

## **WBL 22'/23' League Rules and Procedures**

- We will have goalie equipment for each team, each team will have to provide their own goalie each week. The goalie can show up 15 minutes early to pad-up intime for the game (goalies should bring their own helmet, protective cup, and stick)
- Absolutely No Fighting!! (There will be a zero tolerance for fighting, players will be kicked out of the game and suspended for the rest of the season)
- Intentional violent play, or obvious attempt to injure another player will result in being dismissed from the league and there will be no refund. Player safety is our number one concern!!
- Non-rostered players will not be allowed on the floor. There will be zero tolerance for anyone attempting to play who is not registered.
- Please wait outside the facility until 10 minutes prior to your game, we can't have a bunch of people waiting in the hallway per facility request
- Players are to show up dressed and ready to play, no getting changed at the facility and no bags (the hallway is not a locker room)
- No Cleats!! (We recommend turf shoes or basketball shoes)
- 10 min training followed by a 40-minute game
- 2 x 20 min running halves with 1 min half time
- There is a 30 second shot clock that begins once possession is gained, if the ball hits the opposing team's goalie or net the shot clock is re-set to 30 seconds
- You have 10 seconds to get the ball into the offensive zone and cannot cross back into the defensive zone, or an "over & back" is called and possession is given to the opponent
- Penalties are 30 second technical foul, and 1–3-minute personal fouls (safety is our #1 concern)
- Face off after every goal. On face-offs, all other players must be behind an arc line, and everyone is released on the whistle
- Out of bounds (netting or roof) according to last touched
- Crease diving goals are allowed, players can land in the crease after the ball crosses the goal line. The shooter must dive away from the goalie, if they dive straight into goalie a 2-minute penalty may be awarded
- Offensive player is not allowed in the crease with possession. He can run through the crease to get to a loose ball, BUT he can't be the first person to play or touch the ball
- Moving picks are legal, within reason it's the Ref's discretion
- Cross checking is legal from the front and side. Above the waist and below shoulders. You can only cross check the player with the ball

- Cross check to head is at least 2 minutes locked in penalty
- Hits into the boards from behind is at least 3 minutes locked and can lead to ejections & suspension
- No play-ons, whistle is blown, and ball is awarded
- Goalie can't receive a pass back from his teammate while he is in the crease
- Goalie can pick up ball with his hand while he is in the crease
- Too many men on the field is a time serving penalty for both offense & defense
- On a penalty with possession, a team's goalie can go to the bench for an additional field player (6v5 advantage)
- No hats or penalty flags. Hand up in the air for a penalty.
- Sudden Victory Overtime, teams will have a 3-minute overtime period before moving to a shootout (each team will get 3 shooters in the shootout)