



Adult Coed Ball Hockey League Rules

This is a non-contact, recreational league designed for fun, fitness, and fair play. Safety and sportsmanship are top priorities.

Game Format

- Team Size: 5 runners + 1 goalie on the floor. A team must have at least 4 players (including a goalie) to start.
- Officials: Each game will be officiated by two referees, paid \$30 each.
- Game Length: Three 15-minute running-time periods (clock stops in the last 2 minutes if within 2 goals).
- Ties: Regular season games end in a tie. Playoff games go to a 3-minute sudden-death overtime, then a shootout if needed.
- Mercy Rule: Games may be ended early at a 10-goal differential in the 3rd period.
- Timeouts: One 30-second timeout per team per game.

Equipment

- Helmets: Required for all players. Must have at least a half-shield/visor (full cage recommended).
- Other Protective Gear: Optional but strongly recommended: gloves, shin guards, elbow pads, athletic cup, mouthguard.
- Goalies: Must wear full protective equipment including helmet with cage, chest/arm protector, leg pads, blocker, catcher, and goalie stick.
- Sticks: Standard hockey sticks allowed (wood or composite). Blades must not be broken or sharp.
- Footwear: Athletic sneakers with good grip (no cleats).
- Ball: Official orange ball hockey ball, supplied by SSA.

Player Eligibility & Rosters

- Age Requirement: All players must be 18+.
- Coed Rule: 1 female player must be on the playing surface at all times. No exceptions. Female goalies do not count toward this minimum.
- Roster Size: Max roster = 15 players.
- Playoff Eligibility: Players must participate in at least 3 regular season games to qualify for playoffs.
- Subs: Allowed during the regular season but must be registered and approved. No subs in playoffs unless pre-approved by SSA.

Gameplay Rules

- Faceoffs: At center to start periods and after goals; nearest dot for stoppages.
- No Checking: Absolutely no body checking, pushing, or intentional contact. Incidental contact is tolerated but must be minimal.
- Slap Shots: Not allowed. Backswing of the stick must remain below the waist.
- High Sticks: Playing the ball above shoulder height is prohibited.
- Crease Violations: Attacking players cannot enter the crease or interfere with the goalie. Goals scored with a crease violation are disallowed.
- Kicking/Hand Passes: Kicking the ball to a teammate is allowed, but a goal cannot be scored off a kick. No hand passes. Players may catch and drop the ball immediately at their feet.
- Offside/Icing: Not enforced in SSA ball hockey. Play is continuous.
- Substitutions: On the fly, as in ice hockey. Player coming off must be within 10 feet of bench before a sub enters.

Penalties

- Minor (2 minutes): Tripping, hooking, slashing, interference, holding, roughing, delay of game, high stick, too many players. Team plays short-handed; penalty ends if opponent scores.
- Major (5 minutes): Dangerous play, deliberate body contact, boarding, intentional high-stick injury. Team plays short-handed full 5 minutes regardless of goals.
- Misconduct: 10 minutes served, team does not play short. Used for abuse of officials, unsportsmanlike conduct, etc.
- Game Misconduct/Ejection: Fighting, intent to injure, or accumulation of 3 minors in one game.
- Penalty Shots: Awarded for clear breakaways illegally stopped or a defender covering the ball in the crease.

Goalie Rules

- Only goalies may freeze the ball in the crease.
- Goalies cannot throw the ball past center.
- Goalies may not cross center line.
- If a goalie is absent, teams may use a league-approved substitute or play without a goalie.

Sportsmanship & Conduct

- Zero tolerance for fighting, abuse of officials, or dangerous play.
- Captains are responsible for their team's conduct.
- SSA staff reserve the right to suspend or remove players or teams for repeated violations.