



Road Hockey Tournament

RULES & REGULATIONS

Road hockey is a non-contact adaptive sport. All participants must meet the eligibility rules. The rules of this Road Hockey Tournament are to ensure that play is safe and enjoyed by all participants.

The object of the game is to strike the ball with the hockey stick and knock it into the opponent's hockey net.

Each team will have 4 players, including the goalie, in the play area at a time.

Definitions

- **Recreational Division** games are officiated by 2 referees and points awarded based on the spirit of play. The winning team of the tournament has accumulated the highest points tally. Where there is a tie, the team having the greatest number of goals wins.
- **Competitive Division** games are officiated by 2 referees and points awarded based on goals only. Shootouts of 3 players per team will decide tied games.
- **Tournament Officials** refer to referees, timekeepers and game marshals
- **Referees** are rules-enforcing officials of the games. In the Recreational Division games, the referees each officiate their own team by awarding or deducting points according to the type of play. At the game's conclusion, the referees will submit to the Game Marshal the points total for each team and the number of goals each time scored (the latter may be used to resolve a tie).
- **Timekeepers** are responsible for keeping the games on time. There will be one timekeeper at each game who will signal the end of the game and ensure regular shift changes occur approximately every 90 seconds.
- **The Bench** is anywhere outside of the play area specified by the referees for players to wait between shifts
- **Violations** are plays that may or may not be intentional, but typically represent unsportsmanlike play and should be avoided. They do not result in a penalty unless the same player or team repeats them. Violations are any plays that intentionally delay the game or can potentially compromise the safety of the other players
- **Penalties** are plays that may or may not be intentional but are dangerous and are considered to be serious offences. They include high-sticking, slashing, tripping and body contact

- **The Play Area** is the area in which the game is played and is within the confines of the fence

The Spirit of the Game

- All players participating are expected to play with respect for everyone and with a “fun first” attitude. Road Hockey can be an intense and physical sport however, all teams must maintain a fun, non-threatening environment.
- For the Recreational Games, players are required to promote fun and safety throughout the game. For both the Recreational and Competitive Games, all players will abide by the officials’ call of the violations
- All players are expected to act in a respectful manner to all officials and marshals of the tournament. The use of foul language or challenging the call of an official is prohibited and will result in a violation in recreational division and may result in a penalty shot in competitive division. Repeat offenders may be asked to leave the playing surface by an official.
- Teams are expected to shake the hands of their opponents at the end of a game.

Game Logistics

- A total of 16 teams can register
- Each team will have a minimum of 4 players and a goalie and a maximum of 9.
 - All players must be current students or staff and have signed the waiver form stating their awareness of the terms and conditions of the tournament
 - Teams will have players of at least 2 genders per team
 - Teams will need a captain (see Team Captain duties below)
- Teams will register in one of two divisions:
 - **Recreational**
 - Each team is allotted one game.
 - Games are 15 minutes
 - Mandatory shift changes approximately every 90 seconds (timekeeper will monitor)
 - 2 officials for the game to watch for violations
 - At the Tournament’s conclusion, the Recreational team demonstrating the best team spirit will be named on the trophy

- **Competitive**
 - Teams compete in an elimination format and must be available for the entire length of the tournament
 - Games are 15 minutes
 - 2 referees
 - Mandatory shift changes approximately every 90 seconds (timekeeper will monitor and referee will call)
 - The trophy will be presented to the winner of the Competitive tournament.
- **Team Captain Responsibilities**
 - Sign-up their team via the link on the NorQuest website.
 - Ensure they and their team members have all read and understood the rules and regulations.
 - Share information and game format with team.
 - On game day, coordinate team to arrive in the Singhmar Centre cafeteria 20 minutes prior to game time, collect t-shirts, equipment and ensure all team members have signed game waiver, then meet with the Tournament Officials on site ready for their game.
- Tournament Officials will supply:
 - Stick
 - Goalie equipment: street hockey chest protector, catch glove, goal pads, blocker, and goalie stick
 - Team t-shirt

Use of personal equipment is allowed unless otherwise prohibited by the referee, and is used at the owner's risk. NorQuest College will not be held liable for damaged personal equipment.

Game Format

- Please arrive 20 minutes prior to the scheduled game time.
- Report to Singhmar Centre Cafeteria and Tournament Officials to sign in and collect equipment and t-shirts.
- Enter the play area only when advised.
- Games are 15 minutes run time (no stopping of the clock).
- The clock starts at the scheduled game time so teams should warm-up beforehand.
- Games will end at the scheduled time regardless of what time the game started.

- Games consist of one 15-minute period, with enforced shift changes occurring at the discretion of the timekeeper.
- Penalties: In the Competitive Division, a penalty called by the referee will result in an immediate penalty shot taken by the player against whom the penalty occurred. In the Recreational Division, penalties will negatively impact that team's final grade.

General Playing Guidelines

- Before the game, captains will meet with the referees to communicate any important information.
- At the end of the game, all players shake hands.
- Sticks are only to be used to play the ball. Any high stick (stick above shoulder height) which contacts either the "ball" or "person" on the playing surface will result in a violation in recreational division or penalty shot in competitive division.
- Ball in Play: All areas enclosed by the fences are generally considered to be 'live'.
 - If a ball is dumped over the fence and into an area that is not considered part of the play area, possession will be given to the team that did not shoot the ball out of bounds. This team will receive the ball at the point where it went out of play. The player will get 3 seconds to gain control and opponents should stand at least one stick length away.
 - Icing and offsides are not in effect.
- Ball in the Corner: When two players are chasing the ball into the corner, the leading player must be given possession of the ball with the opponent standing at least a stick length away. The opposing player must not approach for 3 seconds and must count out '1, 2, 3' once the player has gained control of the ball. Teams should yell 'corner' to their own player, if this does not happen the referee will call it.
 - If there is a race towards the corner, whoever is leading within five feet of the corner must be given possession of the ball; the pursuer must stop and give a stick's length space.
 - If a player carries the ball into the corner, the 3-second rule does not apply but all other non-contact rules apply (e.g. no body contact).
 - If the ball moves into the corner from close proximity (less than 5 feet), the 3-second rule does not apply; the 3-second rule is set up to avoid collisions when two players are running at fast speeds into the corner.
- Face-Offs: Face-offs will only occur to start the game. The ball must hit the ground before a player can play the ball on a face-off.
- Shooting: All styles of shots are allowed, except 'slap shots'. The player's stick does not go above the waist in delivery and/or above knee height in follow-through.

- The Bench: Players should keep their body and stick out of the play area. Bags, coats and other items should be stowed safely out of the way.
- Enforced shift changes: In the Competitive Games, shift changes will be called by one of the Timekeepers approximately every 90 seconds. If the ball is played after a shift change is called and a goal results after the call, the goal will not be allowed.
- Pulling the Goalie for an extra player is not permitted.
- Crease Area (area directly in front of the goalie):
 - The referees will confirm the crease area with the captains prior to the start of the game.
 - A player cannot remain stationary in the opposing team's crease. If a goalie thinks that a player is interfering with them, they are prohibited from making contact with the player. If a goal is scored and the referee deems that an offensive player was interfering with the goalie, the goal will be disallowed.
 - Players should try to avoid running through the crease and must never make contact with the goalie.
 - Players are permitted to score while in the crease.
 - Defensive players are permitted to block shots with their body while they are in their own crease.
 - Once the goalie has covered the ball, the play is dead. In this case, the referee will yell 'goalie's ball' and play will resume as soon as the goalie releases the ball.
- Goalie Possession: If a goalie gains possession, they can:
 - Use their stick to pass the ball immediately. The ball is considered live at this point.
 - Pick up the ball and drop it over their net to their own player; his/her player now has 3 seconds to put the ball in play. The opposing team may shadow the movement of the player with the ball but must not cross the goal line in pursuit of the ball until a 3-second count has been given. If the goalie tosses the ball to the corner or around the side of the net, it is considered 'live' and the 3-second rule does not apply.
 - A goalie may smother the ball as long as they have at least one foot in the crease.
- Net out of Position: If the net is moved during a play, the referee will decide whether to stop play and fix the net (applicable if there is potential for a goal to be scored) or fix the net while the play continues (if the play has moved down the play area). The goalie may readjust their own net.
- Kicking the Ball: A player cannot score by kicking the ball or intentionally directing it into the net with their foot. If a ball deflects off a player's body inadvertently, and a goal is scored – the goal will count.

- After a goal is scored the team who scored will move into a defensive position on their side of center and allow the other team the opportunity to start the play. Once a player or ball crosses the center line the defensive team is allowed to attack the opposing player.

Violations

- If a player commits a violation, the player or their teammates are expected to call it
- Players can call a violation by apologizing to their opponent and stepping back from the play. If a player has illegally taken the ball because of a violation, they should give the ball back to the opposing team and resume play.
- A referee can call a violation by blowing the whistle and stopping the play or by verbally warning the player and allowing the play to continue. If the referee notices the same violation being repeated by a team or player, he/she is obligated to call a penalty shot.
- The list of violations will be discussed with the team captains for communication to their players before game day.

Penalties

- When a less serious penalty occurs, play is stopped and the offended player takes a penalty shot. If the offended player has been injured and cannot take the shot, that team's captain assigns another player to take the penalty shot. A more serious penalty will result in a penalty shot, and also the immediate ejection of the offending player. Any player will be ejected from the game on the call of their third penalty.