



OFFICIAL PLAYING RULES

Section 1: Rosters and Teams

Rule 1: Active Roster

- A. Teams may have four (4) players on the field at one time, except when a player is penalized.
- B. The active roster consists of the four (4) players on the field and five (5) substitutes.
- C. Players on the active roster may freely substitute between the bench area and the field.
- D. One player on the active roster must be designated as the team's captain. The captain is the only player allowed to discuss on-field decisions with the referee, and is expected to relay directions from the referee to their teammates.
- E. The captain is allowed to alert the referee of any timeouts or an interchange with the reserve roster.
- F. The active roster must be named before the game so that it may be properly entered onto the game sheet.

Rule 2: Reserve Roster

- A. All players on a team who are not among the nine (9) on the active roster are considered to be a part of the reserve roster.
- B. There is no limit to the number of players a team may have on their reserve roster.
- C. Teams are permitted to make one (1) interchange, taking one player off of the active roster and replacing them with a player from the reserve roster, per game. This can only be done at stoppages and after approval from the referee.

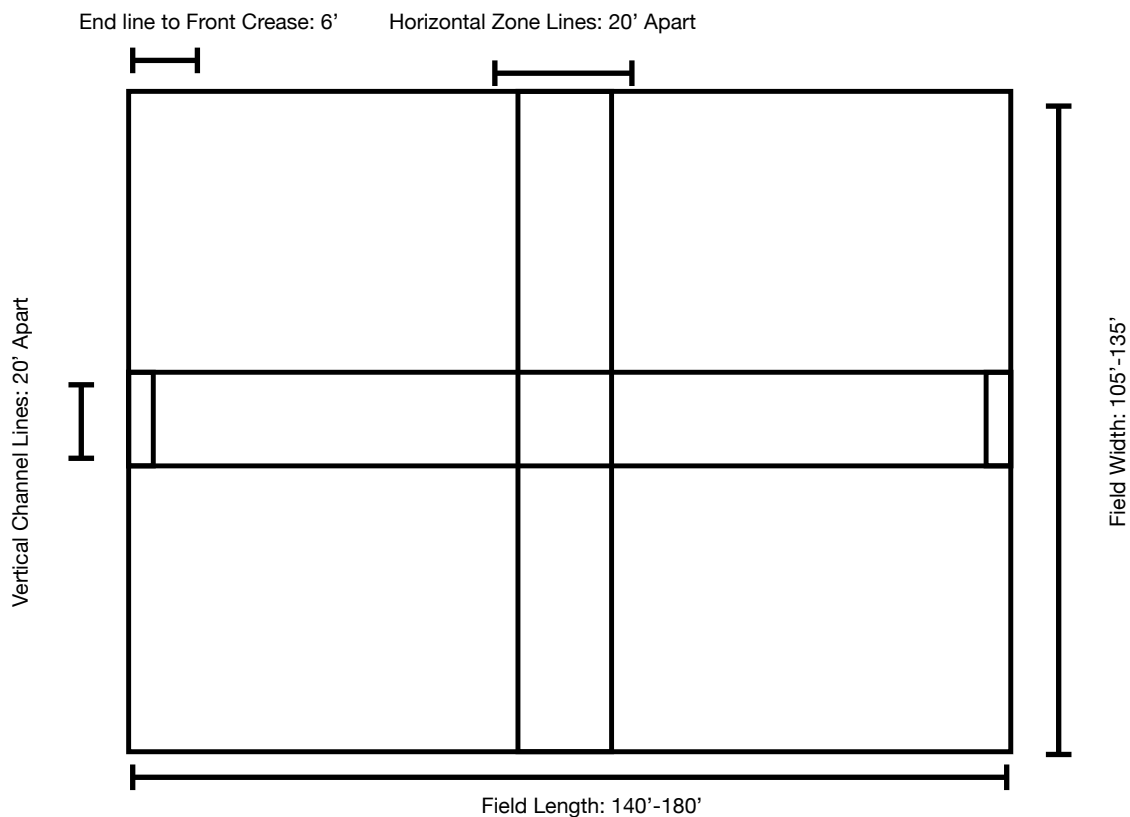
Rule 3: Team Staff

- A. Teams are permitted any number of staff inside their bench area.
- B. Teams may designate one (1) person as the manager. The manager is allowed to alert the referee of any timeouts or an interchange with the reserve roster.
- C. Only the team's manager is permitted to speak to the referee about decisions on the field, no other staff may attempt such a discussion with the referee.
- D. Team staff may not step onto the field of play except during a stoppage. A violation of this will result in the offending staff being ejected from the game.

Section 2: Equipment and Field

Rule 4: Playing Area

- A. The playing area is to be a field of grass, turf, dirt, or similar material. It is to measure between one hundred sixty feet and one hundred eighty feet (160'-180') in length, and between one hundred five and one hundred thirty-five feet in width (120'-135'). The field should be marked with lines to make clear where out of bounds is, and provide ample space beyond the field to protect players and spectators from undue risk.
- B. The goals are to measure twelve feet wide and four feet high (12'x4') and placed at the center of the end-lines, such that they are opposite one another and separated by the longest part of the field.
- C. Parallel lines are to begin four feet (4') to the side of one goal and run the length of the field to four feet (4') to the side of the far goal, creating a twenty foot (20') channel. These lines are to be referred to as the "vertical channel lines." The vertical channel lines divide the field into the left, center, and right channels for each team.
- D. A line is to be drawn between and perpendicular to the vertical zone lines six feet (6') away from each goal. This is to be referred to as the "front-crease line" and the twenty foot by six foot rectangle (20'x6') enclosed by the front-crease line and the vertical zone lines is to be referred to as the "goal crease."
- E. Parallel lines are to begin ten feet (10') each from the center of the field, drawn perpendicular to the vertical zone lines. These are to be referred to as the "horizontal zone lines." The horizontal zone lines divide the field into the defensive, neutral, and offensive zones for each team.



Rule 5: Uniform

- A. All players on the active roster of the same team must be wearing a matching jersey.
- B. Teams must have jerseys which are distinct colors from one another. If the colors are not distinctive to a color-blind person (such as red vs green), one team must have a distinctive design on their jersey which would allow the uniforms to be distinctive to a colorblind person. A colored uniform vs white matchup is always acceptable.
- C. The home team is not required to change jerseys to meet these requirements, this is always the responsibility of the visiting team.
- D. Players on the reserve roster must be visibly distinct from those on the active roster, either by not wearing the team's jersey or by wearing something over the jersey, such as a vest or jacket, which clearly denotes that they are not a part of the active roster.
- E. All designs, logos, and word marks must be approved by the governing league before a jersey may be used in a game.
- F. All players on the active roster must have a number on the back of their jersey. This number must be unique among all of the active players on their team. Numbers must be plainly visible from distance owing to their size, shape, and color. Numbers may be any single digit, double digit, or triple digit number. Additional zeroes in front of a number are considered to be the same number (010 is the same as 10, 00 is the same as 0).
- G. The captain must be identified by a visible marking on their uniform, including but not limited to a letter shown on the front of the uniform, a distinctive captain's armband, or a distinctive captain's hat.

Rule 6: Ball

- A. The ball is spherical, made of leather or other suitable material, and has a circumference between eighteen inches and twenty inches (18"-20"). It must be inflated such that it bounces and rolls effectively, and maintains its inflation over the course of play. The ball must weigh no more than ten (10) ounces.
- B. Play is not to continue with a ball which has become water-logged, deformed, or had its integrity compromised by damage.
- C. The ball must be a color which is distinct from the playing surface.

Rule 7: The Paddle-stick

- A. The handle of the paddle-stick must be made of wood, bamboo, or similar material. It must have no sharp edges, metal, or other dangerous features and must be straight in shape.
- B. The paddle portion of the paddle-stick may be made of wood, rubber, or plastic. It may not exceed twelve and one half inches (12 1/2") in length. It must be between two and five inches (2"-5") in width, and between one-eighth and one inch (1/8"-1") in thickness.
- C. The paddle-stick, when held vertically, may not be taller than its owner or longer than sixty inches (60"), whichever is shorter.
- D. The stick may be wrapped in tape, string, leather, rubber, or similar material, or coated in any substance in order to improve a player's grip.
- E. The stick may be covered in fiberglass or similar such material in order to improve its durability.
- F. The paddle may have a wrist strap made of string or leather to help improve grip, but no other protrusions are permitted.
- G. The handle of the paddle-stick must be made entirely of wood, bamboo, or similar such material
- H. Any knob or built-in grip must not exceed three inches (3") in any dimension. The handle portion of the stick must not exceed the width of the paddle in any dimension.
- I. There are to be no gaps or curvatures in the paddle which make it unduly easy to carry the ball.

Rule 8: Player Equipment

- A. Players must be equipped with sport shoes or cleats. Sharp spikes, steel toes, open-toed shoes or other features which could be a danger to other players or themselves are forbidden.
- B. Players are permitted to wear hard shelled shin pads and groin protection, provided that they do not drastically effect the silhouette of the player's leg and pose no danger to any players.
- C. Players are permitted to wear soft padding on any part of the body, provided it does not drastically effect the silhouette of the player's body or pose a risk to other players.
- D. Players are permitted to wear protective tape, bracing, strapping, or eyewear of any variety.
- E. Players are permitted to wear facial protection of any variety, provided that it does not pose a danger to the wearer or any other players on the field due to its shape, construction, or materials.
- F. Players are permitted to wear headgear, provided that it is either black or the same color as the team's uniform, features no visible word marks, branding, or slogans besides maker's marks, is not attached to any other article of the player's uniform, and is not a hazard to other players. Brimmed caps are permitted, but hard-shelled helmets are not.
- G. Players are permitted to wear gloves, either to improve grip, comfort, or protection. These gloves must not feature any hard surfaces, must not drastically effect the silhouette of the hand so as to provide an unnaturally large blocking surface in defense of the goal nor any design features that would assist with striking opponents.
- H. Players are permitted to wear medical devices which aid in their ability to play the game, including but not limited to glasses, hearing aids, joint braces, or insulin pump, provided that such devices are not an undue risk to the other players on the field or to the player wearing them.
- I. Players may not wear jewelry which could pose a risk to other players in the course of play, including but not limited to sharp pointed piercings, large rings, and metal wrist watches.
- J. Players may not play with a hard cast.
- K. Players may not have any equipment which by its nature enhances risk to other players, such as spiked cleats, steel toed shoes, or hard shelled gloves.
- L. Players may use any reasonable and commonly used methods to restrain long hair, including but not limited to elastic bands, headbands, ribbons, bobby pins, clips, hair pins, or the like. They may not use any hair restraint which causes a major projection from their head, such as a stick, or any which adds undue risk to opponents.
- M. Players are permitted to wear any garments or accessories which are required for their religious observance, even if such contradict other aspects of uniform or equipment rules. The referee may ask that such be secured, padded, or covered if it is deemed to be a possible risk to other players.
- N. Any type of electronic device which does not provide a medical purpose to a player, such as insulin pump or hearing aid, is not permitted on the field of play if it poses any potential risk to other players.
- O. Any features of a uniform which protrude, such as laces or buttons, must be made of a material which is not a hazard to players in contact.
- P. Any objects stored in the pockets of a player must be removed before entering the field of play.
- Q. Any laces, straps, or belts which might pose a tripping hazard to opponents must be secured.
- R. Player equipment must not display any obscenities, any hate symbols, or promote any political party.
- S. The uniform must fit the player's body such that it does not unduly increase the blocking area in defending the goal.
- T. Any tattoos or visible markings on a player's body which promote any corporate enterprise, political party, or hateful ideology must be completely covered before entering the field of play.
- U. Players are permitted to play with only one paddle-stick at a time. They may carry multiple sticks in order to retrieve one for a teammate, but may not be involved in the play at that moment.
- V. Cleats must extend no longer than twenty-one millimeters (21mm) from the sole of the boot.
- W. Removable cleats must be either completely secured or completely removed.
- X. Sticky substances which would unduly aid in control of the ball, when applied to the stick, shoes, uniform, or body of a player, are forbidden.
- Y. Sticks must not be broken, splintered, rotted, or cracked in any way which compromises their integrity or poses undue risk to any player.

Section 3: Game Flow

Rule 9: Substitutions

- A. All substitutions must be made inside the neutral zone, from the bench side of the field.
- B. Substitutions made between active players are permitted any time while the ball is in play.
- C. Teams which are granted a free hit are permitted to make substitutions, provided that such substitutions take no longer than ten (10) seconds.
- D. Teams are permitted to substitute players when there is a stoppage for a penalty shot or end of period in play.
- E. Teams are permitted to substitute players if they call a time-out.
- F. The player being substituted on during live play must not enter the playing surface until the player being substituted off is no more than six feet (6') away from the bench area. This does not apply during stoppages in play.
- G. Neither the player being substituted off nor the player being substituted on may interfere with the play in any way until the player being substituted off is completely off of the field of play.
- H. An interchange substitution, in which a reserve player replaces an active player, may only occur at a stoppage in play. The team's captain or manager must notify the referee of their intent to interchange, and the referee must approve of the change. At the signal of the referee, the new player is permitted to enter the field, and the player being removed must leave the field and either remove or cover their jersey.

Rule 10: Two Touch

- A. Players may touch the ball with any body part.
- B. Players may not touch the ball with the body two times ("two touch") without the ball touching another player, touching another player's stick, or a stoppage in play.
- C. If a player touches the ball with two body parts simultaneously, this is considered a single touch.
- D. For the purposes of this rule, a hand which is holding the stick is considered an extension of the stick, not a part of the body.
- E. If a player incidentally commits a two touch violation and their team gains advantage or keeps possession, the non-offending team is awarded a free hit.
- F. If a player incidentally commits a two touch violation but concedes possession or territory, play will continue.

Rule 11: Two Line Pass

- A. The ball may not be passed directly to a teammate across any two parallel zone lines or parallel channel lines.
- B. A pass across the vertical channel lines, from the left channel into the right channel or from the right channel into the left channel, without being touched by a player in the center channel, is not allowed.
- C. A pass across the horizontal zone lines, from the defensive zone into the offensive zone or from the offensive zone into the defensive zone, without being touched by a player in the neutral zone, is not allowed.
- D. A player may receive a pass across two lines if the ball crosses over the lines before they do (they are in the neutral or center channel until the ball crosses), or if they "tag up" by stepping into the center or neutral zone before going to collect the ball.
- E. The ball may be passed anywhere on the field from the neutral center square.

Rule 12: Offside

- A. A player who is in their opponent's goal crease before the ball has entered is offside.
- B. Players are permitted to be offside as long as they do not interfere with other players or with the play.
- C. Once the ball enters the opposing goal crease, offensive players who are not offside may go from the offensive zone to the goal crease to play the ball.
- D. If a player is offside and the ball enters the goal crease, they must remove themselves from the goal crease without interfering with play. If they are deemed to interfere with play, the defending team will be granted a free hit.

Rule 13: Free Hit

- A. In the event of the ball going out of bounds, the team which did not put the ball out of bounds receives a free hit where the ball went out of bounds. If the ball went out of bounds in the center zone, the free hit will be taken from the corresponding place on the front crease line.
- B. A free hit may be taken with the paddle-stick or any part of the body. Any player on the team taking the free hit may be the one to strike it.
- C. The ball may be struck in any direction with a single strike, scoop, or touch of the ball.
- D. If the ball is struck with the paddle-stick only, the ball may be touched twice, including to scoop it into the air before striking, so long as the ball does not cross into the field of play before being touched a second time.
- E. The ball may be struck for the free-hit anywhere outside the field of play or at the out of bounds line
- F. The free hit, after being struck, must re-enter play no further than two feet (2') away, measured laterally along the axis of the out of bounds line, from where the ball went out of play.
- G. Wherever the ball comes to rest, the result will be a face-off at that location.
- H. If the ball enters either goal crease or goes out of bounds, the team which did not have the previous free hit receives a free hit at the location where the ball went out of bounds or crossed into the goal crease. This means that a goal may not be scored from a free hit.
- I. If a team commits a technical violation such as an offside or two line pass, the non-offending team receives a free hit from where the ball was when play was stopped.
- J. If both teams commit fouls or violations on a given play, but one team has committed fewer fouls, that team is granted a free hit.
- K. No player on either team may interfere with the ball once it has been struck.
- L. Defensive players may not crowd the free hit taker or otherwise impede their ability to take the free hit.
- M. If play is stopped due to an equipment malfunction, the team whose equipment did not fail is granted a free hit.
- N. In the event that weather or field conditions make playing a free hit from a certain position unduly difficult, the referee may allow the hitting team

Rule 14: Face-off

- A. Play is always re-started after a free hit with a face-off.
- B. In the event of a stoppage where both teams committed equal infractions or the game needed to be stopped with no infractions committed, play will be re-started with a face-off from where the ball was when play was stopped.
- C. One player on each team must line up on their defensive side of the ball, with both feet behind the ball and with their feet and shoulders square to the opposing end line.
- D. The players taking the face-off may not touch the ball with their body or paddle-stick, cause their opponent to touch the ball with their body or paddle-stick, or touch their opponent before play has begun.
- E. All players on both teams who are not participating in the face-off must remain no closer than six feet (6') from the ball or inside their own goal crease. These players are permitted to move if they wish.
- F. When the referee blows their whistle, play is live.

- G. If both teams commit fouls or violations on the same play and neither team has committed more than the other, there is to be a face-off from the spot where the ball was when play was stopped.
- H. If the goal is incidentally displaced, such as by severe wind, and cannot be fixed before it becomes a hindrance to play, play will be stopped immediately and re-start with a face-off where the ball was at the time of stoppage.

Rule 15: Penalty Shot

- A. When one team has committed a penalty, play is started with a penalty shot.
- B. Penalty shots begin with the ball inside the center square. Any player for the non-offending team presently on the field at the time of the foul is eligible to take the shot. The ball may be positioned anywhere inside the square, at the discretion of the non-offending team.
- C. The offending team is permitted to have one (1) defender inside their goal crease.
- D. The player to take the penalty shot may line up anywhere on the field, but must be made known to the referee.
- E. All players on both teams not participating in the penalty shot must line up in the non-offending team's defensive zone.
- F. The referee will blow their whistle to indicate that the next touch of the ball is live.
- G. Once the ball is touched after the whistle, play is live and all players are free to go wherever they wish.
- H. If, after the referee blows the whistle, the team with awarded the penalty shot takes longer than six (6) seconds to play the ball, the referee will blow the whistle again to indicate that the ball is live anyway.
- I. Because the ball is live after being touched, a goal may be scored directly from a penalty shot.

Rule 16: Handling the Ball

- A. Players are not permitted to catch the ball, cradle the ball with their hand, pin the ball to their body or stick, or withhold the ball from play by laying on the ball or hiding it in their clothing. They are permitted to bat, swat, slap, kick, head-butt, or punch the ball.
- B. If a player incidentally catches the ball, such as it getting stuck between a player's arm and body, they will not be penalized so long as they immediately release it into play.
- C. Falling on top of the ball such that it becomes unplayable or dangerous to play is illegal handling.
- D. Players in violation of this rule will be penalized for illegal handling of the ball.

Rule 17: Severity of Fouls

- A. Minor foul. For fouls which are minor in nature, the non-offending team is awarded a penalty shot. If the offending team has not been warned yet in the game, they will receive one from the referee. If they have been warned, then the offending player is to serve five (5) minutes in the sin bin. Players in the sin bin may not be replaced by a teammate, leaving their team to play with fewer players on the field for the duration of their penalty. Time in the sin bin carries over into the second half or overtime if necessary, and players must serve the entire duration of their penalty in the sin bin.
- B. Major foul. For fouls which are severe in nature, the non-offending team is awarded a penalty shot and the offending player must serve ten (10) minutes in the sin bin without warning. Any subsequent minor fouls of the same variety from that team are automatically to be served in the sin bin as well with no warning.
- C. Match foul. For fouls which are egregious, cynical, or especially dangerous in nature, the non-offending team is awarded a penalty shot and the offending player is ejected from the game permanently, leaving their team with fewer players on the field for the remainder of the match.

Rule 18: Discipline Procedures

- A. When the referee spots foul play, they are to raise their arm over their head until play is stopped to notify the players. This is known as a “delayed foul.”
- B. If a foul is made by the defending team, play is to be stopped when the defending team touches the ball outside of their defensive zone.
- C. If the offending team is in possession of the ball at the time of the foul, play is to be stopped immediately.
- D. If a goal was prevented as a result of foul play, the non-offending team is awarded an automatic goal.
- E. If a goal was scored during a delayed foul, the goal stands, and play will resume with a penalty shot to the non-offending team, even if they were the team which scored.
- F. Once play has been stopped for the foul, the referee is to identify the offending player and either issue a warning to their team or send them to the sin bin.
- G. Varieties of Fouls. Fouls are classified as stick, body, and procedure. These are relevant to types of suspensions by a governing league. Repeated offenses of a specific type of foul may be subject to increasing suspensions.
- H. If a player takes another foul while in the sin bin, the additional penalty time begins once their first penalty time ends.
- I. If a team runs out of players owing to having four (4) players in the sin bin at once, they forfeit the game.
- J. If a staff member is assessed a penalty, a player must sit in the sin bin to “serve” it and ensure that the team does not play with more than four (4) total players between the field and the sin bin. Unlike penalties taken by a player, the player in the sin bin may be switched at any time provided a player is present.
- K. The referee may choose to warn a player or team regarding foul play without awarding a penalty shot for a specific foul.

Rule 19: Goals

- A. A goal is scored only when the ball has completely crossed the end-line between the goal posts and below the height of the goal.
- B. A goal may be scored with the paddle-stick or with any part of the body.
- C. A goal adds one (1) point to the score for the team attacking that goal.
- D. After a goal, the team which conceded is granted a penalty shot, except if the team which conceded was on a delayed foul.
- E. An automatic goal is awarded if the defense displaces the goal while the ball is inside their defensive goal crease or in flight towards the goal after a shot has been attempted.
- F. If a defender is pushed into the goal by an attacker, an automatic goal will be awarded if the defender appears to make any intentional effort to displace the goal, but not if they attempt to avoid collision. The referee is given a wide degree of freedom in the judgement of this situation.

Section 4: Types of Fouls

Rule 20: Dangerous Stick

- A. Dangerous Stick is classified as a stick foul.
- B. For the purposes of this rule, a hand which is holding the stick is considered a part of the body for both defenders and attackers.
- C. A player who attempts to steal the ball from an opponent or win a contested ball from an opponent using their foot is said to have intentionally put themselves at risk of contact with an opponent's stick.
- D. A player who deliberately initiates contact with an opponent's stick such as to attempt to draw a foul or push the opposing stick away to win or keep possession, is said to intentionally put themselves at risk of contact with of their opponent's stick.
- E. Touching a player with the paddle-stick when they are not intentionally at risk of contact with the stick is a minor foul.
- F. Violent contact with an opponent's body with the paddle-stick, even if they have intentionally put themselves at risk of contact with the stick, is a minor foul.
- G. Swinging the paddle-stick wildly or violently, even if it does not contact any person, is a minor foul.
- H. Throwing the paddle-stick is a major foul.
- I. Intentional contact with an opponent with the paddle-stick is a major foul.
- J. Striking an opponent with the handle of the stick, held between two hands, is a major foul.
- K. Spearing an opponent with the paddle or handle of the paddle-stick is a match foul.
- L. Intentionally swinging the paddle-stick at an opponent is a match foul.
- M. Holding the stick such that an opponent must dodge it in order to prevent being struck in the face, head, or neck is a minor foul.
- N. Touching an opponent's face, neck, head, or shoulders with the paddle-stick is a major foul.
- O. Threatening an opponent's head with the paddle-stick is a major foul.
- P. Intentionally touching an opponent's face, neck, head, or shoulders with the paddle-stick is a match foul.
- Q. Striking an opponent's face, neck, head, or shoulders with a violent impact of the paddle-stick, even accidentally, is a match foul.

Rule 22: Tripping

- A. Tripping with the paddle-stick is classified as a stick foul. Tripping with the body is classified as a body foul.
- B. An opponent may not be tripped, except when attempting to save the goal from inside the goal crease and the ball is struck before the opponent.
- C. Incidentally tripping an opponent with the stick is a minor foul.
- D. Tripping an opponent with the body from the front is a major foul.
- E. Intentionally tripping an opponent in any way is a major foul.
- F. Sweeping out an opponent's legs is a match foul.
- G. Tripping an opponent with the body from the side or back is a match foul.

Rule 23: Roughing: Illegal Hip Check

- A. An illegal check is classified as a body foul.
- B. A legal check may be made with the hip in an attempt to gain or keep possession of the ball.
- C. Using the hip against an opponent's hip while running or walking in the same direction is a legal check. This is referred to as a "moving hip check."
- D. Using the hip to use an opponent's momentum to take away their balance is a legal check, provided that the check is made from the front, contact is above the top of the knees and below the belly button of the opponent, and the player does not move into the opponent to add force to any collision. This is referred to as a "momentum hip check."
- E. Players may use their back or hands to "follow through" on a momentum hip check.

- F. Using the hip against an body part of an opponent other than the hip when attempting a moving check is a minor foul.
- G. Using a body part other than the hip in a moving hip check is a major foul.
- H. Striking an opponent in the head at any point in a moving or momentum hip check is a match foul.
- I. Making contact with an opponent at or below the knee, or above the belly button of an opponent is a minor foul.
- J. Slamming an opponent into the ground after lifting them into the air with a momentum hip check is a match foul.
- K. Using a hip check against a player when it is not relevant to possession of the ball is a major foul.

Rule 24: Roughing: Illegal Hand Check

- A. An illegal hand check is classified as a body foul.
- B. Players may push an opponent with the hands, arms, shoulders, or back into the opponent's shoulders, arms, hips, back, or chest, if both players are stationary or moving at walking speed, with neither player taking a stride which lifts both feet off the ground or recently moving at such a speed. Such a shove must be in the service of gaining or retaining possession of the ball or gaining position relevant to receiving the ball, such as in front of the goal or in the center neutral area. Pushing an opponent into another person or such that they fall over is permitted, and there is no limit to the amount of force used in a push provided it is not initiated with violent contact.
- C. Players may push with one hand while running in service of gaining possession
- D. Legal pushing requires continuous contact, and must not be initiated with violent force.
- E. Pushing an opponent with two hands or with the body while running or into an opponent who is running is a minor foul.
- F. Pushing an opponent when it is not relevant to possession of the ball or position to receiving the ball is a minor foul.
- G. Driving the fingernails into the skin of an opponent is a minor foul.
- H. Initiating a push on an opponent with violent impact is a major foul.
- I. Pushing an opponent on a part of the body other than the legally prescribed areas is a major foul.
- J. Intentionally pushing an opponent into an off-field obstacle, including the goal posts, is a match foul.

Rule 25: Roughing: Striking

- A. Striking is classified as a body foul.
- B. Opponents may not be touched with any "striking" body part, meaning the feet, knees, elbows, head, wrists, or any violent impact with the hands, forearms, or shins.
- C. Accidentally making violent contact with an opponent's feet with the foot is a minor foul.
- D. Accidentally striking an opponent when attempting to play the ball is a minor foul.
- E. Accidentally striking an opponent in a way that makes any contact with the head is a major foul.
- F. Intentionally striking an opponent in a mutual altercation is a major foul.
- G. Striking an opponent with a weapon or piece of equipment that can be used as a weapon, including but not limited to the bottom of the cleats, is a match foul.
- H. Intentionally striking an unsuspecting, vulnerable, or unwilling opponent is a match foul.
- I. Intentionally striking an opponent in the groin, throat, or eyes, or targeting a previous injury is a match foul.
- J. Continuing an altercation of any kind after the referee has intervened is a match foul.

Rule 26: Illegal Handling of the Ball

- A. Illegal handling is classified as a procedure foul.
- B. Intentionally committing a two touch violation to create a stoppage in play or gain an advantage is a minor foul.
- C. Catching the ball, cradling the ball from underneath with the hand, or pinning the ball to the body or stick outside of the defensive goal crease is a minor foul.

- D. Failing to release an incidentally caught ball is a minor foul.
- E. Intentionally catching the ball to stop play, except to alert the referee of an injury or danger to play, is a major foul.
- F. Falling on top of the ball so as to make it unplayable is a major foul.

Rule 27: Obstruction

- A. Obstruction is classified as a body foul.
- B. Pulling on a player's uniform or grabbing their paddle-stick is a minor foul.
- C. Grabbing an opponent with the arms or legs is a major foul.
- D. Pulling an opponent with the paddle-stick when they have intentionally put themselves at risk of contact with a player's stick is a minor foul
- E. Pulling an opponent with the paddle-stick who is unsuspecting or attempting to avoid stick contact is a major foul.
- F. Restricting a player's speed by grabbing or clutching their uniform is a minor foul.
- G. Moving out of one's way or deliberately stopping in front of an opponent to block their path is a minor foul.
- H. Preventing an opponent from returning on-sides or making a legal substitution is a minor foul.
- I. Interfering with an opponent while offsides or off of the field of play is a minor foul.
- J. Grabbing an opponent by the hair or beard is a major foul.
- K. Any sort of choke or submission move is a match foul.
- L. Grabbing or clutching an opponent in their private areas is a match foul.

Rule 28: Delay of Game

- A. Delay of game is classified as a procedure foul.
- B. Unduly delaying the process of lining up for a face-off is a minor foul.
- C. Interfering with a free hit is a minor foul.
- D. Moving the goal out of position is a minor foul.
- E. Sending the ball out of play or refusing to give the ball to an opponent after play has ended is a major foul.
- F. Refusing to play is a major foul.
- G. Throwing objects onto the field or placing obstructions onto the field is a match foul.
- H. Intentionally stopping play by faking an injury is a match foul.
- I. Deliberately damaging or destroying the ball or goal in order to stop play is a match foul.

Rule 29: Unsportsmanlike Conduct

- A. Unsportsmanlike conduct is classified as a procedure foul.
- B. Any non-captain player or non-manager staff attempting to discuss a decision with the referee is a minor foul.
- C. Any member of staff entering the field of play during live play is a minor foul.
- D. Squirting an opponent with water is a minor foul.
- E. Any overt disrespect to the referee is a match foul.
- F. Offensive gestures are a minor foul.
- G. Behaving disrespectfully to spectators is a minor foul.
- H. Directly interfering with spectators is a major foul.
- I. Throwing equipment or generally behaving dangerously in the sin bin is a major foul.
- J. Attempting to deceive the referee into making a foul call is a match foul.
- K. Use of any slurs, hate speech, or threats of off-field violence are a match foul.
- L. Use of discriminatory derogatory language which does not rise to the level of slur or hate speech is a major foul.
- M. Any gestures with a connotation of hate, threats of violence, or extreme obscenity are a match foul.
- N. Tampering with the ball, goals, field of play, or any player's equipment so as to gain an unfair advantage is a major foul.
- O. Intentionally entering the opponent's bench area is a minor foul.

- P. Any behavior which the referee believes could be an intentional and pre-meditated attempt to injure an opponent is a match foul.
- Q. Sexually harassing an opponent is a match foul.
- R. Spitting on, licking, or biting an opponent is a match foul.
- S. Intentionally coughing, sneezing, or otherwise applying bodily excrement onto an opponent is a match foul.
- T. Taking an opponent's equipment or preventing them from retrieving equipment such as a shoe or paddle-stick is a minor foul.
- U. Any behavior which the referee deems to be dangerous to an opponent, but is not otherwise explicitly prohibited in the rules, is a minor, major, or match foul depending on severity.

Rule 30: Illegal Substitution

- A. Illegal substitution is classified as a procedure foul.
- B. Starting a substitution farther than six feet (6') from the substitution area is a minor foul.
- C. Players who are in the process of substituting interfering with play is a minor foul.
- D. Attempting a substitution during an opposing team's free hit is a minor foul.
- E. Attempting a substitution when doing so puts players in illegal position for a current face-off or penalty shot is a minor foul.
- F. Playing with more than four (4) players on the field, or playing with more players than are currently allowed on the field due to current penalties, is a minor foul.
- G. Substitution from outside the substitution area is a minor foul.
- H. Illegal use of a reserve player is a match foul.
- I. Leaving the sin bin before expiry of a penalty is a major foul.

Rule 31: Interfering with Referee

- A. Interfering with Referee is classified as a procedure foul.
- B. Attempting to trick the referee into calling a foul when none has occurred is a minor foul.
- C. Intentionally putting the head in a position of danger in an attempt to draw a foul is a match foul.
- D. Failing to proceed to the sin bin when ordered to do so is a minor foul.
- E. Attempting to call for more than two timeouts in a game is a minor foul.
- F. Interfering with an altercation in an attempt to break it up is a major foul.
- G. Interfering with an altercation in an attempt to join is a match foul.
- H. Leaving the bench area to interfere with an ongoing altercation, either to join or to break it up, is a match foul.
- I. Attempting to continue an altercation after the referee has broken it up is a match foul.
- J. Intentionally obscuring the referee's vision is a major foul.
- K. Making noises which imitate the referee's whistle, either with the mouth, with a speaker, or with a whistle, is a major foul.
- L. Intentional contact with the referee of any kind is a match foul.
- M. Any attempt to bribe, threaten, or otherwise nefariously influence the decisions of a referee is a match foul.

Rule 32: Illegal Equipment

- A. Use of illegal equipment is classified as a procedure foul.
- B. Entering play with an illegal uniform or without shoes is a minor foul.
- C. Use of an illegal paddle-stick or with illegal protective equipment is a major foul.
- D. Use of dangerous equipment, such as a sharpened paddle-stick handle, hard-shelled helmet, or spiked cleats, is a match foul.
- E. In the event that a paddle-stick breaks during play, a player is permitted to drop the paddle-stick and continue play.
- F. A player may pick up a second paddle-stick to hand it to a teammate, but playing the ball while holding more than one paddle-stick is a minor foul.
- G. Deliberately removing equipment during play to create an obstacle or to delay play is a minor foul.

- H. Removing the uniform to participate in an altercation is a match foul.
- I. Participating in play with a broken stick is a major foul.
- J. Any action that would be a stick foul, if committed with a broken stick, is a match foul.

Rule 33: Goal Hanging

- A. Goal hanging is classified as a procedure foul.
- B. Defenders are permitted inside the goal crease without limitations during a face-off or if the ball is inside their defensive goal crease.
- C. Outside of these situations, additional defenders may spend no longer than five (5) consecutive seconds inside the defensive crease.
- D. A player is considered inside the crease from the time both feet step inside the crease to the time that the player steps outside the crease on the field of play. They continue to be considered in the crease if they step out of bounds without stepping onto the playing field outside of the crease area.
- E. Defending the goal from behind and outside of the field of play is an automatic goal.
- F. Camping inside the defensive goal crease is a minor foul.

Section 5: Game Procedures

Rule 34: Game Timing

- A. The game will be played in two (2) twenty-five minute (25) halves.
- B. The clock is to be stopped when the referee blows their whistle to stop play and resumed when the referee blows their whistle to start play.
- C. Each team is granted two (2) time-outs per game. A time-out lasts no longer than ninety (90) seconds and may only be requested during a stoppage in play.
- D. Teams may use both time-outs consecutively. The period of the time-out will
- E. Teams are not to switch sides during halftime.
- F. In senior competitive play, the clock is to be stopped when the ball is not in play.
- G. After the expiry of the clock, play continues until the ball touches the ground, goes out of play, or goes into the goal. A ball which is in flight or held above the playing surface at the end of time is live, and a goal may be scored from this play.
- H. Any foul committed in an attempt to force the ball out of play or onto the ground, and therefore end the game, results in an automatic goal scored for the non-offending team.

Rule 35: Start of Play

- A. The visiting team decides which end of the field they would like to defend.
- B. To start the first half, the home team begins play with a free hit from a spot of their choosing anywhere in their goal crease.
- C. To start the second half, play begins with a free hit from where the ball was when the first half ended, awarded to the team which last had possession in the first half. If the first half ended on the ball going out of bounds, a two-line pass violation, or an offside violation, the non-offending team takes the free hit to begin overtime at the place they normally would.
- D. If the first half ended on a delayed foul, play will begin in the second half with a penalty shot.
- E. After a goal, the team that conceded begins play with a free hit from a spot of their choosing anywhere in their goal crease.
- F. If the defending team commits a foul prior to the free hit, the referee will warn or sin bin the player appropriately and play will resume with a penalty shot.
- G. If the attacking team commits a foul prior to the free hit, the defending team is awarded a penalty shot and the referee will warn or sin bin offending player(s) appropriately.
- H. Teams are not to switch ends during the game.

Rule 36: Overtime

- A. For regular season play, a game which ends in a draw at the end of regulation time results in a five (5) minute timed period of sudden death overtime.
- B. If the score remains tied after timed overtime, the game results in a tie.
- C. For playoff games, teams are to play a period of sudden death overtime. This period is not timed, it does not end until one team scores or forfeits.
- D. To start sudden death overtime, play begins with a free hit from where the ball was when regulation ended, awarded to the team which last had possession in regulation. If regulation ended on the ball going out of bounds, a two-line pass violation, or an offside violation, the non-offending team takes the free hit to begin overtime at the place they normally would.
- E. If regulation ended on a delayed foul, play will begin in the second half with a penalty shot.
- F. If regulation ended on a foul or a delayed foul, the penalty carries over and the non-offending team begins overtime with a penalty shot.
- G. All normal rules apply to sudden-death overtime.

Rule 37: Refereeing

- A. The referee is the sole arbiter of the rules of the game in any event. Their word is final.
- B. The referee is to keep on their person a whistle.

- C. The referee must wear a distinctive refereeing uniform to distinguish them from both teams.
- D. The referee is permitted to stop play at any time for reasons of player safety, including but not limited to an injured player, a player showing signs of heat stroke or brain injury, or weather conditions that would make play dangerous. Play is to be restarted with a face-off from the point where the ball was when play was stopped.
- E. The referee is permitted to eject any player for reasons of player safety, including that they are bleeding or coughing and pose a health risk to other players, or that they show signs of brain injury or heat stroke. The referee is instructed to apply a “if in doubt, sit them out” attitude to such instances.
- F. The referee may stop play at any time if the conditions of the playing area are not correct, including that there are obstacles or spectators on the field, the goals are not in correct position, or there is a hazard of some kind which prevents play.
- G. The referee may eject any spectator or team staff member.
- H. The referee may consult with any available tools to make a prompt and correct decision.
- I. It is the job of the referee to prevent, assess, and disrupt altercations.
- J. The referee may, at their discretion, speak with both captains during a stoppage in play. In this time, they are permitted to send messages to relay to their respective teams, which can include a blanket warning against all players on both teams, either for a specific type of foul or a general warning.

Rule 38: Standings

- K. Standings will be sorted first by standings points, then by goal differential.
- L. A team which wins a game is awarded two (2) standings points.
- M. A team which ties a game is awarded one (1) standings point.
- N. A team which loses or forfeits a game is awarded zero (0) standings points.
- O. For the purposes of goal differential, a team which wins by forfeit mid-game maintains the score of the game at the time it was stopped (even if they were losing at the time). A team which wins by forfeit pre-game is to be credited with a 3-0 win.
- P. If two teams are tied on points, teams are to be sorted by goal differential, then wins, then goals scored. If two teams are still tied in the standings, whichever team defeated the other more recently is to be ranked higher. If it is still not possible to determine the standings at this point, a coin toss will determine which team is ranked higher.

Rule 39: Variations in Play

- A. For casual play, the regulations on uniforms, the dimensions of the field, goals, or ball, and regulations on substitutions may be relaxed.
- B. For play among players aged eighteen (18) and under, the following variations are required:
 - a) Players who commit major fouls are to be ejected from the game. A replacement from reserves is permitted without using up an interchange.
 - b) Age verification may be requested by the referee.
 - c) The length of the game is two (2) twenty minute (20) halves.
- C. For play among players aged twelve (12) and under, the following variations are required:
 - a) All variations used for under-18 play.
 - b) The length of game is two (2) fifteen minute (15) halves.
 - c) The field is to be reduced in size to a width between forty and and fifty feet (40'-50') and a length between eighty and one hundred feet (80'-100').
 - d) The goal crease is reduced in size to four feet by sixteen feet (4'x16').
 - e) The two-line pass rule is not used.
 - f) The momentum hip check is not permitted.
- D. For play among players of advanced age, the following variations are permitted:
 - a) Reduction in length of the game or division of the game into more periods.
 - b) Increased number of players on the active roster.
 - c) Requirement that players walk rather than run.

- E. For play among players with physical disability, the following variations are permitted and recommended to be used as necessary and in any combination:
- a) A ball with bells or sound making devices to allow visually impaired players to find it.
 - b) Play on a hard court to allow users of wheel chairs to participate.
 - c) Amendment of the two-touch rule to a three-touch rule for persons with missing limbs or limbs with limited mobility
 - d) Allowing players to use a crutch or crutches in place of or in addition to a paddle-stick.
 - e) Removing limitations on the active roster, allowing free and unlimited substitution
 - f) Removal of hip-checking.
 - g) Use of oversized, soft-ended, or otherwise modified paddle-sticks to facilitate ease or safety of play.
 - h) Removal of the two-line pass rule.

Rule 40: Keeping of Statistics

A. Goals, Assists, and Goals Against

1. The player on the scoring team who last touched the ball before it went into the goal is credited with the goal. If no player has touched the ball, the closest player to the goal is credited.
2. A player on the scoring team who last touched the ball before the goal scorer, such as by passing, deflecting, or shooting, shall be credited with an assist. A player shall not be credited for an assist if the defending team took possession of the ball and was able to make a play on it. A player may be credited with an assist if the ball is shot off of a defender. A goal may only have one assist or no assists.
3. All players on the field for the team which conceded who were presently on the field are to be credited with a goal against.

B. Shots and Blocks

1. A shot is credited when an a player makes an attempt at goal which would likely enter the goal without defensive interference, and is either blocked or results in a goal.
2. A defender who, using their stick or body, changes the path of the ball such that a shot attempt fails to become a goal, is credited with a blocked shot. Only one defender may be credited per shot attempt.

C. Free Hits and Errors

1. A player who is responsible for taking a free hit is credited with a free hit.
2. A player is credited with an “error” if their free hit goes out of bounds, strikes a teammate, or if the ball fails to enter the opposing team’s offensive zone

D. Face-offs

1. Face-offs are said to be won and lost only by the player for each team taking the face-off.
2. The player whose team gains possession of the ball first from the face-off is credited with a “win.” This is regardless of which player actually struck the ball.
3. A player who commits a face-off violation is automatically credited with a loss.

E. First Foul, Foul Minutes and Sin Bin Time

1. A player who commits a foul but is not sent to the sin bin because their team has not committed a foul yet is credited with the first foul.
2. Any time a player commits a foul, a player must be credited with sin bin time. The sin bin time corresponds to the length of the penalty, with five (5) minutes for minor fouls and ten (10) minutes for major fouls. A player who commits the first foul is still credited with 5 sin bin minutes.
3. If a foul was said to be directed at a player on the opposing team, that player is credited with an equal number of foul minutes drawn. A player is credited with 5 sin bin minutes even if the opponent has taken the first foul.