

Manitoba Minor Ball Hockey League – Winter 2025/26 Rules

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1. Membership

- A photocopy of a birth certificate, passport, or Manitoba medical card must be provided upon request by the league.

2. Game Format & Timing

- **Regular Season:** 8 games
- **Playoffs:** Single-game elimination. All teams qualify.
- **Periods:** 3 x 13-minute periods (1-minute breaks between)
- **Stop Time:** Final 3 minutes of the **third period** if score difference is 3 goals or less
- **No overtime in regular season**

3. Gameplay Rules

- **Faceoffs:**
 - After stoppages
 - Based on location of stoppage
- **Timeouts:**
 - One 30-second timeout per team
 - Called by player or coach after whistle
 - Possession rules apply based on who calls timeout
- **Injuries:**
 - Clock stopped at referee's discretion
- **No offsides or flooring rules**
- **Slap Shots:**
 - Backswing limited to waist height
 - Whistle and possession change for violations
 - Repeat offenses may be penalized
- **Game Start Protocol:**
 - Starts on time
 - Delay-of-game penalty after 3 minutes
 - One goal awarded to opponent every 3 minutes
 - Default after 10 minutes
- **Goalie Rule:**
 - Goalies may not remove equipment to play out in second half
 - Injured goalies may be replaced by an attacker in net

4. Player Call-Ups

- Teams with **fewer than 6 runners and a goalie** may call up a player from a younger division
 - Teams with **no goalie** may call up a goalie with league approval
 - **No player or goalie call-ups allowed during playoffs**
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5. Player Eligibility & Ineligibility

- A player is ineligible if:
 - Suspended
 - Registered to one team but plays for another in the same division
 - Not of age or not registered with MMBHL
 - **Consequences:**
 - Goals by ineligible players are disallowed
 - 5-minute bench major issued
 - Player suspended from the league
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6. Suspensions & Appeals

- Teams notified within 48 hours of incidents
 - If a suspended player isn't identified, team suspension remains until resolved
 - Suspensions must be served in consecutive games
 - Appeals via email within 48 hours: Manitobaminorballhockey@gmail.com
 - Suspended players can't play during appeal process
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7. Sportsmanship & Conduct

- Unsportsmanlike conduct (verbal/physical) = potential suspension
- Officials include: referees, timekeepers, league/venue staff, volunteers
- Suspension committee may assess further penalties for misconduct inside or outside game play area

8. Equipment Requirements

Mandatory Equipment:

- Gloves (Ball/Ice Hockey or Lacrosse)
- CSA-approved helmet with cage
- Shin guards (Soccer/Ice/Ball Hockey)
- Ice hockey stick (no plastic blades or black tape)

Recommended (Optional) for Attackers:

- Elbow pads, mouth guard, athletic cup, knee guards

Goalie Equipment:

- CSA-approved helmet with facemask
- Goalie stick, gloves, blocker, arm/chest protection, pants, pads, full-sleeve jersey
- Baseball gloves not allowed

Game Balls:

- Only soft or semi-soft shell balls approved by the league
- Hard-shell balls are prohibited

Prohibited Items:

- Shoulder pads (unless goalie or medically cleared)
- Action cameras/GoPros on players during play

9. Team Rosters

- **Max Players:**
 - U13 & U16: 9 runners + 1 goalie (3-on-3 + goalie)
 - U10: 12 runners + 1 goalie (4-on-4 + goalie)
- Must start with 3 players + goalie minimum
- May play with 2 attackers + goalie or 3 attackers (no goalie)

- **Roster Freeze:** After 5 games – no new attackers may be added
 - **Playoff Eligibility:** Players must play in 2 regular season games
 - Female players may play down one division
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10. General Rules & Regulations

1. Ball is in play unless it hits ceiling, nets, walls, or benches
 2. Line changes allowed at any time
 3. **Hand Passes:**
 - May knock down ball
 - Cannot direct for advantage
 4. **Minor Penalties:** 2 minutes
 5. **Major Penalties:** 5 minutes + game misconduct
 6. **Fighting:** 5-game suspension; instigator gets 1 extra game
 7. **Penalty Shots:**
 - Thrown stick
 - Ball covered or held in key
 8. **Goalie Interference:** Minor if contact occurs outside crease
 9. **Coincidental Penalties:** Both teams play short-handed
 10. **Penalty Limits:** 3 minor penalties = ejection
 11. **High Sticking:**
 - Minor for touching ball above crossbar
 - Double minor if contact made with opponent
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11. Overtime (Playoffs Only)

- 10-minute sudden death (running time)
- If still tied:

- 3-shooter shootout
 - Then alternating 1 shooter per side
 - No repeats until full roster used
 - Penalized players at OT end can't participate
 - No additional timeouts in OT
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12. Notes

This document serves as the official 2025/26 Winter Rule Supplement for the Manitoba Minor Ball Hockey League (MMBHL).

For full regulations, refer to the Canada Ball Hockey Rulebook in conjunction with this document.

Website: www.ManitobaMinorBallHockey.com