



PLAYER EQUIPMENT REQUIRED FOR PARTICIPATION

ALL PLAYERS GEAR [Mandatory except where noted]

- Hockey stick
- Gloves
- Helmet with cage
- Athletic shoes
- Shin Guards [ball hockey or soccer]
- Awesome Ball Hocki League team shirt*
- Water Bottle*

*One (1) T-Shirt-Jersey w/logo/number and One (1) Straw Tip Water bottle will be provided with enrollment.

NOT REQUIRED, BUT PERMITTED IF DESIRED

- Elbow Pads [soft]
- Knee pads [soft]

GOALIE SPECIFIC GEAR

- Leg pads
- Glove & blocker
- Goalie Chest/Arms protector
- Goalie Pants w/protective cup
- Goalie mask

TEAM Rosters

- Teams/rosters may be built utilizing 1 of 2 main principles: their age, or their grade in school.

ROSTER LIMITATIONS

- Varies depending on the number of players active on a playing surface.
- Minimums allow each team to have 2 complete “lines” plus 1 goalie.
- Maximums allow each team to have 3 complete “lines” plus 1 goalie.



SAMPLES

- 3 v 3 + Goalie – Min = 7 | Max = 10
- 4 v 4 + Goalie – Min = 9 | Max = 13

PLAYERS ON PLAY SURFACE

- Seven (7) Under – 4 v 4 + Goalie
- Nine (9) Under – 4 v 4 + Goalie
- Eleven (11) Under – 3 v 3 + Goalie
- Thirteen (13) Under – 3 v 3 + Goalie

GAME LENGTH

- For regular season games, all game/practice segments should be completed in a maximum of 60 minutes, for all age groups.
 - Varies depending on age level.
- All games will operate using a running clock. Game clock will not stop for any reason.
 - Water breaks will be mandatory.

Game Length Time Table

Age Group	Pre-Game Warm-up	1 st Half Min	1 st Half Max	Water Break	2 nd Half Min	2 nd Half Max	Total Mins (min)	Total Mins (Max)	Notes
7-Under	5	16	20	3	16	20	40	48	Game awards presented
9-Under	5	18	20	3	18	20	40	48	Game awards presented
11-Under	5	20	22	2	20	22	47	51	Game awards presented
13-Under	5	20	22	2	20	22	47	51	Game awards presented



GAME STRUCTURE

FACEOFFS

- There shall be a total of 5 potential faceoff locations on the rink to be utilized throughout game play.:
 - Center Rink (position 1)
 - To the left of each goalie (position 2 and 5)
 - To the right of each goalie (position 3 and 4)
 - Each game will begin with an opening faceoff at center Rink (position 1).
 - Following any goal scored, a faceoff shall occur at center Rink (position 1).
 - In the event a goalie "freezes" the ball, all opposing players will exit the zone and the ball will be played behind the net.

BALL OUT OF PLAY

- In the event the ball leaves the play area, the team that last touched the ball shall lose possession. The non-offending team shall gain possession of the ball at the point where the ball went out of play, without a faceoff.
- Should the ball go out of play behind the goal via a shot taken by the attacking team, all opposing players will exit the zone and defending team shall take possession of the ball behind the net.
- Should the ball go out of play behind the goal, being last touched by a defensive player, the attacking team shall regain possession at the center faceoff dot.
- Players must give the new ball carrier 10 feet of clearance to resume play. Play officially resumes on the official's whistle.
- Players may not take direct shots at the opposing net on any restart play, meaning a goal scored during a restart of play by the player "in-bounding" the ball will not count.



OFFSIDES

- Occurs when a player enters their teams' offensive zone prior to the ball entering the offensive zone.
- The floating blue line will be applied where a player cannot enter the opponent's zone before the ball does. However, once the ball successfully crosses the blue line and is controlled by the attacking team, the offensive zone expands to include the neutral zone [blue line to blue line]. At this point, the defending team must clear the ball past the far blue line. For younger ages, the referee will give notice to player prior to going offside.
- On an offside play, the non-offending team shall gain possession of the ball, all opposing players will exit the zone and defending team shall take possession of the ball behind the net.

LINE CHANGES

- For players **7-Under** and **9-Under**, line changes will occur on the whistle which will be between 1 ½ to 2 minutes per shift.
- For players **11-Under** and **13-Under**, Players may change "on-the-fly" at the discretion of their teams' coach, provided that at no time is the maximum number of players allowed on the playing surface by 1 team exceeded. A team in violation of this maximum will face a TOO MANY PLAYERS penalty.
- Players may also substitute during any play stoppage resulting in a faceoff.
- Out of bounds plays are not considered play stoppages, as the restart is relatively fast. Therefore, on-the-fly rules are in effect in these situations.

TIE GAMES & OVER TIME

- During regular season play, there is no overtime. Tie games shall end in a tie.
- PLAYOFF ROUNDS will be decided in a best of 3 shoot-out.
- In the event a game remains tied following the third round, a series of one (1) player shoot-outs shall be held until a winner is determined.
- The HOME team shall determine which team shoots first.



PENALTIES

- Generally, player safety related stoppages, which will result in a LIVE penalty shot for the non-offending team.
- Severe penalties, and/or intent to injure another player, may result in ejection from the game and/or suspension or expulsion from Awesome Ball Hockey League participation.
- Abuse of officials will not be tolerated in any way by players, coaches or parents.

LIVE PENALTY SHOTS

- Any player on the Rink at the time of the infraction is eligible to take the penalty shot.
- The shooter starts with the ball at center faceoff dot.
- All other players must lineup behind goal line on the opposite end of the Rink.
- On the whistle, shooter advances towards net. All other players are in pursuit.
- If a chaser reaches the ball carrier prior to them taking a shot, they are permitted to defend and steal the ball away.
- The ball is live, and play will continue as normal.
- Should an individual player commit 3 penalties, they will have to sit out for 2 minutes in the chill-out zone.
- If a player gets to a 6th penalty, they will be removed from the game.
- Older age groups should see tighter restrictions.
- Game to continue at even strength
- Teams will never play shorthanded.
- No penalty box area required. Player simply remains on the bench for the 2-minute chill-out.
- In the event of off-setting penalties, no penalty shot will be awarded to either team.
- A faceoff will be held at the center dot.



EXAMPLE: Ball gets hit up in the air, and players from both teams raise their sticks at the same time trying to play the ball with high sticks. Both teams are guilty of a high stick. No penalty shot will be awarded to either team in this instance.

PENALTIES RESULTING IN PENALTY SHOT

- o **High sticking** – Any time a stick comes above a player's knee, including but not limited to:
 - While in the motion of shooting
 - While running up the court
 - While behind the play
- o **Intent to injure** – Any intentional attempt to injure a player.
 - In addition to a penalty shot, the offending player, at a minimum, shall be ejected from the game.
- o **Abuse of officials** – Verbal abuse towards and/or physical contact with any official, inclusive of both on and off court officials.
 - Players, coaches, and parents have potential to receive an abuse of official's penalty.
- o **Body-Checking** – Using your hands, arms, or body to physically and intentionally crash or run in to an opponent.
- o **Cross-Checking** – The action of using the shaft of the stick to forcefully push or check an opponent.
- o **Slashing** – Using/swinging of the stick at an opponent, regardless of if contact is made.
- o **Hooking** – Using the blade of a stick, in a hook like manner on an opponent.
- o **Tripping** – Using your stick, or any part of your body, to trip an opponent.
- o **Holding** – Using your hands or arms to intentionally grab an opponent.
- o **Interference** – Using your stick or body to block the path or progress of an opponent, that does not have the ball.
- o **Too many players** – Any point when the maximum allowed players on the play surface is exceeded by a team.