



Sport & Social Club General Rules

SCORE REPORTING

- Team captains are responsible for reporting the scores after your game through the SSC website. Teams have a 48-hour window to report scores after the completion of the game. Please be timely with your score reporting so league standings can remain updated for playoff positioning.

STANDINGS/SCHEDULES

- Players can view league schedules and standings by logging into your player profile and clicking on 'Schedule and Standings'.

PLAYER ELIGIBILITY

- All players must be added to the team roster by the team captain. This process confirms that all players have agreed to our policies and online waiver.
- Substitute players are allowed; however, they must be added to the team roster. Adding a substitute player from another team in the same league is allowed, however, regular/consistent use of a substitute player in the same league is considered unsportsmanlike and not encouraged.
- For a player to be eligible for a playoff game, the following criteria must be met, or the team will default the game:
 - Be on the SSC online team roster.
 - Play a minimum of two regular season games in a 6–10 week season, or three regular season games in an 11–14 week season.
 - Play for only one team per league/pool in playoff games. If a player plays for two teams, the second game will be defaulted.

DEFAULTS

- A default will occur if a team cannot field a squad by 15 minutes after the official start time. If a team does not meet the standard eligibility requirements, team captains must confirm the outcome prior to starting the game. Captains may agree to waive the rules regarding eligibility requirements. If it is agreed that the game counts, it counts! In the event there is a default dispute, and the game was played, the SSC ruling is that the game counts.
- In the event of inclement weather, follow our SSC foul weather policy available on the website and the sport specific instruction below.

ROUGH PLAY & PLAYER CONDUCT

- It is recognized that incidental contact between players is inevitable – however, all players should go out of their way to avoid creating unsafe play.
- Any unsportsmanlike conduct may result in immediate expulsion from the league. This includes, physical or rough play, verbal abuse, damage to facility property and/or loss of facility permit. Fighting will result in immediate expulsion from the league. View our complete Unsportsmanlike Conduct policy on our website.
- Drinking alcoholic beverages, use of drugs and smoking at your game site before, during, or after your game is strictly prohibited. Offenders will be asked to leave the league without refund. No Exceptions.

GAME COORDINATOR (GC) ON-SITE SSC LEAGUE REPRESENTATIVES

- A Game Coordinator (GC) presence is dependent on sport, season, and/or facility locations. They are not referees, as all games are self-officiated. They are on-site to be a neutral supporter of both teams, clarify rules, manage equipment, start/stop games, and to inform players of league news.
- A Game Coordinator may stop a game before the full time has expired due to overly aggressive play, persistent unsportsmanlike conduct, or a general violation of the rules of the game.

Sport & Social Club Floor Hockey 5's Rules

OBJECTIVE	<ul style="list-style-type: none"> Floor Hockey is a team sport in which the objective is to score more goals than your opponent on their goaltender.
GAME LENGTH	<ul style="list-style-type: none"> Games are 55 minutes in length with a 5-minute stop for halftime. Games start and end according to your online SSC schedule. If games start late, games must finish at the scheduled time (e.g. 6:15pm-6:55pm).
GAME SET-UP	<ul style="list-style-type: none"> Teams are responsible for keeping score and time. Often an SSC Game Coordinator is on-site and will offer to keep score. If benches are present, place them on their side in the corners of the gym for substitute players. Goalie nets are set-up against the back wall with a crease line of 3 feet. Each gym location may be different. Teams should bring both light and dark coloured shirts to each game.
EQUIPMENT	<ul style="list-style-type: none"> Equipment including nets, player and goalie sticks and balls will be provided and set-up each week by the SSC Game Coordinator or facility staff. Teams must bring and use their own goaltender equipment; however, they must meet the requirements below. View further details regarding goaltender equipment on the sport rules page. <ul style="list-style-type: none"> Goalies are required to: <ul style="list-style-type: none"> Wear hockey socks over shin guards with buckles. Wear a helmet/mask at all times with no exceptions. Use the provided SSC goalie stick (players can bring their own but must be equivalent to the league stick). Shoes / appropriate footwear. Goalies are permitted to wear: <ul style="list-style-type: none"> Fitted shin guards/pads (not full-width goalie pads). They must be worn underneath pants to reduce the wear and tear to the gym floor. Blocker & Trapper (any size is permitted). A chest protector (must be fitted and cannot extend to the arms). Goalies are not permitted to wear: <ul style="list-style-type: none"> Hockey pants. Shoulder pads which extend to the arms. Players: <ul style="list-style-type: none"> Must use the provided SSC hockey sticks. Exception: players may bring their own stick, however, must be either the DOM C6 Cup or DOM EL-93 Elite 54" sticks & blades. DOM EL-93 XT 60" is not permitted. Must use DOM standard blade (SB-76). All players on the same team should endeavour to use the same colour blade (either red, blue, or black). Can wear eye protection, gloves & shin guards (soccer) although not mandatory but is recommended.
PLAYERS ON COURT AND GENDER RATIO	<ul style="list-style-type: none"> Teams are comprised of 5 players on the court (4 players and 1 goaltender). <ul style="list-style-type: none"> Mixed Gender Leagues: Teams must always play with a minimum of 2 males and 2 females on the court. The goaltender position is gender neutral. Single Gender Leagues: Teams must always play with the same gendered players on the court. Open Gender Leagues: There are no minimum gender requirements. Players participate freely without restrictions existing as to how many players of each gender are on the court. Captains may agree to waive the rules regarding minimum players and gender ratio before the game starts. A default for the match will occur if any team cannot field a squad 15 minutes after the official start time (unless otherwise agreed by both captains).
GENERAL GAME RULES	<ul style="list-style-type: none"> To start the game a spare player or an SSC staff member will drop the ball in a faceoff formation. The ball is always in play, regardless of height (including the ceiling and basketball hoops) until it crosses into an out of bounds area behind the benches. A ball that has gone out of play is awarded to the team that did not touch the ball last. Play commences with a player passing the ball in from the line where the ball went out of play. Please give the player a couple of feet to make a pass. A player cannot score from this shot even if it hits the goalie and goes in - the ball must be touched by either an offensive or defensive player first (excluding

	<p>the goalie).</p> <ul style="list-style-type: none"> • To score a goal, the ball must enter the net and fully cross the 'goal-line'. If a 'goal-line' is not present, please use your best judgement. • Players cannot score by kicking the ball into the net. Any kicking motion done with the intention of directing the movement of the ball nullifies a goal. However, if a pass is made and it inadvertently deflects off a player's foot and into the net, the goal counts. • Players may make substitutions 'on-the-fly' as long as the player leaving the court is off before the new player enters the playing area. • No player (with the exception of the goalie) can slide or dive to block a shot. In other words, players must remain on their feet at all times. If in a stationary position, a defender's knee cannot touch the ground. • High sticking is not allowed at any time during play. A high sticking infraction has occurred when the stick of any player comes above their waist level. This includes incidents when the player is trying to knock the ball down, waving for a pass, before/after a shot has been taken, or anytime during play. Goals scored by a high stick do not count. If a high stick occurs, the non-offending team retains possession with an indirect shot from where the infraction occurred. • Players and goalies are not allowed to throw their sticks. • Players cannot make a pass to a teammate by pushing or directing the ball with their hand. Players can catch the ball, but they must put it straight down. • Players are not allowed to hold or grab their opponents stick at anytime. • Teams may call a 1-minute time-out per half if needed except during the final 10 minutes of play.
RESUMING PLAY AFTER A GOAL	<p>To resume play after a goal, the following must occur:</p> <ul style="list-style-type: none"> • Players return to their designated sides of the gym and wait until both teams are ready to resume play. • The team that was scored upon carries the ball over the centre line. <ul style="list-style-type: none"> ○ Once the ball passes over the centre line, play resumes. ○ No player, whether they be offensive or defensive, can cross over the centre line before the ball does. If this occurs, the play is reset. • The team that was scored upon must make one pass to a teammate after they have crossed centre and before they can shoot on net. If a shot on net is taken before a successful pass, the play is reset.
DEFENSIVE TACTICS	<ul style="list-style-type: none"> • Players are not allowed to defend by placing their stick in between an opposing players legs - this can result in dangerous play. • A defensive player must stand 1 stick length or 5 feet (approximately) away from the crease line in order to give the goalie room to play the ball from their crease. • Slashing and pinning sticks is not allowed. Lifting a player's stick is permitted; however, you cannot lift a player's stick above waist level as this is a foul. • Players cannot turn their backs to the opponents and back their way down the court. This should be called a foul as the offensive player is backing into a defensive player who has position.
GOAL CREESE	<ul style="list-style-type: none"> • No sticks or feet (offense or defense) may enter the lined or taped crease in front of the net at any time. • Only the goalie may occupy this space. • If an offensive player enters the crease with either their stick or feet, it is the goalie's ball. It is up to the goalie, or nearby players to make this call. If a defensive player disrupts/affects the play by entering his/her own crease, the offensive team is awarded an indirect ball two paces out from the edge of the crease. If a defensive player stops a ball in the crease from going in the net, a goal is awarded. • Goalies cannot leave their crease and must have at least one foot in their crease at all times.
GOALTENDER GOOD TO KNOWS	<ul style="list-style-type: none"> • Goalies can toss/kick the ball to a player on their own side of the court but cannot toss/kick the ball over the centre line (first point of contact must be on their own side of court). A goalie can pass the ball anywhere on the court with his/her stick. • Goalies cannot remove a blocker/trapper and use their bare hand to toss/pass a ball. This is considered a hand pass. • Goalies cannot be 'pulled' in an attempt to utilize an extra attacker at any point during the game. • Goalies cannot score when clearing the ball from their crease. The ball must be touched by a teammate first.
VIOLATIONS & MAKING CALLS	<ul style="list-style-type: none"> • It is inevitable incidental contact may occur among players. However, any aggressive contact such as pushing and shoving is not allowed (you should not touch any other player with your body at any time on purpose and should do your best to avoid unnecessary contact). • It is extremely important players (especially team captains) make the appropriate calls for infractions and illegal plays. Every high-stick, goal crease violation, roughing, pushing, etc, must be called and play must be

	<p>stopped. Only players who are currently on the court at the time of an infraction may make a call.</p> <ul style="list-style-type: none"> • If a disagreement cannot quickly be resolved, the two team captains should meet at the middle of the court (without any other players) and discuss a resolution. • Stopped Games: A Game Coordinator may stop a game before the full time has expired due to overly aggressive play, persistent unsportsmanlike conduct, or a general violation of the rules of the game. This decision is solely at the discretion of the Game Coordinator. If the decision is made to stop the game early, the score will be recorded as a loss for both teams. In addition, both teams will be given an automatic warning (refer to the SSC Policy sheet for specific details on warnings and discipline). The exception to this rule is if the Game Coordinator has stopped the game because of the inappropriate play of only one team. The non-offending team will receive the win, regardless of the score at the time the game was stopped. This is also at the discretion of the Game Coordinator.
<p>PLAYOFFS</p>	<ul style="list-style-type: none"> • A game can end in a tie during the regular season. • Playoff games should only be 50 minutes in length in anticipation of needing the extra time to settle a tie. • In the playoffs, a game that is tied at the end of regulation time is decided by a three-minute sudden death overtime period. If still tied the game comes down to a shoot-out. The 4 players who are on the court at the end of the game take one shot each at a distance of eight paces (this shot must be taken from a stationary position). The goalie that finished the game remains the goalie for the shoot-out. After four shots, if still tied, teams continue taking single shots until one team has scored (and the other team does not). The order of four shooters must be maintained. • Team playoff position: Ties in the standings will be broken first by head-to-head play. If there are more than 2 teams that are tied, all the teams must have played each other in order for the results to go to head-to-head. Otherwise, least points against, then +/-, then most points for will determine the placement in that order. • The SSC office will update the playoff schedule once all scores have been submitted and after the last regular season game. Please do not assume the time/location of your playoff game until team names have been posted into the schedule.

REMEMBER... ALWAYS HAVE FUN!