

Official PGBHL rules for the current season. Browse by section or download the full handbook above.

## Table of Contents

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### About Us

#### 1. General Game Format

#### 2. Timeouts & Overtime

#### 3. Standings & Playoff Eligibility

#### 4. Equipment Requirements

#### 5. Referees & Officials

#### 6. Play & Possession Rules

#### 7. Penalties

#### 8. Types of Penalties

#### 9. Fighting Policy

#### 10. Discipline & Conduct

#### 11. Dispute & Appeals Process

#### 12. Stats Policy

#### 13. Photography & Media Policy

#### 14. Waiver & Liability

#### 15. Weather & Emergencies

## About Us

The **Prince George Ball Hockey League (PGBHL)** was founded to bring together players who share a love of the game and a passion for competition.

Currently, the league operates as a **Men's Open Division**, focused on providing organized, high-quality ball hockey for adult players of all skill levels.

Our long-term vision is to expand into **Masters, Coed, Recreational, and Youth Divisions**, making the sport accessible to all ages and abilities within our community.

The PGBHL's mission is simple — keep hockey **fun, competitive, and community-driven** while ensuring a safe and positive environment for everyone involved.

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## 1. General Game Format

- **Teams:** Play is **6-on-6** (5 players + goalie). A minimum of **5 players** is required to start a game.
  - **Defaults & Fines:** If a team cannot field 5 players after the 5-minute warm-up, it defaults; a **\$50 fine** is issued; game is recorded as a **3–0 win** for the opponent. Teams may scrimmage afterward for fun.
  - **Game Length:** Total time: **60 minutes** (5-minute warm-up, two 25-minute run-time periods). **Last 3 minutes** of the 2nd period are **stop-time unless the losing team requests the clock remain running**. Intermission: **2 minutes**.
  - **Mercy Rule:** Game ends if a team leads by **10 goals**.
  - **Start Times:** Games begin **on the hour**. Teams should arrive **10 minutes early**.
  - **Call-Up Players:** Max **3 call-ups** per game (to a maximum of 9 skaters + goalie). If 7 rostered players are present, only **2 call-ups** are allowed. Call-ups must be **registered players** rostered on another team. Unregistered/ineligible players are not permitted.
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## 2. Timeouts & Overtime

- **Timeouts:** One **1-minute timeout** per team per game (clock stopped).
  - **Regular Season Overtime:** If tied after regulation → **3-player shootout**. If still tied → ends in a tie. **No team points** are awarded for a shootout loss, and **shootout goals do not count** toward player statistics.
  - **Playoff Overtime:** **10-minute stop-time** (5-on-5). If still tied → 3-player shootout; then alternating shooters until a winner is decided.
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## 3. Standings & Playoff Eligibility

- **Points:** **Win = 2, Tie = 1, Loss = 0**. *No team points for a shootout loss. Shootout goals do not count toward player stats.*
  - **Tie-Breakers (Two Teams):** 1) Head-to-Head Record, 2) Most Wins, 3) Goal Differential.
  - **Tie-Breakers (3+ Teams):** 1) Most Wins, 2) Goal Differential, 3) Coin Toss (if still tied).
  - **Playoff Eligibility:** Players must appear in **at least 4 regular-season games** to qualify. Ineligible player use results in **forfeit + \$50 fine**. **No call-up players** allowed for playoffs, except league-approved goaltenders.
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## 4. Equipment Requirements

- **Players:** Mandatory — stick, gloves, helmet. Recommended — shin pads, visor, mouthguard.
  - **Goalies:** Must wear full protective equipment (mask, chest, pads, blocker, glove).
  - League supplies **nets and game balls**. Unsafe/damaged equipment may be removed by referees at any time.
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## 5. Referees & Officials

- All games have **referees and a scorekeeper** assigned by the league.
  - Referees enforce rules and may stop or end any game deemed unsafe.
  - Abuse or disrespect toward officials results in **immediate ejection** and **suspension review**.
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## 6. Play & Possession Rules

- **Possession Restarts:** The player restarting with the ball must be given **3 meters** of space by defenders; referee ensures spacing before the whistle.
  - **Out of Play:** If the ball leaves the rink, restart from point of last contact. If the ball hits the roof, possession to the opposing team.
  - **Faceoffs:** Ball must hit the floor before being played; early touch = redo.
  - **Goaltenders:** May not cross center line (minor penalty).
  - **Stick & Ball Play:** No playing the ball above **shoulder height**. **Slapshots allowed**. High-sticking penalties depend on severity.
  - **Offside Rule: Floating blue line** applies.
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## 7. Penalties

- **Minor:** 3 min (run) / 2 min (stop).
  - **Double Minor:** 6 min (run) / 4 min (stop).
  - **Major:** 7 min (run) / 5 min (stop). May include game misconduct if intent to injure.
  - **Game Misconduct:** Player ejected; team may substitute after penalty expires; minimum 1-game suspension.
  - **Match Penalty:** Player ejected immediately; team short-handed for 7 (run)/5 (stop); automatic suspension review; may result in multi-game or season expulsion.
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## 8. Types of Penalties

**Physical:** Boarding, Body Checking, Fighting, Holding, Interference, Goalie Interference, Kneeing, Roughing, Slew Footing.

**Technical:** Abuse of Officials, Delay of Game, Improper Equipment, Too Many Players, Penalty Shot Infractions.

**Stick:** Butt-Ending, Cross-Checking, High Sticking, Hooking, Slashing, Tripping, Playing with a Broken Stick.

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## 9. Fighting Policy

- **Automatic 5-game suspension** for any fight.
  - All fights are reviewed by the **Player Safety Committee**.
  - Additional games may be added based on severity.
  - Continuing to fight after officials intervene or carrying the altercation off the floor may result in **indefinite suspension** or **permanent removal**.
  - Fighting will not be tolerated — player safety is the top priority.
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## 10. Discipline & Conduct

- **All match and game misconduct penalties** (excluding ejections from three minor penalties) will be reviewed by the **Player Safety Committee**.
  - Accumulating **three minor stick penalties** in one game results in automatic ejection but is **not subject to Player Safety review** unless deemed necessary.
  - Repeat offenders may receive additional suspensions.
  - **Zero tolerance** for harassment, discrimination, or abuse toward players, officials, or spectators.
  - Violations may result in suspension or removal from the league **without refund**.
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## 11. Dispute & Appeals Process

- Captains may file an appeal or dispute in **writing within 48 hours** of the incident.
  - A **\$50 fee** is required prior to submitting the dispute.
  - Appeals are reviewed by the **League Executive**.
  - **Judgment calls** made by officials during gameplay **cannot be appealed**.
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## 12. Stats Policy

- Official stats (**Goals, Assists, Points, PIM**) are recorded by scorekeepers.
  - Captains have **48 hours** to request corrections after stats are posted.
  - **Shootout goals** are not included in player statistics.
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## 13. Photography & Media Policy

- Players consent to being photographed or filmed during league events.
- Photos and videos may be used for **website, media, or promotional** purposes.

- Players wishing to opt out must submit a written request to the league before the season begins.
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## 14. Waiver & Liability

All players must complete and sign a **league waiver form** prior to participating.

*Waiver:* I, the undersigned participant, understand that ball hockey is a physical sport with inherent risks. I assume all risks and release the **Prince George Ball Hockey League (PGBHL)**, its organizers, volunteers, referees, and the Roll-A-Dome venue from any liability. I authorize emergency medical treatment if necessary and agree to follow the league's code of conduct. By signing, I acknowledge that I waive certain legal rights.

If under 18, a parent/guardian signature is required.

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## 15. Weather & Emergencies

- The league may **postpone or reschedule games** due to unsafe conditions, power outages, or facility closures.
  - Updates will be posted on the **league website and social media**.
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