

# GAME RULES

## INDOOR DEK HOCKEY – COED 5 v 5

Updated 1/24/24

### LEAGUE GOALS & MISSION

1. It is the mission of BSSC, the League Director and the league officials to provide a fun and safe adult recreational sports league for players of all ability levels to participate in.
2. Safety will be what all players, officials, and BSSC staff will be required to demonstrate and enforce at all times.
3. At NO TIME will unsportsmanlike conduct, physical, verbal and over-aggressive play be tolerated.
4. Anyone who cannot adhere to these standards of fair play and sportsmanship will immediately be removed from the league. In most cases, the League Director will speak to the player before removing them from the league.

### LEAGUE POLICIES

1. A ZERO tolerance policy will be enforced regarding the league rules and policies. BSSC's Sportsmanship Policy can be found on the last page of this document.
2. **TEAM PAYMENT.** All teams must pay the league fee in full before the start of the league. A team will not be allowed to compete if they have not paid the league fee in full before their first game.
3. **REFEREE FEE.** Each team is responsible for paying the referee \$20 prior to each game, including playoffs.
4. **ALCOHOL POLICY.** No alcohol is allowed on the league premises before, during or after a game. Absolutely no player will be allowed to compete if the game official feels that a player has been drinking before the game. Said player must immediately leave the facility and faces possible league expulsion.
5. **COMPLAINT OR PROTEST.** Any player or team, who wishes to file a formal complaint or protest, should put it in writing and email it to the League Program Manager ([haley@bssc.com](mailto:haley@bssc.com)) within 24 hours of the incident. The Program Manager will respond to the letter within 48 hours of receiving it.
6. In absence of the Program Manager - Any "game-time" decisions, regarding ANY issue should be discussed with the following people present: the game official and both team captains or a team rep if the captain is not present at the game. The game official will have the final say on any issue that arises before a game.
7. Only a team captain may speak with the referee regarding the interpretation or enforcement of league rules and policies. In the absence of a captain, a team must identify an alternate captain prior to the start of a game. The alternate captain will assume the duties and privileges of the team captain.
8. **PICKING UP PLAYERS POLICY** ([click here](#) for full policy):
  - If a team is shorthanded, but has at least 3 rostered players, (COED: including at least one female) they may pick up players from other teams. For leagues with multiple divisions, only players from your division and divisions below yours are eligible to be picked up. (i.e "B" division teams cannot pick up "A" division players).
  - When picking up players, you MUST inform the opposing captain & referee.
  - You may pick up a player from any team in any BSSC Floor Hockey league, assuming that player's name is on a valid current roster.
  - Failure to inform the opposing captain and referee that you are picking up players can result in forfeit.
  - You cannot pick up extra players to give your team subs, so you can only pick up 2 players total.
    - **COED & MEN'S EXCEPTION:** If a team is missing their goalie, they may pick up any goalie.
    - **COED EXCEPTION:** If a team only has 1 woman they would be allowed to pick up a woman, so a team could have extra men and still be allowed to pick up a female player.
  - If one of your regular players shows up late, one of the pickup players must stop playing.
  - Picking up players is ONLY ALLOWED IN REGULAR SEASON GAMES. It is NOT allowed in the Playoffs.
  - **PROTESTING:** If your team thinks that the opponent picked-up too many people, neglected to inform you & the referee or that an illegal player was used, you must bring it to the attention of the referee BEFORE the game. The referee will note the protest, talk to the opposing team captain, informing the captain of the protest and giving the captain the option of continuing on with the player or deciding not to use the player. Continuing on with the players, could result in a forfeit, if it is deemed a team violated this policy. The referee will NOT make a decision on the protest but will gather information and forward to BSSC, so BSSC can decide the appropriate penalty.

- If a team has 3 players or less from its own team present, it may still pick up players, but the team will not be eligible to win the game. The resulting game will be considered a scrimmage with the short-handed team being credited with a forfeit.

9. **Forfeit Policy** – complete policy available online ([click here](#))

| Type of Forfeit   | Penalty Fee  |
|---|--|
| Greater than 24 hours before game time for Monday thru Friday games OR before 2pm Friday for games scheduled for Sat/Sun or Monday Holiday games                | No financial penalties.<br>Your Opponent will receive a Win & your team will receive a Forfeit Loss. Your team will also lose 1 point in the standings* & automatically seeds your team lower in any tie breaker situation for playoffs  |
| Less than 24 hours before game time but before 2pm on game day for Monday thru Friday games (does not apply for any Sat/Sun or Monday Holiday games, see below) | Both teams' ref fees.<br>Your Opponent will receive a Win & your team will receive a Forfeit Loss. Your team will also lose 1 point in the standings* & automatically seeds your team lower in any tie breaker situation for playoffs  |
| After 2pm on the day of your game (if Monday thru Friday game) OR after 2pm Friday for games scheduled for Sat/Sun, and Monday Holidays                         | \$50 late notice forfeit fee which is given to your opponent for late notice + both teams' ref fees.<br>Your Opponent will receive a Win & your team will receive a Forfeit Loss. Your team will also lose 1 point in the standings* & automatically seeds your team lower in any tie breaker situation for playoffs |
| At the field or court without enough players for a real game, but still able to scrimmage   | Both teams' ref fees.<br>Your Opponent will receive a Win & your team will receive a Loss, but it will not be recorded as a Forfeit  |
| No Show without any notice  | \$50 late notice forfeit fee which is given to your opponent for late notice + both teams' ref fees.<br>Your Opponent will receive a Win AND your team will be INELIGIBLE for Playoffs   |

**How to contact BSSC if you must Forfeit**

- DO NOT SEND AN EMAIL. During business hours (Mon-Fri 9am-4pm), call 617-789-4070. If you can't reach the Program Manager, press \*0. To call in a forfeit outside of business hours (after 4pm weekdays or anytime over the weekend), you must call the After Hours Sports Phone at 617-462-8844.
- Calling BSSC and leaving a message is NOT acceptable notice; you must speak to someone. If you leave a message or send email, it is NOT considered notification unless you receive a reply. Keep Trying.
- The forfeit fees collected are provided to 1) the team that received the forfeit as compensation for the late notice and inconvenience; 2) the official(s) assigned to that game.
- Forfeit fees will be charged to the credit card on file for the team on the next business day. Your team will not be allowed to play again until the fee has been paid. NO EXCEPTIONS!
- In addition, 1 forfeit automatically seeds your team lower in any tie breaker situation for playoffs. With 2 or more forfeits, your team may no longer be eligible for playoffs, and you may be removed from the league.

**TEAMS & PLAYERS**

1. **COED.** Teams must be coed and can consist of up to 5 players on the floor at one time (4 players + 1 goalie). Excluding the team goalie, at no time is there to be more than 2 men on the floor. Exception (a): when the goalie has been pulled for an extra attacker, the extra attacker may be a male player. Exception (b): If you have a woman goalie, that's fine, however, you cannot have 3 men on offense. It must be 2 men and 2 women.
  - a. Teams must have a minimum of 3 rostered players (including at least one female) to start a game to avoid a forfeit. *SEE "LEAGUE POLICIES" section for information about picking up players to avoid a forfeit.*
2. All players must be listed on and have signed their team's official roster in order to be eligible to play.
3. Players may be added to the team's roster up until the 3<sup>rd</sup> week of the season, which may not necessarily be your team's third game. After the 3<sup>rd</sup> week team rosters are frozen. Any "special circumstances" for roster additions or subtractions must be presented to the League Director in writing and cleared by him/her before

the player can play in their first game for that team. Team players must compete in at least half of a team's regular season games to be eligible for the playoffs.

4. Players may only be on one team roster per division per night.

## EQUIPMENT

1. **PROTECTIVE EYEWEAR & SHIN GUARDS ARE MANDATORY**; mouth guards are strongly encouraged by BSSC.
2. BSSC will provide each team player with a team T-shirt of a designated color. Each team player is required to wear that T-shirt or a T-shirt of the same color to each game. If the opposing team captain does not approve of the color of the T-shirt, then that player must change shirts, or will not be allowed to play. The game official must be involved in this decision.
3. BSSC provides floor balls and goalie equipment (in facility equipment closet) in an emergency. Players are responsible for all other equipment.
4. Sticks with pure wood blades are not allowed. Wood blades must have the fiberglass coating on them.
5. Players may wear gloves for hand protection.
6. Players may not wear loose or bulky jewelry (ex: hoop earrings, large rings, watches, loose neck chains and bracelets). Wedding bands are OK.
7. Players may wear helmets and hats.
8. Goalies must wear a regulation catcher's mask or goalie's mask, eye protection, and shin guards. Other goalie equipment, including: chest protector, leg pads, gloves (catcher glove & blocker), are highly recommended.

## GAME TIME

1. Game clocks will start on time regardless of whether the teams are ready or not.
2. If the rink is not ready for play (i.e. walls not in place, goals not in place), the start of the game can be delayed until the rink is ready for play. Once the referee has deemed the rink ready for play, the clock can be started.
3. Each game will consist of two 25-minute running time halves from September to May. From June to August (or when the referee deems this as necessary) each game will consist of three 16-minute running time periods due to heat.
4. **Official Game** - Once a game passes the half way point of the second half (12:29 remaining on the clock), a game will be considered official. If a game has to be stopped and cannot resume play for any reason after that point and before the final buzzer, the score at the time of interruption will be considered the final score.
5. Teams occupying the bench closest to the clock will be responsible for starting and stopping the clock based on the referee's signals.
6. Teams occupying the bench closest to the clock will be responsible for keeping the score.
7. In the last minute of the game or in overtime, the clock will stop on every whistle if the game is tied or within 1 goal.
8. Each team will be allowed two (2) 60-second time-out per game. Time outs can only be shortened if both teams are ready to play. A team may only call a time-out during a stoppage of play. There are NO timeouts in overtime.
9. The clock will run during player injuries, unless the official deems the injury as serious. The official may also stop the clock for other circumstances deemed appropriate.
10. All regular season games can end in a tie. No overtime will be played during the regular season.
11. During the playoffs, if the game is tied at the end of regulation, a 5-minute sudden death period will be played. If after one 5-minute period no winner has been declared, then a 3-minute sudden death period will be played. If after the 3-minute period is complete and no winner has been declared, then a 3 player shoot-out will take place (1 of the 3 players must be a woman). If no winner is declared after a 3-player shoot-out, then one shot rounds will take place until a winner is determined (shoot out order alternate between male & female players until all females have shot, no male players may shoot twice until all teammates have taken a shot).

## PLAYING THE GAME

1. A face-off is used: to begin each period, after each goal, after any stoppage in play (ex: goals, whistles, tie ups, injuries or when the puck goes out of play). Players must square up on a face-off, keep their sticks on the floor and cannot use their bodies to lean in and gain advantage. An infraction of this rule will result in the official asking for two new players to face-off.
2. Offside will only apply to face-offs. All players must be on their defensive side during the face-off.
3. Absolutely no intentional body checking or contact will be tolerated. Accidental body contact may occur during play.

4. No icing.
5. A hand may be used to knock down or touch an airborne puck; a player may not close his hand on the ball or use their hand to pass the puck. An infraction of this rule will result in a face-off in the offender's zone. If the infraction is committed by a member of the defensive team in his/her own crease area, a penalty shot will be awarded
6. A goalie may catch the puck in their glove. A goalie must put the puck in play within 3 seconds if no defenders are around. If a defender is within the goalie's immediate vicinity, the goalie may hold the puck and wait for a whistle. Anytime a goalie falls on the puck or traps it on the floor with his glove the play will be whistled dead and result in a face off.
7. When clearing the puck, goalies must keep their stick below waist height. If a goalie throws or shoots it past the centerline a player from his/her team cannot touch the puck first. A player from the opposing team must first touch the puck; otherwise it will result in a face off in the offender's zone.
8. Substitutions are free and can be made at any time. When the puck is alive, a player can only enter the court when the other player is completely off the court. Players entering and exiting the court must use the doors.

## SCORING

1. A goal is scored when the puck passes completely across the plane of the goal line.
2. Goals may be scored from anywhere.
3. Goals will not count if a stick blade is above the waist level, kicked in or the hand bats the puck.
4. A penalty shot will be awarded if a defensive player throws a stick to prevent the puck from entering the net.
5. Shots which bounce off a player's body and into the net will be counted, if the contact with the person is accidental (official's judgment).
6. **GOAL CREASE VIOLATIONS.** If a member of the offensive team takes up position in the defensive team's crease with or without the puck, the whistle is blown and the face off is at the other end of the rink. If a player interferes with the goalie trying to make a save in the crease, it is a minor penalty. If any player on the defensive team grabs or covers up the puck in the crease, it results in a penalty shot.

## BODY CHECKING

This league is a non-contact league. Incidental minimal contact may occur. Any contact above the level of minimal, as determined by the game referee, will result in a penalty. The degree of contact will determine the severity of the penalty. Potential penalties include: 2-minute, 5-minute, or game misconduct.

## PENALTIES & VIOLATIONS

1. ALL penalties are at the discretion of the game officials. If an official feels that a player is playing "out of control" or in a dangerous manner, then the official has the right to give that player a verbal warning. If the player does not start to play in a safe manner, then the official has the right to issue a penalty or eject the player from the game. Given the circumstances, a verbal warning is not a prerequisite for an ejection
2. Teams cannot play with fewer than three (3) players. If more than two (2) players are penalized during the same time, penalties shall be served in succession. If ejections cause a team to be left with less than 3 players, that team will automatically forfeit the game, regardless of score or time remaining
3. ONLY minor penalties will expire if the team playing with the advantage scores a goal. Penalty minutes will carry over into the next period. If two or more players are penalized only one player may return per goal scored against their team. The player who has the least amount of time left on their penalty will return.
4. When a violation occurs, a delayed penalty (held whistle) will be called if the offended player/team retains possession of the puck and has a clear opportunity to score.
5. Any player who receives 4 MINOR penalties of any combination shall be disqualified from the remainder of the game. Disqualification = ejection = automatic one game suspension
6. Any player who receives 2 MAJOR penalties shall be disqualified from the remainder of the game A player could also face league expulsion if the game official and League Director feel that their actions were in the intent to hurt another player(s). Disqualification = ejection = automatic one game suspension
7. **Common penalties/violations include:**

|                                   |               |                             |                         |
|-----------------------------------|---------------|-----------------------------|-------------------------|
| Boarding                          | Delay of Game | Hooking                     | Slashing                |
| Butt ending (stick infraction)    | Elbowing      | Interference                | Spearing                |
| Charging                          | Fighting      | Kicking                     | Too Many Players on ice |
| Contact with goalie               | Hand Pass     | Playing with a broken stick | Throwing the stick      |
| Cross Checking                    | High Stick    | Pushing                     | Tripping                |
| Dangerous Play (ref's discretion) | Holding       | Roughing                    | Unsportsmanlike Conduct |

## MINOR PENALTY

1. All minor penalties will result in the player serving a 2-minute penalty. Minor penalties will end if the team with the advantage scores a goal.
2. Minor penalties include: **(Note: penalties are at the discretion of the game official)**
  - High sticking - above the waist at anytime during the game.
  - Holding. A player cannot hold another players stick using their hands or by "trapping" another players stick by placing their stick on top and holding the other players stick down.
  - Lifting or kicking an opponent's stick. At no time can a player lift another player's stick, or kick it to gain the advantage.
  - Interference - inhibiting the progress of an opponent when they are not in possession of the puck, or knocking the stick out of the opponent's hand, or preventing a player from regaining possession of a dropped stick.
  - Intentionally sliding or leaving the feet will result in a minor penalty. This action must be intentional in order for it to be viewed as an infraction. Unintentional leaving the feet (ex: falling down, being knocked over, incidental tripping) will result in a delayed whistle and no penalty.
  - All players must use the rink doors and not jump over the boards.
  - Intentionally moving the net. If a player intentionally moves the net to stop or prevent a shot on goal, it will result in a minor penalty and a penalty shot. If the action was unintentional, it will result in a face-off in that zone.
  - Intentionally delaying the game by intentionally shooting the puck out of the rink (at official's discretion).
  - Backing down an opponent – A player with the ball cannot turn their body around and intentionally back down an opponent.
3. Minor penalties may be considered "Major Penalties" if viewed as flagrant by the official.

## MAJOR PENALTY

1. All major penalties will result in that player serving a 5-minute penalty. Major penalties do not end if the other team scores.
2. Major penalty fouls include: **(Note: penalties are at the discretion of the game official)**
  - Intentional Tripping - Intentionally tripping another player by using the stick or any body part. (Note: unintentional tripping or falling down will result in a delayed whistle and stoppage of play for safety concern for the player, unintentional tripping is at the discretion of the official and will not result in a penalty if the official sees it as unintentional).
  - Throwing the stick - Intentionally throwing the stick.
  - Slamming a stick in an unsportsmanlike manner either on or off the rink.
  - Intentional holding of a player from scoring on a breakaway or during regular play.
3. 2 major penalties result in an ejection from the remainder of the game, and an automatic 1 game suspension for the following game. (Note: A player could also face league expulsion if the game official and League Director feel that their actions were in the intent to harm another player).
4. Major penalties may be considered "Game Misconducts" if viewed as flagrant by the official.
5. The game referee shall note the following information when issuing a major penalty: the offender's name and team name, the nature of the penalty, the date and time of game and any notes relative to the game situation or the penalty when it occurred. Such information will be reported with the game results to the League Director. If referee cannot gather the necessary information from the individual player or the team captain, the team captain will be required to serve the penalty, along side of the offending party, and is subject to any and all consequences the offending play may face.
  - **Example #1:** Player "A" receives a 5-minute major penalty. The referee asks for the player's name. The player refused to provide the information. The referee then approaches the team captain\* to ask for the player's name. The captain also refuses to provide the information. Both the offending player and the team captain will serve the 5 minute penalty. Neither player can return to the game until the penalty has expired \*if the team captain is not present, the individual identified prior to the start of the game as the acting captain is subject to the penalty
  - **Example #2:** Player "A" receives a 5-minute major penalty and a game misconduct. The referee asks for the player's name. The player refused to provide the information. The referee then approaches the team captain\* to ask for the player's name. The captain also refuses to provide the information. Both the offending player and the team captain are ejected from the game as a result of the Game Misconduct. Both players must then serve the automatic one game suspension that comes with the ejection

\*if the team captain is not present, the individual identified prior to the start of the game as the acting captain is subject to the penalty

## GAME MISCONDUCT

1. Game misconduct penalties will result in that player being ejected from the remainder of the game and an automatic one (1) game suspension, which must be served during the team's next scheduled game. Depending on the severity of the penalty, a player misconduct penalty could also result in expulsion from the league.
2. Misconduct penalties include: **(Note: penalties are at the discretion of the game official)**
  - Any unsportsmanlike conduct that in the opinion of the game or BSSC official warrants ejection.
  - Verbal or physical abuse towards an official, opponent, spectator, or BSSC supervisor.
  - No player may leave the players' bench at any time during an altercation or for the purpose of starting an altercation (Note: It is impossible for an official to judge if a player is leaving the bench to help out or get involved, so any player who leaves the team bench will be issued a game misconduct penalty at the officials discretion).
  - Excessive use of profanity towards another player, spectator or game official.
  - Fighting.
  - Intentionally roughing or checking another player with intent to harm them
  - Intentional Elbowing - Intentionally using the elbow to impede or hit an opponent.
3. The game referee shall note the following information when issuing a game misconduct penalty: the offender's name and team name, the nature of the penalty, the date and time of game and any notes relative to the game situation or the penalty when it occurred. Such information will be reported with the game results to the League Director. If referee cannot gather the necessary information from the individual player or the team captain, the team captain will be required to serve the penalty, along side of the offending party, and is subject to any and all consequences the offending play may face.
  - **Example #1:** Player "A" receives a game misconduct and thus is ejected from the game. The referee asks for the player's name. The player refused to provide the information. The referee then approaches the team captain\* to ask for the player's name. The captain also refuses to provide the information. Both the offending player and the team captain are ejected from the game as a result of the Game Misconduct. Both players must then serve the automatic one game suspension that comes with the ejection. \*if the team captain is not present, the individual identified prior to the start of the game as the acting captain is subject to the penalty

## SUSPENSIONS

1. Any player, who is ejected from a game, will receive an automatic one game suspension, which must be served during the ejected player's team's next game
2. Any player, who is ejected from two games during a season, will be suspended for the rest of the current season.
3. If a player's second ejection of the season occurs during the playoffs, the ejected player will be suspended for the first five (5) games of the next session
4. Any player ejected for a third time during a 365 day period, will receive a one year suspension from BSSC Floor Hockey, effective from the day of the third ejection. Upon completion of the one year suspension, the suspended player must submit a notice of intent to return to BSSC Floor Hockey to the League Commissioner. Reinstatement is not guaranteed.

## PENALTY SHOT

1. A penalty shot will be awarded to a player who, in the official's judgment had a clear opportunity to shoot on goal and was prevented from doing so by a defender interfering with them. A penalty shot will be awarded if a defender stops a clear opportunity for an offensive player to score a goal by throwing their stick or covering the puck (ex. closing hand on puck, jumping on the puck, etc) within the crease.
2. All players except the goalie and player attempting the shot will move to the opposite half of the floor. The shooting player will place the puck on the centerline. The shot must be taken within five (5) seconds, following the official's whistle. The player taking the shot must keep the puck in motion towards the opponent's goal line and once it is shot, the play shall be considered complete.
3. The goalie must be stationary inside their crease until the puck is played.
4. If the shot is missed, play will immediately be dead and a face off will occur at the nearest designated spot on the floor. If the shot is made a face-off will occur at center court.

## **TIE BREAKER POLICY TO DETERMINE SEEDING FOR PLAYOFFS**

If multiple teams are tied, go thru criteria one at a time until one team is determined stronger (or weaker) than the rest, then start at the top again with the "new" tied teams.

1. Any team with a forfeit is automatically seeded lower
2. Head to Head (only if all tied teams played each other and equal number of times);
3. Record against common opponents;
4. Strength of schedule (Total winning percentage of all teams played against).
5. Record against each common opponent starting at the top, one team at a time.
6. Coin Toss

## **DISPUTES & FEEDBACK**

In the absence of the Program Manager, any "game-time" decisions regarding any issue should be discussed with the following people present: the referee and both team captains (or a team rep if the captain is not present at the game). The referee will have the final say on any issue that arises before a game. Any player or team that wishes to file a formal complaint, protest, or feedback must email the Program Manager within 24 hours of the incident. The Program Manager will respond as soon as possible after receiving it.

**Boston Ski & Sports Club reserves the right to add, remove, or modify any rule at any time**