



Winnipeg Ball Hockey League

Rules for 5 vs 5 Big Rink

Current as of July 14, 2025

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Appendix: All playoff qualification details available online at winnipegballhockey.com.

A. Membership & Payment of League Fees

1. All players must sign the online waiver form before the first game. Players will not be eligible for team stats, including games played, until the waiver is signed.
2. Players that are under 18 years of age require waiver forms to be signed by their parent or legal guardian. Forms are available on our website.
3. All team fees must be paid and up to date by a team before they can start play for a game. All games will be subject to forfeit by a team not meeting its payment requirements. Team reps are ultimately responsible to keep track of how much money is owed based on payment structures listed on the website. The league will also email payment update reminders for convenience.
4. Any outstanding payments must be made prior to the start of the game. Indicating that payment will be made after the game is unacceptable. The timekeeper and officials have the authority to delay the game until full payment is made.
5. Team representatives are ultimately responsible for all outstanding fees by his or her team, and as such are legally liable for their team's financial commitments. Failure to comply with outstanding payments will result in automatic game default, possible league expulsion, and indefinite suspension until all outstanding fees are paid. Any previous arrears must be paid before entering a future team in the league.
6. If a team or free agent drops out after registration has closed, the league reserves the right to retain the total amount of league deposit or registration amounts paid. If a team drops out at the beginning or at any time during the season, the league reserves the right to retain all fees paid to date.
7. All team inquiries regarding payments and any other issues must be presented to the league via email by the team representative only as indicated on the registration form.

B. Performance/Suspension Bond

1. A performance bond may be collected from any team or individual at the start of, during, or after the season if the league deems it necessary to guarantee proper conduct, etiquette, or timely payment of league fees.
2. This includes any team or individual that has demonstrated a pattern of late or missed payments. Any outstanding fees or fines owed by that player or team will be deducted from the bond before it is returned.
3. At the end of the season—or on the date defined in the bond agreement—if no problems, difficulties, or late-payment incidents have occurred, the full amount of the bond will be returned.
4. The league may request both the first and last deposit of the season as part of the bond. The last deposit is designated solely as the final payment and cannot be applied toward any other portion of the payment schedule. Furthermore, the final payment is non-refundable if the team forfeits or withdraws at any point during the season.

C. Official League Ball

1. The official league ball will be the CBHA approved liquid filled hard orange ball. No other ball will be accepted for play. (Currently the KNAPPER AK Pro-Fluid K231)
2. Warm-up balls and game balls will be supplied by the League and made available at each game. Teams must return all warm-up balls to the timekeeper at the conclusion of warm-ups.

D. League Championship Trophy & Prizes

1. If a team wishes to hold on to the championship trophy upon winning their division, a \$100.00 deposit is required. The \$100.00 will be refunded when the trophy is returned to the league.
2. Prizes will be awarded to all championship players provided they have played in at least one playoff game.
3. A team may also purchase additional prizes for any players who were not playoff-eligible at an extra cost. These extra prizes must be requested and paid for in advance, and are subject to league approval and availability.

E. Game Officials

1. All games will be officiated by certified WBHL referees and timekeepers.
2. Referees have full authority to enforce all rules, assess penalties, and make final decisions on gameplay matters.
3. Timekeepers shall operate the official clock, record each goal and assist, alert referees to any timing discrepancies, and verify that every signed-in player is eligible and correctly numbered.
4. Any disputes regarding officiating must be submitted in writing to the league office within 24 hours of the game's conclusion.

F. Statistics & Schedule

1. League standings, player statistics, and team schedules will be available on our website at winnipegballhockey.com.
2. Game scores and standings are updated live, while player statistics are completed the following day.

G. Players in Uniform

1. Each team is allowed a maximum 26-player roster excluding goalies (see Rule H5).
2. Teams may dress up to 19 players per game (either 18 attackers and 1 goaltender, or 17 attackers and 2 goaltenders).
3. If a player leaves a game for any reason, their game roster spot cannot be filled during that game.
4. Dressed goaltenders are not permitted to remove their goalie gear and play as an attacker at any point during the game.
5. Female players are permitted to play in all men's divisions.

H. Roster

1. The timekeeper will check the jersey numbers of each team's players at the beginning of the game. It is important that each player be assigned to a specific jersey number and remains with that number for the duration of the season.
2. Teams may add players right up until their last game of the season; however, all attacking players must be credited as playing in 6 regular season games to qualify for the Playoffs (Masters Division: 3 games). If a player is signed in but not present, the timekeeper shall cross the name off the game sheet. Goaltenders are only required 1 game credited (in the goalie position) to qualify. Attackers with 6 or more games may play as a goalie in the playoffs if required. If a goalie has played a combination of 6 or more games in the regular season, they can play as an attacker in the playoffs.
3. If a player is injured or unable to play due to medical reasons at any point during the season and wants to receive credit for a game, he or she must be present to sign the game sheet at any point during the game and inform the timekeeper that they are injured and unable to play. Picture ID and physician note may be required. If a player would like to receive credit for a game without attending, a valid physician note will be required within 1 week of the game or games in question and sent to the league directly at winnipegballhockey@gmail.com. The league will follow up with the physician to confirm documentation. Physician notes will not be accepted at season's end to gain credit for games for situations earlier in the season. If the injury is ongoing and stated by a physician, additional games will be credited for a maximum of 5 for the season. Players that use physician notes and receive credit for games due to injury must still actively participate or be present to sign in as injured in at least 1 game to be eligible for playoffs. Backup goalies are only required to be dressed behind the bench in goalie gear to receive credit for a game played. They are not required to participate on the floor.
4. Any player that has not been credited the minimum number of games as per the Statistics section on the website will not be eligible. Please check this carefully. In the event a team would like to dispute the number of games a player has played, the league will review the season's game sheets. If the number of games was correct, there will be a \$10.00 charge as this is very time consuming. If there was an error, the fee will be waived, and the stats will be corrected. Disputes must be presented 48 hours prior to the start of the playoffs.
5. The league will carefully keep track of rosters throughout the season. Once they have reached the 26-player limit for attacking players, an email will be sent to the team rep indicating the roster is frozen. If a team adds any further players, they will be fined \$20.00 and the player in question will be ineligible. Once a player has participated in one game, it will count towards the roster limit. Releasing players to gain a roster spot is not permitted unless a player is released as injured and out for the season.
6. Any player that comes to a game Late, must sign in with the timekeeper. Any Player on the floor not signed in will result in a team penalty and may be subject to an ejection if deemed illegal

I. Length of Game & Start of Game and Periods

1. Games will consist of Three 13-minute Periods of running time. The last 3 minutes of the game will be stop-time if there is a three-goal or less spread. The clock will only be stopped during timeouts and at the official's discretion.
2. Games will start on time. A team must have at least 5 players on the floor to start a game. This may be 5 attackers and no goalie or 4 attackers and a goalie. If one or both teams do not have the required number of players at the scheduled game time, the clock will start. The team not ready to play will be assessed a delay of game penalty. After 3 minutes (and every three minutes afterwards), the team ready to play will be awarded a goal. If the team(s) are not ready to play after the clock has run for 10 minutes, the game will be defaulted. Note that once a goal is awarded, the delay of game penalty is cancelled.
3. Teams will change sides at each period and resume play following a 1-minute intermission.
4. If a team does not have a goalie by the Third Period (which refers to a goalie participating on the floor or dressed in goalie gear at the rink gates by the time the second period expires when the buzzer sounds), they will lose by default 3-0. A team may finish the game with 3 players and a goalie. Any less than 4 players will result in a forfeit.

J. Overtime in Playoffs

1. One 10-minute overtime period, with the first 8 minutes running time and the last 2 minutes stop time.
2. Finals will be one 20-minute overtime period with the last 2 minutes stop time. For Division 1 best-of-3 finals, only games 2 and 3 will consist of 20-minute overtimes.
3. Play will be 5 on 5, sudden death.
4. If still tied, a shootout will determine the winner. The home team has the choice to shoot first or second, as indicated on the game sheet and website.
5. Three shooters from each team will participate; if still tied, one shooter per round will continue until a winner emerges. Teams must cycle through their entire roster before any player may shoot a second time.
6. In Co-ed divisions, the shootout format will be Male, Female, Male. Continue in male-female sudden-death rounds until a winner, and cycle through the full roster of males and females before any repeat shooter.
7. Players cannot shoot a second time until the entire roster has been used.
8. Players serving penalties at the end of overtime are not eligible for the shootout.
9. Teams that have used their timeout in regulation do not receive an extra timeout during overtime.

K. Time-outs

1. Each team is allowed one 30-second time-out per game.
2. Time-outs can only be called by the team captain or acting captain.
3. Unused time-outs do not carry over into overtime.

L. Icing (flooring) the ball & Change of Players

1. No-touch icing (flooring) is in effect for all games. The offending team may not change players after flooring the ball. If the offending team calls their timeout, they will be permitted to make a line change.
2. Line changes will be permitted during stoppages of play and on the fly (see Icing/Flooring the Ball). Teams will have 5 seconds to line up for the draw upon the referee's signal.

M. Illegal Player(s)

1. An illegal player is one who is suspended; has outstanding fines or bonds in any WBHL/MBHA sanctioned league or event; is signed or played with one team but then stplays for another in the same division (see Rule N1 & N2 for exceptions); or is signed in as another player.
2. See Rule N2 for the goalie exception.
3. If divisions are combined, it is considered one division; players may only play on one team per combined division.
4. Please visit winnipegballhockey.com for roster restrictions per division.
5. Using illegal players is considered cheating. Challenges must be made by the end of the first period and presented to the referee before or during the game. The league will not investigate inquiries after the game is complete.
6. If the challenged player produces valid picture ID, the challenging team receives a 2-minute delay of game penalty to discourage frivolous challenges.
7. Any goals scored by an ineligible or illegal player will be disallowed; if the player fails to produce proper ID, a 5-minute bench major penalty will be assessed and the player ejected.
8. It is the responsibility of each player or team representative to carry valid picture ID for any disputes. Only one ID check is permitted per stoppage and two per team per game; ID checks are not allowed in overtime or during shootouts.

9. If a player receives a penalty warranting an automatic suspension (e.g., match penalty, gross misconduct, fighting penalty, major penalty in the last 5 minutes, or two 10-minute misconducts), they are considered actively suspended until further notice and illegal if they play in another division that same evening.
10. Backup goalies dressed in gear behind the bench receive credit for game played, but must still adhere to the above rules if challenged. It is the player's responsibility to verify the penalty call in question when ejected from the game with the timekeeper.

N1. Change of Teams

1. Players may not change teams/rosters after the midway point of the season. This must be carried out before the start of the new team's 7th game of the season. The league must receive confirmation from the current team representative before they can sign with the new team.
2. Games played will not be carried over and that player will be frozen to that roster for the remainder of the season. The player will still count as a roster spot for their original team.
3. If a player is released as per the above guidelines, they will be locked to the first team they participate with after the release for the remainder of the season. A second release will not be permitted.

N2. Goalies

1. All divisions will be permitted to use goalies from another team up until the end of the regular season.
2. After the regular season ends, goalies will be bound to the roster of their original team, the first one they played for.
3. In the playoffs, goalies can join multiple teams only if they've played at least one game for each team, and those teams are in different divisions.
4. All ineligible goalies will be removed from the roster before the playoffs, ensuring that only eligible goalies are listed on the final postseason roster.

O. Sportsmanship & Facility Guidelines

1. The league reserves the right to suspend any player or team that the suspension committee feels are detrimental to the game of ball hockey due to verbal or physical abuse of league officials or opposing players.
2. League officials are defined as and shall include referees, timekeepers, league directors and executive, paid staff, venue/facility staff, and volunteers.
3. The suspension committee may investigate any incident and may assess additional suspensions for any offence committed on or off the floor in the facility at any time before, during, and after the game, whether or not such offences have been penalized by the referee. Any players or spectators causing a disturbance of any kind or being disruptive towards an opposing player or league employee will be removed from the facility by any WBHL or facility staff. Further disciplinary action may result from the suspension committee.
4. Alcohol is forbidden to be consumed inside the arena viewing area or outside the building on arena facility property.
5. If anyone from your team is identified as having open alcohol or smoking narcotics anywhere on the arena facility property, you will automatically be given a default for your next scheduled game and a \$50.00 fine. A second incident will result in league expulsion.

P. Tie in Standings

Between Two Teams

1. Most wins during the regular season
2. Head-to-head series
3. Overall goal differential (goals for minus goals against)
4. Fewest goals against
5. Most goals for
6. Fewest penalty minutes
7. Flip of a coin

Three or More Teams

For three or more teams tied, ranking is determined by the higher number of points in a special standing composed only from their mutual head-to-head games (provided equal games played). If still tied or unequal games played, apply:

1. Overall goal differential from original standings
2. Fewest goals against from original standings
3. Most goals for from original standings
4. Fewest penalty minutes
5. Flip of a coin

Q. Appeals & Suspensions

Any player or team who disagrees with a suspension may appeal in certain cases. Players are not permitted to participate in a game until a final decision has been made on an appeal. Only the WBHL Suspension Committee will handle suspensions and appeals. All suspensions will be sent via email to the team representative at least 6 hours prior to that team's next game. Game sheets reflect penalties issued but not necessarily suspensions; it is the team representative's responsibility to check email regularly. All suspensions remain active regardless of email receipt. Timekeepers and officials will be notified of all suspensions.

Appeals will not be accepted when a suspension results from:

1. Two misconduct penalties in one game (automatic 1-game suspension).
2. A major penalty in the last five minutes of a game (automatic 1-game suspension).

Any player suspended from one team may not play on any other MBHA-sanctioned league team while the suspension is in effect. The player must serve the required games with the team of suspension unless irregular circumstances exist (e.g., number of participating teams, play times and frequency). Playoff and Final games may be valued differently; final decisions rest with the Suspension Committee. No refunds will be issued for suspended players.

Team representatives are responsible for informing suspended players; the league or committee will not contact players directly. Players must contact their team rep for suspension details.

Suspended players will be fined \$10.00 per game. If a suspension is reduced on appeal, the fine will reflect the reduction.

The Board reserves the right to utilize video footage for evaluating suspensions and appeals; the league is not obligated to distribute video materials.

R. Appeal Procedure

1. Appeals may only be submitted on an official league appeal form, available from the timekeeper for \$10.00. No email or phone appeals will be accepted.
2. Appeals must be filed within 48 hours of suspension notification (e.g., if on Thursday, appeal may be submitted Monday).
3. If an appeal is successful or partially successful, the \$10.00 fee is returned in full or applied to any remaining fines.
4. All fines must be paid to a designated league official or timekeeper by the player's next game.
5. Appeals regarding roster eligibility (games played or goalie sharing) must be submitted 24 hours before playoffs; decisions will be made within 24 hours.

S. Protective Equipment

1. All attacking players must wear protective gloves and a CSA-approved helmet, with the chin strap properly fastened. If a player on the playing surface loses his or her helmet, they must immediately put it back on—with the chin strap properly fastened—or go directly to their team's bench.
2. If no visor or cage is attached, all J-clips must be removed from helmets. Stick tape may be used to cover remaining clips.
3. Players under the age of 18 are required to wear a full face mask for protection.
4. The goaltender must wear a CSA-approved helmet with facemask or a Mylec goal mask approved for ball hockey. They must also use a goalie stick, wear a goalie glove and blocker, arm and chest protection, goal pants, goal pads, and a full-sleeve jersey. Baseball gloves and street-hockey gear are not permitted.
5. Action cameras of any kind are not permitted on players during gameplay.

T. Penalties

1. Three penalties in one game: any player incurring a total of three penalties during the same game shall be ejected (2-, 4-, 5-, or 10-minute penalties).
2. Four-minute stick penalty: this rule, as defined in the official CBHA rulebook, applies to all divisions in the WBHL, including Men's, Coed, Women's, and Masters.

U. Game Ejections

1. Any player, coach, or team official that is ejected from a game must go directly to their team's dressing room. They are not permitted to watch the game from the bench or from the stands. Anyone caught not following this rule, can and will face a suspension.
2. The game official at any time may remove disruptive spectators from the facility. The league has the right to ban a spectator from all our facilities if they are deemed disruptive to the sport.
3. Spitting is strictly prohibited on all surfaces. Any coach or player identified by an official, facility staff member, or league representative will be automatically ejected from the game with no exceptions.

V. Co-ed Division

1. Games are normally played with 3 males, 2 females, and a goalie on the floor. A team may play with up to 5 females on the floor at any time (6 if the goalie is pulled or is female).
2. A team may play with no females, but no more than 3 males (excluding the goalie) may be on the floor at any given time. If a team pulls the goalie, an extra male or female may be added to the floor.
3. If a male player is serving a time penalty, no more than 2 males may be on the floor (3 if the goalie has been pulled).
4. Bench penalties may be served by either a male or female player.
5. Slap shots (backswing limited to waist height) are not permitted and will be treated as icing/flooring with an immediate whistle. The offending team may not change players on this stoppage and may be assessed a delay of game penalty at the referee's discretion.

W. Mercy Rule

If a team leads by 12 or more goals with 10 minutes remaining in the game, the game will be called and the score at that time recorded as the final score.

If officials determine that the leading team is intentionally exploiting this rule to run up the score, the game will be ended immediately and any goals scored beyond a three-goal margin will be excluded from all official statistics.

X. Defaults

1. Any team that defaults a regular season game is subject to a default fee of \$50.00, payable to the league before their next game. No exceptions. If a team defaults four games in a season, the team will be under review and may face suspension for the remainder of the season. Playoff games are subject to a \$100 fee.
2. The team that defaults will be recorded in the standings as a 3-0 loss. Only the opposing team's current roster players, as per website statistics, will receive credit for a game played. Any new rostered players for the non-defaulting team who intended to play may receive credit if the team representative provides the players' names via email at winnipegballhockey@gmail.com by 6 PM the day after the default. Credits will not be issued after this period.
3. If both participating teams default a game, the game will be recorded as a default loss in the standings for both teams, and no players will receive game credits.
4. Scenario: If a game is defaulted just prior to the start due to lack of players, attending players on both teams will receive game credit.
5. Scenario: If a game is defaulted in progress, attending players on both teams will receive game credit. No new players may be added in this scenario.
6. Teams must contact the league directly by email (winnipegballhockey@gmail.com) when defaulting a game for any reason. Once defaulted, the decision is final and cannot be reversed.

Y. Jerseys/Uniforms

1. The attacking players of each team must wear uniforms with matching short or long sleeves. While various colors may have different shades, the hues should be relatively close, as determined by the referee. Stripes on uniforms do not need to match; only the base color must be consistent (e.g., Dark Blue and Light Blue are not the same color). Logos are not required to match. Each player must wear a unique, visible number between 0 and 99 (inclusive) with no duplicates by May 15th. The use of taped numbers and sleeveless uniforms is strictly prohibited throughout the entire season. Any failure to adhere to this rule will result in a bench minor penalty (served by any player on the floor; in coed, either a male or a female). The offending team must remove or correct the infraction before play resumes. Goaltenders are exempt from numbering and matching colors but must wear a full-sleeve jersey as outlined in Rule S4.
2. A maximum of three minor jersey infractions may be called against any team per game. Once a jersey infraction is called, the player may continue playing if their jersey color does not conflict with the opposing team.
3. The league reserves the right to require a player to replace their jersey if it is deemed inappropriate.
4. May 15th is the deadline for matching jerseys with numbers regardless of how many games a team has played.
5. If both teams have the same color jerseys on game day, a coin toss determines which team will switch jerseys for that game. No penalties will be assessed for this switch. If the same teams meet again, the team that won the coin toss previously must switch. In the playoffs, the home team has the advantage and the visiting team must switch jerseys.

Z. Three Seconds in the Key

There will no longer be a three-second in the key rule.

All playoff information & qualification is available at winnipegballhockey.com under the Playoff Link. Any unique situations not covered in this module may be added for clarification by the league during the season. Please also refer to the Spring Ball Hockey section of our website.

Fines & Suspensions (Tabular Schedule)

Infraction	Time of Penalty	Additional Penalty	Minimum Fines
Any major penalty	5 minutes	Game misconduct	None
3 penalties in 1 game	Game ejection	—	None
Major in last 5 minutes of game (incl. game misconduct)	5 minutes	Auto 1 game suspension	\$10.00
Misconduct	10 minutes	—	None
2 misconducts in 1 game	—	Game misconduct; auto 1 game suspension	None
Match penalty	5 minutes	Auto minimum 5 game suspension	\$50.00
Fighting	5 minutes and game misconduct	Any other penalty as required and auto 5 game suspension	\$50.00
Instigator/Aggressor	2-min minor; 5-min major and game misconduct	Min 1 game suspension	\$10.00
Gross misconduct	—	Auto 3 game suspension	\$30.00
2nd gross misc./match of season	—	Auto season suspension	\$50.00 team fine

Notes:

1. All fines must be paid in full prior to any player returning to play.
2. If a suspended player fails to return to the league upon conclusion of the suspension, then his or her team must pay 50% of the outstanding fine.
3. Players are not permitted to participate in any game until a final decision has been made on an appeal.

Division Roster Restrictions

- Please refer to the Spring Ball Hockey section at winnipegballhockey.com.
- If divisions are combined, it is considered one division; players may only play on one team per combined division.
- A player is only considered rostered once they have participated in one or more games in that division (as per the stats section on the website). This can be verified by checking the standings and clicking on the team link for all active rostered players.

*Winnipeg Ball Hockey League – *www.winnipegballhockey.com