

WBLL 22'/23' League Rules and Procedures

- We will have goalies each week. If a team has a goalie, they can play goalie as long as they wear full box gear. 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 in the hockey rink lobby and enter the turf facility 10 minutes prior to your game.
- 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) All girls must ALWAYS wear goggles and a mouthguard.
- No Cleats!! (We recommend turf shoes or basketball shoes)
- 15 min training followed by three 15-minute periods
- 3x15 min running periods
- 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
- 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. This face off will be a men's faceoff. Down, set, Whistle
- Out of bounds (netting or roof) according to last touched
- This is a full check league. No checks over the head, and no swinging. This will be a 1-minute penalty.

- 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 illegal. Picks are encouraged.
- Cross checking is legal from the front and side. Above the waist and below shoulders. You can only press the player with the ball. CAN NOT EXTEND.
- Cross check with extension is a 1-minute penalty
- Hits into the netting 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 girls on the field is a time serving penalty for both offense & defense
- 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)