

## 2023-24 Westridge Sponge Hockey League

### Section 1 - Basic Sponge Hockey Rules

- a) There shall be no body contact. The players must play the puck, NOT the players, or else penalties will be called at the referee's discretion.
- b) No off-sides or icing will be called, except icing will be called in the final minute of the second half. The only exceptions would be if the leading team is shorthanded at the time, or if there is a three (3) or more goal lead.
- c) Each game will consist of two twenty (20) minute running halves. The last minute of the second half will be stop time. All games will start at Scheduled start time.
- d) The referee has the right to call off any game for any reason during the season. As a result, points will be handed out at the referee's discretion.
- e) A team win shall be awarded two (2) points; a tie one (1) point; a loss zero (0) points.
- f) In the event of two teams with the same colour jerseys, the referee shall flip a coin between the two team representatives and the loser will wear league provided jerseys.
- g) Each team should have six players on the ice. However, a team will be allowed to play with four players (3 and goalie or 4 and no goalie) If a team has less than four players, they will be given ten minutes to acquire the right amount, or the opposing team will be awarded a win. Teams must be ready to play. For every three (3) minutes that passes without a team being ready, a goal will be awarded to the opposing team. After ten (10) minutes passes the opposing team will be awarded a three to zero (3-0) win.
- h) **Co-ed Division** - Games are normally played with 3 males, 2 females and a goalie. A team may play with up to 5 females at any time. (6 may apply if goalie is pulled). A team may play with no females, but no more than 3 males (excluding the goalie) may be on the ice at any given time. If a team pulls the goalie or plays without a goalie, an extra male (4 males on the ice) or female player may be added to the ice.
- i) If a male is serving a time penalty, no more than 2 males can be on the floor (3 if the goalie has been pulled).
- j) If both teams do not have the required number of players, both shall receive a loss.
- k) No player having played less than 4 regular season games will be allowed to play in the playoff games as per the statistics page on our website.
- l) During the Regular Season when a game is tied at the end of regulation, there will be a 5-minute running time Overtime period with the last-minute stop time. Teams will play 4 on 4. No additional Timeouts are awarded in Overtime. The Winning Team will receive 2 points in the standings and the losing Team 0. If still tied at conclusion of Overtime each Team will receive 1 point in the standings. If fighting occurs, the involved persons shall be expelled from the game. The matter will be handed over to the League Suspension Director. The team(s) shall be warned of unnecessary body contact and if there is a reoccurrence of this behaviour, the team(s) shall be evicted.
- m) Absolutely no alcohol is to be brought to a game. No alcohol is to be consumed at the rink or on its premises. No smoking will be permitted in the community centre.
- n) When a team is controlling the puck in the defender's zone, there shall be a three (3) second limit for the offensive team in the defender's goalie's key. If the three (3) second limit is called, the play will be blown down and the offending team will be required to move outside the blue line, while the defending team will be given control of the puck behind their net. The referee will blow the play back on and the team that violated may cross the blue line and continue play.
- o) The three (3) second count will begin when the offensive player's foot enters the key, not the player's stick.
- p) If a player contacts any opposing player(s) while diving you will be given an automatic minor penalty, regardless of whether the player touches the puck.
- q) Contact of any sort with the goaltender is a minor penalty.
- r) If one team is ahead by a fifteen (15) goal spread after half time or at any point during the second half the game will be called.
- s) Each goal and assist shall count one point in the scoring record.
- t) No above the waste slap shots are permitted in the Co-ed divisions. A 2-minute penalty will be issued.
- u) Teams will be permitted to use goalies from another team for emergency purposes up until and including game 10. At the start of game 11, any goalie that plays for a team is locked into that roster for the rest of the regular season and playoffs.
- v) Each team must provide the ref with 1 sponge puck each game.

## **Section 2 - Teams**

### **(I) Composition of Teams**

- a) A team shall not have more than six players on the ice at any one time while play is in progress.
- b) When a substitute goaltender enters the game, he shall take his position without delay and no warm-up time shall be allowed.
- c) If both teams are on the ice during the pre-game warm-up, players shall be restricted to their own half of the ice surface.

### **(II) Change of Players**

- a) Players may only be changed on the fly, after a goal, after a penalty is called, or after a timeout is used. Any teams changing players at any other times will be assessed a delay of game penalty. If a player is injured then only the injured player may be substituted.
- b) A player in the penalty bench, who is going to be changed after his penalty has been served must proceed to the bench by way of the ice and be at the players' bench before any change is made.
- c) In the course of making a substitution, if either the player entering the game or the player leaving the game, contacts the puck, checks, or makes any physical contact with an opposing player while the player leaving or entering the game is actually on the ice, then the infraction of "too many players on the ice" shall be called. The contact with the puck or opposing player must be deemed intentional by the referee, or no penalty will be issued.

### **(III) Injured Players**

- a) If a goaltender is injured, he shall be allowed ten minutes to recuperate, except if a team has two goaltenders in uniform. The replacement goaltender shall replace the injured one immediately.
- b) If a replacement for the injured goalie is necessary, an additional five (5) minutes for a player to put on the goalie equipment.
- c) When a player is injured so that he cannot continue play or go back to his bench, the play shall not be stopped until the injured player's team has possession and control of the puck. If the injured player's team is in control of the puck at the time of the injury, play shall be stopped.
- d) Where there is suspicion that a player is seriously injured the referee may stop the play.

## **Section 3 - Equipment**

### **(I) Shoes**

- a) Players are only allowed to wear sponge hockey shoes. If a player alters his footwear with a screw or any other kind of objects or substances, he will be ejected from the game and be subject to an indefinite suspension pending a hearing with the League Suspension Director. Goaltenders may wear boots.
- b) All players must wear a CSA approved hockey helmet, with the chin strap properly fastened. If a player, who is on the playing surface, loses his or her helmet, they can either put it back on immediately, with the chinstrap properly fastened, or the player must go directly to their player's bench.
- c) If no visor/cage is attached, all J-clips must be removed from helmets. Stick tape may be used to cover up clips.
- d) Players under the age of 18 are required to wear full face mask for protection.
- e) Any player thought to be using a substance on his shoes to improve their traction will have their shoes removed from the game the player will be issued a minor penalty. This call is solely at the referee's discretion.

## **Section 4 - Penalties**

### **(I) Penalties**

- a) Penalties may be assessed at any time before, during or after a game, when an offence is committed, regardless of whether or not play is in progress.
- b) Any unnecessary contact between opposing players after the whistle shall result in penalties being assessed.
- c) Where penalties are assessed to players of both teams at the same time, both teams shall play short-handed. Any player who receives three (3) penalties in one game will be ejected from the game.

### **(II) Minor Penalties**

- a) For a minor penalty any player except a goaltender shall be ruled off the ice for three (2) minutes, during which time the penalized team will be short-handed.
- b) If, while a team is short-handed because of one or more minor penalties and the opposing team scores a goal, the first of such penalties shall automatically terminate.

### **(III) Bench Minor Penalties**

- a) For the first major penalty in any one game, except to a goaltender, the penalized player shall be ruled off the ice for five (5) minutes.
- b) For the second major penalty in the same game to the same player, including the goaltender, such player shall be ruled off the ice for the remainder of the game. The League Suspension Director will issue additional suspensions as per league rules.
- c) Any player who slew foots an opponent will be ejected from the game and assessed a major penalty and be written up to the Suspension Director.

### **(V) Misconduct Penalty**

- a) A player, except goaltender, incurring a 'misconduct penalty' shall be ruled off the ice for ten (10) minutes. When receiving a misconduct penalty, the team does not play short handed.
- b) The referee in charge shall report to the league, for further disciplinary action, any player who incurs a misconduct penalty within ten (10) minutes of the game's conclusion.
- c) Any player who is assessed a second misconduct penalty in the same game shall automatically be assessed a 'game misconduct penalty'.

### **(VI) Game Misconduct Penalties**

- a) A player incurring a game misconduct penalty shall be ordered out of the game for the remainder of the game.
- b) Any player receiving a total of six (6) game misconduct penalties throughout the season shall be further dealt with by the league Suspension Director.

### **(VII) Gross Misconduct Penalties**

- a) Any player incurring a 'gross misconduct' penalty shall be ejected from the game and suspended as per League Rules.
- b) Gross misconduct penalties shall be assessed where a person conducts himself in such a manner as to make a travesty of the game.
- c) The referee shall report the offender and the full details surrounding the incident to the League Suspension Director, who may assess further penalties.

### **(VIII) Match Penalties**

- a) Any player incurring a match penalty shall be ejected from the game and any further games until his case is looked at by the League Suspension Director.

### **(IX) Penalty Shots**

- a) A penalty shot will be awarded when a player who while on his own half of the ice throws his stick, or at anytime fouls from behind any player on a breakaway, or if the opposing team intentionally falls on the puck in the goal crease area.
- b) The goaltender must remain in his crease until the shooter has crossed the blue line.
- c) While the penalty shot is being taken, players of both teams shall withdraw to the sides of the rink on the opposite side of centre.
- d) After the penalty shot is taken, no further penalty should apply.

**(X) Awarded Goals**

- a) A goal shall be awarded when the opposing team either throws their stick, or when the attacking player is interfered with from behind on a breakaway with no goalie in the net.

**(XI) Goaltender Penalties**

- a) No goaltender shall be sent to the penalty bench for an infraction which incurs, a minor or a major. Instead, such a penalty shall be served by any player who was on the ice at the time. However, any goalie that receives three (3) penalties in a game will be ejected.
- b) When a goaltender leaves the goal crease during a fight, he shall be assessed a minor penalty, plus any other penalties he might receive.
- c) If a goaltender intentionally participates in the play in any manner when he is beyond the centre red line, he shall be assessed a minor penalty.
- d) A minor penalty shall be assessed to a goaltender who, after catching the puck, drop kicks the puck. If an injury happens as a result, a major penalty may be assessed.

**(XII) Calling of Penalties**

- (a) If a player on the team in possession of the puck commits an infraction of the rules, which would call for a penalty, the whistle will be blown right away. If a player's team who committed the foul does not have possession of the puck, the whistle will not be blown until the team has possession.

**Section 5 - Officials**

- a) All referees must be treated with courtesy, at all times during the entire season, by all players. Failure to do so will definitely result in a penalty.
- b) A referee shall have full authority and the final decision in all matters under dispute. His decision shall be final on all questions of fact.
- c) The referee is also the timekeeper and will notify the teams of the amount of time left in the period.

**Section 6 - Playing Rules**

**(I) Abuse and Other Misconducts**

- a) A misconduct penalty will be assessed to any player if he uses obscene or abusive language, shows disrespect, or intentionally knocks or shoots the puck out of reach of the referee.
- b) If the referee is unable to identify the person responsible for using obscene language, a bench minor will be assessed.
- c) A misconduct penalty will be assessed to any player who does not proceed directly to the penalty bench after receiving a penalty.

**(II) Adjustment of Equipment**

- a) A minor penalty will be assessed to any player who delays the game for adjustment of equipment.

**(III) Attempt to Injure**

- a) A match penalty shall be assessed to any player who deliberately attempts to injure an official or other players in any way.

**(IV) Body Contact**

- a) There is no body contact whatsoever. Any contact will be a three (3) minute minor.

**(V) Broken Sticks**

- a) No player will be allowed to play with a broken stick. If a player is found to be using a broken stick, he will be assessed a minor penalty.

**(VI) Cross-Checking**

- a) A minor penalty shall be assessed to any player who cross-checks an opponent.
- b) Any player who strikes an opponent above the normal height of his shoulders with a cross-check will get a major penalty.

**(VII) Delay of Game**

- a) A bench minor penalty shall be assessed to a team, which in the opinion of the referee is deliberately delaying the game in any manner.
- b) A minor penalty will be assessed to any team attempting an illegal player change. Player changes are only permitted on the fly, after a goal is scored, when a penalty is called, or during a team timeout.

**(VIII) Elbowing**

- a) A minor penalty will be given to any player who uses his elbows or knees.

**(IX) Falling on the Puck**

- a) A minor penalty shall be assessed to any player, besides the goaltender, who falls on or gathers the puck into his body by any means while lying on the ice. A penalty shot will be awarded if any player intentionally falls on the puck within the goal crease area.
- b) A goaltender will get a minor penalty if he holds on to the puck when it is behind his net. He must have part of his body inside his crease in order to cover the puck behind the goal line.

**(X) Fighting and Roughing**

- a) Any players who fight will be automatically ejected and dealt with by the League Suspension Director.
- b) Any players using unnecessary roughness will be given a penalty.

**(XI) High Sticks**

- a) A minor penalty shall be given to any player who checks or intimidates an opponent while carrying his stick above the normal height of their shoulders.
- b) A major penalty will be given to any player who, by high sticking an opponent, draws blood, whether intentional or not.
- c) Contacting the puck above normal height of the shoulders with the stick is prohibited and when it occurs a minor penalty will be assessed (no warning).

**(XII) Holding**

- a) A minor penalty will be given to any player that holds an opponent, or his stick.

**(XIII) Hooking**

- a) A minor penalty shall be given to any player who stops or tries to stop the progress of his opponent by hooking him with their stick.

**(XIV) Interference**

- a) A minor penalty will be given to any players who:
  - i) Interferes with or impedes the progress of an opponent who is not in possession of the puck.
  - ii) Deliberately knocks a stick out of an opponent's hand.
  - iii) Prevents an opponent who has lost or dropped his stick from regaining possession of it.

**(XV) Puck Out of Bounds**

- a) When the puck goes outside the playing area or strikes obstacles above the playing surface, except for the side boards or the wire mesh on top of the end board, play shall be stopped. The face-off will be at the location from which the shot was made.
- b) A penalty will be given to any player who throws or purposely shoots the puck over the boards.

**(XVI) Puck Out of Sight**

- a) Should a referee lose sight of the puck at any time, play will be blown down immediately.
- b) If at any time a puck from another rink interrupts with the play, it will be blown down immediately.

**(XVII) Slashing**

- a) A minor or major penalty, at the discretion of the referee, shall be assessed to any player who impedes or seeks to impede the progress of an opponent by 'slashing' with his stick.
- b) A slashing penalty will be given to any player who swings his stick at his opponent, even if there is no contact.

**(XVIII) Throwing Sticks**

- a) A penalty shot will be given against the team whose player throws their stick in the defending zone.
- b) A minor penalty will be given to any player who throws their stick outside their defending zone.

**(XIX) Tripping**

- a) A minor penalty will be given to any player who trips an opponent. If injury results, there will be a five (5) minute penalty given.

**Section 8 - Referees**

- a) It is the duty of the referee to see that all games start promptly on time.
- b) Referees must be courteous at all times both on and off the ice.
- c) Referees must use their best judgement at all times in application of the rules, and enforce the rules firmly and impartially.
- d) Referees must be alert at all times, move quickly, keep the game moving and prevent stalling.
- e) Referees should make their decisions in a definite manner.
- f) When giving a penalty, the referees should do so in such a manner so that his action will show who the penalized player is. Penalties should be given without hesitation. The referee should keep away from penalized players to avoid arguments.
- g) Referees have to report all match and game misconduct penalties in detail to the league immediately following the game in which they occur.
- h) Referees should not permit any player to push or shove them or show disrespect.
- i) Referees should react strictly with penalized players who do not go immediately to the penalty bench when given a penalty.
- j) Referees must wear skates except for exceptional circumstances where ice conditions do not permit.

## **Section 9 - Ineligible Players**

### Definition of Ineligible:

- Persons under the age of 13 years of age.
- Persons under 16 years of age participating without waiver consent and parental release & no facial protection.
- A player/goalie that has played with one team and plays with another in the same division. Will result in 3-0 default loss.
- A player who is suspended/ejected or prohibited from playing for any reason.
- All players require 4 games to qualify for the playoffs. Goaltenders require 1 game in the goalie position to qualify.

## **Section 10 - Appeals**

Any player / team who disagree with a suspension may appeal. Players are **NOT**

**PERMITTED** to participate until a final decision has been made on an appeal. Only the division Director or his designate will deal with appeals. All suspensions will be sent via email to the team captain prior to your team's next game.

**Appeal Procedure** - Appeals may only be submitted on an Official League Appeal Form, which can be purchased from the canteen at a cost of \$10.00

**.NO EMAIL APPEALS OR PHONE CALLS WILL BE ACCEPTED.**

### FINES AND SUSPENSIONS

INFRACTION	Time of Penalty	Additional Penalty	FINE
ANY MAJOR	5 MINUTES	GAME MISCONDUCT.	NONE
3 PENALTIES IN 1 GAME	2 MINUTES	GAME EJECTION	NONE
2 MAJORS IN A GAME INCLUDES GAME MISC.	5 MINUTES	2 GAME SUSPENSION	\$20.00
MISCONDUCT	10 MINUTES	NONE	NONE
2 MISCONDUCTS IN 1 GAME		GAME MISCONDUCT 1 GAME SUSPENSION	\$10.00
MATCH PENALTY	5 MINUTES	MIN. 5 GAME SUSPENSION	\$50.00
FIGHTING	5 MINUTES AND GAME MISCONDUCT	ANY OTHER PENALTY AS REQUIRED AND 5 GAME SUSPENSION	\$50.00
FIGHTING INSTIGATOR	2 MIN. MINOR 5 MIN. MAJOR AND GAME MISCONDUCT	SEASON SUSPENSION	\$50.00 TEAM FINE
GROSS MISCONDUCT		MIN. 3 GAME SUSPENSION	\$30.00
2 <sup>ND</sup> GROSS MISC. OF SEASON		SEASON SUSPENSION	\$50.00 TEAM FINE
INELIGIBLE PLAYER	2 MINUTE MINOR OR 5 MIN BENCH	ANY OTHER PENALTY AS REQUIRED AND INDEFINITE SUSPENSION	\$10.00/GAME OR TEAM FINE
6 GAME MISC., EJECTIONS, OR SUSPENSIONS IN 1 SEASON		SEASON SUSPENSION	

\* \*\* The league will review all misconducts & suspensions \*\*\*