At the conclusion of the regular season, the league's roster deadline will take effect. Any player registered with two teams must declare one team for playoff participation. Once declared, the player is eligible to participate in the playoffs for that team only.
- A player who plays for teams in more than one division during the same season may participate in the playoffs only with a team in the highest division in which they appeared. Any appearance in a higher division makes the player ineligible for playoffs in all lower divisions, regardless of the number of games played for either team.
- To be playoff eligible, a player must:
    - Be properly registered and listed on the team's final roster;
    - Have played a minimum of six games for that team during the regular season; and
    - Not be suspended or otherwise restricted from participation.
- Late-arriving players may participate in a game only if they report to the officials, are added to the game sheet, and are dressed on their team's bench before the start of the second period.
- Any participant who has not completed all TNBHL registration and Coastal Ball Hockey Society (CBHS) requirements remains ineligible until those requirements are complete.

3. Rosters and Illegal Players

A team may carry up to 30 players. The league will publish the registration and roster deadlines each season. A team that misses the final deadline will be fined $50 and may not play until its roster is complete.
Team management is responsible for confirming that every participant is registered, eligible, and listed correctly.

Illegal-Player Violation	Team Consequence	Player Consequence
First offence	$300 fine; game result may be adjusted	Minimum five-game suspension
Second offence in season	$300 fine and loss of CBHS championship eligibility	Minimum five-game suspension

The league may reduce a first-offence team fine to $100 when the team lost the game, the violation was an unintentional administrative error, and neither the team nor its representatives have committed the offence previously.
All fines owed by a team or player must be paid before the player may be added to another team or used as a CBHS championship pickup.

4. Division Placement

- TNBHL will place teams and players in divisions with the goal of maintaining competitive balance throughout the league.
- Teams must submit a preliminary roster. The league may restrict or reclassify any player it believes is competing below an appropriate division based on skill level, experience, or overall roster strength.
- For the first seven games of the season, TNBHL will operate 3 divisions of 8 teams while evaluating competitive balance. Each team will play one game against every team in its preliminary division before potential realignment.
- Following this evaluation period, teams will be placed into 4 divisions of 6 teams for the remainder of the regular season and playoffs.
- At realignment, a team may not be moved down more than one division from its preliminary placement.
- TNBHL reserves the right to adjust divisions, deny roster moves, or restrict player placement where necessary to protect competitive balance.
- CBHS will establish its roster and player-classification requirements for Coastal Championship qualification in winter 2026. TNBHL will follow all applicable CBHS requirements once released.

5. Uniforms

Shorts

- A and B Division players must wear shorts with the same base colour. Matching shorts are not required in C and D Divisions.
- Goaltender pants are not required to match the team's shorts.
- A player who does not meet the applicable uniform requirement may not participate.

Jerseys

- All players must wear matching, long-sleeved team jerseys.
- Each jersey must display a permanent, fully visible back number from 00 to 99. Numbers must be 8 to 12 inches high. Tape is not permitted.
- Logos, advertising, name bars, sleeve numbers, and striping may vary, provided the jerseys have the same base colour and are clearly identifiable as one team set.
- Different branded or unrelated jersey designs are not considered matching solely because they share a colour.
- A goaltender may wear a plain jersey matching the team's base colour, but it must have a permanent number.
- In a colour conflict, the visiting team must change. The home team must change only when it is wearing the visiting team's declared colour instead of its own declared colour.
- A player may not wear or switch to another player's jersey during the same game. A replacement goaltender may change jerseys when required.
- A team that cannot provide proper jerseys will forfeit. A league loaner set may be reserved at least 48 hours in advance and must be returned the same night.

6. Protective Equipment and Team Supplies

- All players must wear a CSA-approved helmet. Goaltenders must wear a CSA-approved mask with appropriate back protection. CSA-approved cat-eye cages are permitted.
- A goaltender using equipment whose approval cannot be confirmed must provide suitable documentation when requested. Without proof, the official may require replacement equipment before play continues.
- Helmets must be worn during warm-up and secured with proper straps. After one warning, a two-minute delay-of-game penalty will be assessed to the team.
- Ice hockey, Knapper ball hockey, and lacrosse-style gloves are permitted. Gloves must have a complete palm and all fingers intact. An official may require damaged or unsuitable gloves to be replaced at any time.
- Shin pads, which are not mandatory, are also not required to be covered. An official may require unsafe or dangerous shin pads to be removed or replaced.
- The official TNBHL and CBHS game ball is the Knapper K231 Pro Fluid Orange Ball, unless the league announces otherwise.
- Each team must bring two towels to its bench: one for water and one for blood cleanup. Failure to provide a requested towel results in the loss of one timeout.
- Each team is responsible for its own first-aid kit and injury supplies.

7. Game Administration

Game Format and Start Time

- Games consist of three 12-minute stop-time periods with a one-minute intermission between periods.
- Games should begin at the scheduled time. A four-minute warm-up will be provided when floor time permits.
- If a team lacks the minimum number of players, it receives a delay-of-game penalty. If the team is not ready 5 minutes after the scheduled start, the game is forfeited.
- The opposing team receives the remaining floor time following a forfeit. The forfeiting team must leave the floor unless invited to remain.
- Teams must vacate the floor at least five minutes before the next scheduled game. The officials determine the official time.
- If a seven-goal differential is reached during the second or third period, the game changes to running time. Stop time resumes if the differential is reduced to six goals.
- Each team receives one 30-second timeout per game. Any player on the floor may request it during a normal stoppage.

Goaltender Replacement

- If a goaltender is ejected, the team may receive up to five minutes, when floor time permits, to dress a replacement.
- Until the replacement is ready, the team may play with an additional runner instead of a goaltender.
- A substitute goaltender is not required to wear a mask while seated on the bench.

Game Ended Early

Time Game Is Ended by an Official	Recorded Result
Before the first period is complete	0–0 tie
After the first period is complete	Score at the time play is ended

Dressing Rooms and Arena Directions

- Teams must leave the dressing room within 20 minutes after their game.
- When overtime or a shootout reduces post-game time, the team must leave no later than one hour and 45 minutes after the scheduled game start.
- All participants must comply promptly and respectfully with directions from arena staff.

8. Playing Rules

- Delayed offside is in effect. All attacking players must clear the offensive zone before any attacker may re-enter. A shot on goal during a delayed offside does not create an automatic whistle.
- Hybrid-flooring is in effect.
- A glove hand pass is permitted only within the player's defending zone, defined as the area inside the team's own blue line.
- After an illegal hand pass, the faceoff occurs where the pass begins. If the pass begins in the offensive zone, the faceoff moves to the neutral zone.
- Attacking players may not remain in the goaltender crease. After a warning, play will be stopped and the faceoff moved to the nearest neutral-zone spot, with the offending team losing zone possession.
- High-sticking the ball is not a penalty. When a player contacts the ball above normal shoulder height, play continues until the offending team gains possession. The faceoff then moves to that team's defending zone, and that team may not change players.

Slew-Footing

- Slew-footing occurs when a player uses a leg or foot to knock an opponent's feet from under them or drives the opponent backward while simultaneously sweeping or kicking out their feet.
- A slew-foot carries either a four-minute double minor or a match penalty, based on the severity of the impact with the floor. A match penalty is automatic when the opponent is injured.

Faceoff Locations After Penalties

The faceoff normally moves to the penalized team's defending zone.

Exception	Faceoff Location
Penalty assessed after a goal	Centre floor
Penalty assessed at the end of a period or before the next period	Centre floor
Attacking players enter deeply into the zone during a post-whistle gathering	Neutral-zone spot outside the offending team's attacking zone
The non-offending team floors the ball after the penalty call	Spot outside the flooring team's defending zone
Multiple penalties create a manpower differential	Short-handed team's defending zone
Multiple penalties create no manpower differential	Nearest spot to the stoppage

9. Penalties, Suspensions, and Discipline

- Any player, including a goaltender, who receives three penalties of any kind in one game is ejected.
- Any five-minute major penalty results in a game ejection, including for a goaltender.

Infraction	Fine	Minimum Suspension / Result
High-sticking major	$35	Game misconduct, ejection, and one game
Game misconduct	$50	One game
Gross misconduct	$100	Two games
Match penalty	$125	Five games
Double match penalty	$150	Eight games

- A game misconduct assessed at any time, including after the final buzzer, carries a one-game suspension. Multiple game misconducts in the same game may result in additional discipline.
- A player or team official receiving a match penalty is suspended immediately and may not participate until the TNBHL Executive completes its review and any appeal process.

Fighting

Occurrence in the Same Season	Fine	Minimum Suspension
First fight	$250	Five games
Second fight	$400	Eight games
Third fight	$400	Remainder of season

- If fewer than five games remain when a season-ending suspension is assessed, the unserved portion carries into the next season.
- An aggressor or instigator receives an additional two-game suspension and $100 fine.
- A team involved in multiple simultaneous fights receives an additional $200 fine.
- Fighting off the playing surface carries an additional fighting penalty, $200 fine, and remainder of season suspension.

Accumulated Team Penalties

Season Total	Additional Team Fine
Four fighting penalties	$100
Three match penalties	$100
Three gross misconducts	$100

Serving Suspensions

- A suspended player may participate in team games for a second team they did not receive a suspension with.
- A suspended player, coach, manager, or team official may not be on or near the team bench during a game. A violation carries further suspension and a $100 fine.
- A suspended player who changes teams must finish the original suspension before playing. Playing early carries a $50 fine, an additional three-game suspension, and the balance of the original suspension.
- Suspended players must be listed on each game sheet with games served and total games, for example: John Smith — 1 of 3.
- Players and team affiliates must not ask officials whether a player is suspended. The league will notify the team representative. A violation may result in a $50 fine.
- No player, coach, manager, or team affiliate may enter the timekeeper or scorekeeper area before or after a game. The penalty is an automatic, non-appealable one-game suspension.
- Conduct by players, coaches, team officials, affiliates, or spectators that harm the league or the sport may result in additional discipline.

10. Fines, Payments, and Forfeitures

Payment Deadlines

- All money collected through fines or monetary penalties issued to players or teams will be donated to a charitable organization designated by TN. The league will not retain or profit from any fine revenue. Fines exist solely as an enforcement measure to promote compliance with the rulebook and league standards.
- All fines must be paid through the league's designated payment account before the team's next game, or the next game will be forfeited. This will continue until all fines are paid in full.
- A player remains responsible for an unpaid individual fine if the team folds, withdraws, or does not collect it. The player is ineligible for another team until payment is complete.
- A team that paid a suspended player's fine without reimbursement may ask the league in writing to collect it, provided the player did not return to play for that team and the request is made within one year. Acceptance is at the league's discretion.
- The league may provide team representatives with a list of unpaid player debts. A team that uses a listed player accepts responsibility for payment before its next game.

Forfeitures and Administrative Fines

Violation	Consequence
Game forfeiture, regardless of notice given	$250 fine and 1–0 loss
Failure to attend a mandatory league meeting	$50 fine, due before the season begins
Visiting team fails to provide a game sheet and none is available	$50 fine
Unauthorized team affiliate contacts the league	$50 fine

11. Appeals, Protests, and Video Review

Suspension Appeals

- The appeal fee is $100. The appeal must be submitted in writing within 48 hours of the game or the team's suspension notice, whichever applies.
- The TNBHL Executive decides whether an appeal will be accepted. Suspensions of two games or fewer cannot be appealed. An unsuccessful appeal fee is not refunded.

Game Protests

- A team protesting a game must notify the referee before the final buzzer and have the protest recorded on the game sheet.
- The team must submit its written grounds and a $100 fee within 24 hours. An unsuccessful protest fee is not refunded.

Post-Game Video Review

- Only a team representative may request a post-game video review. The submission must provide complete and conclusive video evidence.
- The request and $100 fee must be submitted in writing within 48 hours of the scheduled game start. One-game suspensions are not eligible for video review.
- The TNBHL Executive decides whether to accept the evidence and whether discipline should change. An unsuccessful review fee is not refunded.

Written Disciplinary Submissions

- One designated team representative may submit written information supporting or opposing a suspension before the league makes its decision. Verbal and individual-player submissions are not accepted.
- The league will consider timely submissions but is not required to change its decision based on them.

12. Facility Conduct and Safety

Arena Damage

- A participant responsible for arena damage receives a minimum 5-game suspension, a $400 fine, and responsibility for the full repair cost. Payment is due before the team's next game.
- When the person(s) responsible cannot be identified, repair costs may be divided equally among the teams using the facility when the damage occurred.

Alcohol and Drugs

- TNBHL prohibits the possession or consumption of outside alcohol and the use of recreational or illegal drugs on Langley Events Centre (LEC) property, including dressing rooms, hallways, parking areas, and surrounding facility grounds.
- LEC is a licensed facility. Alcohol purchased directly from LEC may be consumed only in designated licensed areas during permitted hours.
- Compliance with this policy is mandatory. Violations jeopardize the league's insurance coverage and its continued ability to operate at LEC. **The facility is monitored by LEC staff and 24-hour video surveillance.**
- Any player, coach, team official, affiliate, or team-associated spectator found violating this policy will result in disciplinary action and a fine assessed to the associated team.
- All fines are subject to TNBHL's standard pay-before-play requirements. Failure to pay will result in the team being unable to participate and the affected game(s) being forfeited.

Team Violation	Consequence
First offence	$500 fine, one regular-season game suspension
Second offence in the same season	$500 fine, two regular-season game suspension
Third offence in the same season	$500 fine, season suspension

13. Overtime and Tie-Breaking Procedures

Regular-Season Games

- A tied game proceeds directly to a three-minute, four-on-four sudden-death overtime. There is no intermission and no timeout.
- If still tied, each team selects five shooters. If the tie remains, teams alternate one shooter at a time until it is broken.
- A shooter may not be reused until the team has used every eligible player listed on the game sheet, excluding goaltenders.

Playoff Games

- A tied playoff game is decided by consecutive 10-minute, five-on-five sudden-death overtime periods. There are no timeouts, shootouts, or intermissions, and teams do not change ends. Regular Season Standings

Order	Tie-Breaker
1	Most wins
2	Head-to-head record
3	Head-to-head goal differential
4	Overall goal differential
5	Fewest penalty minutes

- For three or more tied teams, head-to-head results include only games among the tied teams. The process continues down the list and does not restart after a team is separated.
- When tied teams did not play one another an equal number of times, head-to-head record and head-to-head goal differential are skipped.

14. CBHS Championship Qualification

- Subject to the number of berths assigned by CBHS, the playoff champion receives the first seed and the playoff finalist receives the second seed. Remaining seeds follow the regular-season standings.
- A team must pay all league fines before attending a CBHS championship event.
- Before a championship pickup may be approved, all fines owed by the pickup player, the receiving team, and the player's original team must be paid in full.

15. Injury and Insurance Claims

- A player injured during a sanctioned game or practice should obtain medical attention and have the team representative contact the league promptly for the current CBHS insurance claim process.
- Coverage, including any medical or dental benefits, is subject to the current CBHS policy. Claims involving ongoing treatment should be filed as soon as possible.
- Incomplete or inaccurate claim forms may be delayed, returned, or denied. Questions must be directed through the team representative.

TNBHL may issue season-specific schedules, deadlines, payment instructions, and administrative procedures. Those notices form part of this rulebook but do not replace CBHS requirements.