

West Coast Floor Hockey League Society  
(WCFHLS)

RULE BOOK

UPDATED July 2019

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## 1. INTRODUCTION

- 1.1. If a matter arises that the West Coast Floor Hockey League Society (WCFHLS) Rule Book does not cover, the WCFHLS will refer to the current edition of the Hockey Canada Referee Rule book. [https://www.dmhl.ca/hockey/cha\\_rulebook.pdf](https://www.dmhl.ca/hockey/cha_rulebook.pdf).

## 2. PLAYER REGISTRATION / ROSTER WAIVER

- 2.1. All players must complete the full registration process on the WCFHLS website prior to playing their first game of each season. The registration completion will be acknowledged by a return email. If the online system is down, the player must complete a hard copy form prior to playing.

2.2. All players must be 19 years of age.

- 2.3. Season Registration ends on the date chosen by the WCFHLS board each season. Any player not registered by this date will not be eligible to play for the remainder of that season in the WCFHLS.

- 2.4. Any team that has a player who participates in a game without being registered will forfeit that game and be fined according to Rule 10.3

- 2.5. Each team may register up to 25 players until the registration cut-off date. Changes to the roster may be made by submitting a written request to the WCFHLS Executive Board explaining the extenuating circumstances.

- 2.6. A player, including a goalie, may only play for the one team they are registered on. A player may apply to change teams by submitting a written request to the WCFHLS Executive Board explaining the extenuating circumstances.

## 3. COACH AND REFEREE ROSTER WAIVER

- 3.1. A Coach or Referee, who is not a player already registered online, must sign a hard copy waiver form, submit it to the WCFHLS, and obtain confirmation of receipt, prior to participating in their first WCFHLS game that season.

- 3.2. A Coach or Referee who participates in a game without having signed a waiver form and received confirmation by the WCFHLS, will be suspended until they have completed this process, and will be fined according to Rule 10.4

## 4. REGULAR SEASON AND PLAYOFF PLAYER ELIGIBILITY

- 4.1. A player may enter a game at any time, however, they must play at least one shift of the game for the game to count for playoff eligibility requirements.

- 4.2. A player must play in 1/3 of that regular season's game to be eligible for that season's playoffs.

- 4.3. A player who played less than 1/3 of the regular season games, may play only as a goalie in the playoffs.

- 4.4. A player may apply for relief from the 1/3 games played requirement, by submitting a written request to the WCFHLS Executive Board explaining extenuating medical or health circumstances.

## 5. UNIFORMS AND EQUIPMENT

- 5.1. All teams must register and receive approval from the WCFHLS for its uniform colors. All players must be dressed in their team color. If there is a color conflict between teams, the Visiting Team must change colors. If there is discrepancy, the referee may request the player(s) without proper team colors to leave the floor until they are properly uniformed. If this results in insufficient players see Rule 10.

- 5.2. All players, including goalies, may only use a WCFHLS approved plastic hockey stick. Wood or fiberglass sticks and shafts or inserts are not allowed.

- 5.3. Goalies must wear a full-face mask and should wear additional protective equipment.

- 5.4. Players may use protective equipment, such as eye goggles/glasses, shin guards, mouth guards, gloves, soft shell elbow pads or post-concussion soft helmets.

- 5.5. Players may not use regular helmets (except goalies), hard shell elbow pads or shoulder pads.

## 6. PLAYING RULES – REGULAR SEASON

- 6.1.** The WCFHLS will determine the regular season schedule and the game format at each AGM or thereafter, depending on the variables, of the gym availability, the number of teams and other related factors.
- 6.2.** The regular season games are 5 against 5, plus a goalie for a total of 6 players per team on floor. A team may play with 6 players and no goalie. The team with no goalie may not cover (freeze) the puck for a face-off whistle in goal crease. If they do cover the puck, they will get a 3-minute delay of game minor penalty.
- 6.3.** The regular season games are 3 x 17-minute periods running time. The last 1 minute of a regular season game will be stopped time, only if the score is within 2 goals.
- 6.4.** Each team may use one – 1-minute time out per game.
- 6.5.** A Referee will automatically stop the time during a game when a player or goalie is hit in the head by a puck or stick. At their discretion, a Referee may also stop the time during a game for other injuries or reasons. If play is stopped for a player's injury, that player must leave the floor for a shift.
- 6.6.** If a goalie has to be replaced during a game because of an injury, the Referee will stop the clock for a reasonable time (the Referee may later reduce an intermission to get the game back on time)
- 6.7.** There is no offside or icing.
- 6.8.** Hand passes are not allowed on any part of the gym floor; the Referee will stop the play and have a face-off closest to where the puck was last touched.
- 6.9.** Special face-off placements apply in certain situations to avoid delays of game intent, as follows:
- 6.9.1.** If a team shoots the puck from its own side of center DIRECTLY over the boards at the other end, then the face off comes back into its defensive end.
- 6.9.2.** If a team shoots the puck from its own side of center and it INDIRECTLY goes over the boards at the other end, then the face-off will stay in the offensive end where the puck went out.
- For example: deflects off another player or was rolling on the ground and then does a funny spin and bounces up over the bench*
- 6.10.** No Player, Coach or Referee should participate under the influence of drugs or alcohol. If another Player, Coach or Referee believes that a person on the floor is under the influence of drugs or alcohol, the two teams should consult to confirm that that person is to be asked to leave the game and facility.
- 6.11.** No dogs are allowed in the gym, except special assistance dogs.
- 6.12.** No child or spectator is allowed on the bench or floor during the game, unless that person is registered on WCFHLS team roster.
- 6.13.** The WCFHLS point system for games played is: Win = two (2) points; Tie = one (1) points; Loss = zero (0) points
- 6.14.** If teams are tied in the regular season standings, the final standings will be determined by this order:
1. The record between the teams tied (head to head)
  2. The team with the most wins overall
  3. The team with the least goals allowed overall
  4. The team with the best plus / minus (goals for less goals against)
  5. The team with the least penalty minutes overall
  6. The team with the most goals overall

## 7. PLAYING RULES – PLAYOFFS

**7.1.** The WCFHLS Executive Board will determine the playoff schedule and the game format at each AGM or thereafter, depending on the variables, which could include gym availability, the number of teams and other scheduling factors.

**7.2.** All regular season playing rules apply for the playoffs with the following additions.

**7.2.1. Overtime:** If the game is tied after regular time, the teams will play overtime, as follows:

1. 5-minute running time overtime period
2. 4 v. 4 plus a goalie
3. The team that scores first is the winner
4. No stopped time in the last minute
5. No team timeouts
6. If a player on a team gets a penalty, the game is played 4 v. 3
7. If a player on both teams get a penalty at the same time, the game is played 3 v. 3
8. If players on a team gets penalties that result in a 2-player advantage, the game is played 5 v. 3

**7.2.2. Shootout:** If the game is tied after the overtime period, the teams will play a shootout, as follows:

1. The team ranked higher in the regular season gets to choose to shoot first or second
2. Goalies play in the goal closest to their team's bench
3. Each team starts with 3 shooters
4. The teams then alternate shots
5. No player may shoot again until every eligible player on their team has shot.
6. All players including goalies, are eligible to take a shot, except for:
  - a. if a player was still in the penalty box when 3<sup>rd</sup> period ended, or
  - b. if the goalie chooses not to shoot, then they are considered a non-eligible player.
7. If the shootout is still tied after all eligible players shoot, then it each team shoots 1 player at a time, until a team scores within a round and becomes the winner.

*For example: If one team has 7 players and a goalie and other team has 10 players and a goalie and both goalies chose not to shoot, when the team with 10 has used 7 shooters and it is still tied, they may start over again with one of the players who has already shot.*

## 8. PENALTIES AND SUSPENSIONS

**8.1.** The WCFHLS has minor penalties, double minor penalties, major penalties and game misconduct penalties.

**8.2. A Minor Penalty** includes boarding, body checking, butt-ending, crease encroachment, cross-checking, delay of game, elbowing, goalie interference, high sticking, holding, hooking, interference, obstruction, roughing, slashing, tripping (slew footing), and unsporting actions.

**8.2.1. A Minor Penalty** is 3 minutes running time.

**8.2.2.** During that time, the game is played shorthanded by the offending team. If a goal is scored by the team with the extra player, the rest of the penalty time is negated, and the teams return to even strength. If another player on the same team commits a penalty while the teammate is still serving a 3-minute minor, that player joins the teammate in the penalty box and their team plays 2 players down. If the goal is scored during the 5-3, only the first player to commit the penalty leaves the box, and when play resumes, there will still be a 5-4 penalty advantage.

**8.3. Double Minor Penalty is the same as minor penalties** and includes boarding, body checking, butt-ending, crease encroachment, cross-checking, elbowing, goalie interference, high sticking, holding, hooking, interference, obstruction, roughing, slashing, tripping (slew footing), and unsporting actions.

**8.3.1. A Double Minor** penalty is 2 separate 3-minute minor penalties for 6 minutes running time served consecutively assessed to a single player. This could be for two separate acts or a single act. *For example: 1. A player could be called for tripping, feel as though it was a dive, get angry, starts a scuffle, and be assessed an additional minor penalty for roughing. The result would be a double-minor of 3 minutes for tripping and 3 minutes for roughing. 2. A player could be called for a single act whose violence merits more than 3 minutes of penalty time.*

**8.3.2.** If the non-offending team scores a goal during the first 3 minutes, that penalty is over, and the second 3-minute penalty begins. If the non-offending team scores a goal during the second 3 minutes, that penalty is over, and the player

returns to play. The non-offending team may score a maximum of 2 goals during a **Double Minor** penalty, one in each of the 3 minutes.

**8.4. Major Penalty** is all minor penalties of boarding, body checking, butt ending, crease encroachment, cross-checking, delay of game, elbowing, goalie interference, high sticking, holding, hooking, interference, obstruction, roughing, slashing, tripping (slew footing), and unsporting actions AND spearing, charging and intent-to-injure actions.

**8.4.1.** A **Major Penalty** is 6 minutes running time.

**8.4.2.** A **Major Penalty** is given for more aggressive, violent versions of minor penalties with intent to injure another player. Unlike a minor penalty, a **Major Penalty** must be served for the entire 6 minutes and the non-offending team can score unlimited number of goals until the major penalty is over.

**8.4.3.** A player who is assessed a major penalty will be under review by the WCFHLS Disciplinary Committee.

**8.4.4.** The Referee will write the circumstances surrounding the Major Penalty on the Game Sheet to assist the WCFHLS Executive Board and/or Disciplinary Committee to review the matter.

**8.5. Game Misconduct penalties** include fighting, and serious intent-to-injure actions and unsporting actions, including verbal abuse of a Referee, Coach or player(s).

**8.5.1.** A **Game Misconduct** is a game ejection.

**8.5.2.** The primary purpose of a **Game Misconduct** penalty is to get a player off the floor for the rest of the game. There are often given in conjunction with a minor or major penalty.

*For example, a player who throws a dangerous elbow may be given a minor or a major penalty and a game misconduct.*

**8.5.3.** A player who is assessed a **Game Misconduct** penalty will automatically be ejected from the game and must leave the facility immediately. That player will be suspended for the next three (3) games and will be under review for further play by the WCFHLS Disciplinary Committee.

**8.5.4.** Any player who receives a second **Game Misconduct** penalty in the same season will be suspended for the rest of the season and require approval from the WCFHLS Executive Board to play again in future seasons.

**8.6.** A suspended player is not permitted on their team's bench during any game.

**8.7. Coincidental Penalty** is a penalty where a player from both teams has a penalty called against them at the same time. The game is played 4 v. 4. If another set of coincidental penalties are called before the first coincidental penalties are over, the game is played 3 v. 3. The players go back onto the floor when their penalty time has expired, they do not need to wait for a stoppage in play.

**8.8.** A player who is assessed a total of 9 minutes or more in penalties will be ejected from the remainder of the game (in any combination of 3-minute minor, 6-minute double minor or 6-minute major penalties.)

**8.9.** Executive Board Director(s), and/ or the Referee Coordinator, in consultation with the Officials on the floor, may step in at any time to assess or re-assess the conduct of any Player, Coach, Referee or Spectator which is non-conducive to the WCFHLS Constitution and Bylaws. The offending person may be placed under review by the DAP, which includes their ability to participate in any further activity associated with the WCFHLS.

## 9. DISCIPLINARY COMMITTEE

**9.1.** A Disciplinary Committee formed will set parameters on the review process for all major penalties and game misconduct penalties. A new Committee and process under way for 2019/20 season. There will be a separate document outlining the process.

## 10. FORFEITS AND FINES / RELATED STATISTICS ADJUSTMENTS

**10.1.** A game forfeited two ways:

**10.1.1.** when a team has an insufficient number of players for a game (four players minimum, not requiring a goalie).

**10.1.2.** when an unregistered player(s) plays a game.

**10.1.3.** Any game forfeited by Rule 10.1.1, the following will take place:

- The non-forfeiting team will be credited with a 3-0 win and 2 points
- All players on both teams in attendance, will be credited for playing the game
- The goalie of the non-forfeiting team will not be credited with a shut-out
- The forfeiting team will be assessed a cost recovery fine, based on the cost for the facility rental and Referee's fees
- The forfeiting team will also be charged a \$50 fine
- The non-forfeiting team will be financially credited for their portion of team fees relative to this day.

**10.1.4.** Any game forfeited by Rule 10.1.2., the following will take place:

- All players on both teams in attendance, will be credited for playing the game, plus receiving their individual game statistics
- The unregistered player(s) do not get an attendance credit or statistics for the game
- The team with the unregistered player(s) loses the game 0-3
- The non-forfeiting team wins the game 3-0 and gets 2 points, except if the non-forfeiting team won the game, then the actual game score will be used.
- The forfeiting team that used unregistered players will be charged a \$50 fine, per unregistered player, per game, including double headers.

**10.2.** Any Coach or Referee that participates in a game without having completed a roster waiver (online registration as a player or a separate hard copy form) and obtained receipt from the WCFHLS will be fined \$25.

**10.3.** All fines assessed to any person or team must be paid prior to that person's or team's next game, including playoff games.

**10.4.** If the fines are not paid, all future games will be considered forfeited by the offending team until the fine is received by the WCFHLS Executive Board

**10.5.** Teams who do not send representation to mandatory Team League meetings/ AGM Meetings will be fined \$50. This is with the criteria that the Board has provided 30 days advanced notice of the meeting date.

## 11. GLOSSARY OF TERMS

**BOARDING:** The action whereby a player pushes or jostles another player into the boards.

**BODY CHECKING:** The action whereby a player uses their body to hit another player without making any attempt to play the puck

**BUTT-ENDING:** The action whereby a player uses the shaft of the stick, above the upper hand, to check an opposing player in any manner or jabs or attempts to jab an opposing player with this part of his stick.

**CAPTAIN:** A player, who is selected or named by the team, to represent the team with the Referees. Wherever the word “Captain” appears in the Rule Book, it defines those players who have been designated as Captain or Alternate Captain on the Game Sheet.

**CHARGING:** The action of taking more than two steps or strides to contact an opposing player.

**COACH:** A person who has signed a waiver roster and is responsible for directing and guiding the actions and efforts of the team, including the conduct of the players before, during and after the game.

**COINCIDENTAL PENALTY:** a penalty called on a player from each team at the same time.

**CREASE:** Enclosed space designated for the protection of the goaltender and the use of the Referee. The lines, which designate this space, are to be considered part of the crease.

**CREASE ENCROACHMENT:** The action of any part of a player or their stick entering the crease on the floor or in the air space above the crease lines of their opposing players goal.

**CROSS CHECKING:** The action of using the shaft of the stick between the two hands to check an opposing player at any height.

**DELAY OF GAME:** The action of a player or team which deliberately stalls the game, usually with the intention of using the delay to its advantage.

**DIRECTOR:** Where the word “Director” is used in the Rule Book, it shall refer to the Directors of WCFHLS or the duly appointed representatives for the WCFHLS.

**DSCIPLINARY COMMITTEE:** Where the word “Discipline Committee” is used in the Rule Book, it shall refer to the Disciplinary Committee of WCFHLS or the duly appointed representatives for the WCFHLS.

**ELBOWING:** The action of using ones’ elbow to shield or hit another player’s body.

**EXECUTIVE BOARD:** Where the word “Executive Board” is used in the Rule Book, it shall refer to the Executive Board Officers of WCFHLS or the duly elected Executive Directors for the WCFHLS.

**FACE-OFF:** The action of the Referee in dropping the puck between the sticks of two opposing players to start or resume play. A face-off begins when the Referee indicates the location of the face-off and the Referees and players take their appropriate positions. It ends when the puck has been legally dropped.

**GAME EJECTION:** When a player has been removed from the game for violating rules.

**GAME MISCONDUCT:** is a game ejection

**GOALIE:** A person who is identified by the use of special equipment to prevent the puck from entering the net.

**GOALIE INTERFERENCE:** The action of interfering with the opposing goaltender's ability to play the puck.

**GOOD SPORTING:** The action of playing in a good sporting manner that exemplifies the WCFHLS.

**HIGH STICKING:** The action of the player carrying the stick or any part of the stick above the height of any player's shoulder.

**HOLDING:** The action of refraining the progress of an opposing player whether or not she is in possession of the puck.

**HOOKING:** The action of using the blade of the stick in a "pulling or tugging" motion to impede the progress of an opposing player either on their body or stick.

**INTENT TO INJURE:** An action by a player or team Referee who by the use of a stick or other object, or by using her body, hits or attempts to hit an opposing player with the intention of causing injury.

**INTERFERENCE:** The action of attempting to impede the motion of an opposing player who is with or without possession of the puck.

**INSTIGATOR:** The player responsible for starting a fight or altercation.

**KICKING:** The action of a player deliberately using her foot with a kicking motion to contact an opposing player, with no intent to play the puck.

**OBSTRUCTION:** The action of impeding any opposing player from moving on the floor regardless if the opposing player's team has the puck possession or not.

**OFFICER:** Where the word "Officer" is used in the Rule Book, it shall refer to the Officers of WCFHLS or the duly appointed representatives for the WCFHLS.

**OFFICIALS:** Where the word "Official(s)" is used in the Rule Book, it shall refer to the Officials on or off the floor including the Executive Board Directors, Referee Coordinator, Referees, Time Keepers, the duly appointed or elected representatives for the WCFHLS.

**PENALTY:** The result of an infraction to the rules.

**PLAYERS:** The members of the team physically participating in a game. Except where special rules apply, the goalie is to be considered a player.

**PRESIDENT:** Where the word "President" is used in the Rule Book, it shall refer to the President of WCFHLS or the duly appointed representative for WCFHLS

**REFEREE:** The person(s) responsible for directing and enforcing the rules during the game on or off the floor.

**SHORTHANDED:** Shorthanded means that a team is below the numerical strength of its opponent on the floor.

**SLASHING:** The action of hitting or attempting to hit an opposing player or their stick with a stick.

**SLEW FOOTING:** The action of tripping an opposing player by knocking that player's foot out from behind with a kicking or leg dragging motion

**SPEARING:** The action of poking or attempting to poke an opposing player with the toe of the blade of the stick while holding the stick with one or both hands.

**TRIPPING:** The action of knocking an opposing player to the ground with a stick or body.