

HCM BALL HOCKEY TOURNAMENT RULES SUMMARY

Playing Rules

General Ice Hockey rules apply, except:

- a. 5 on 5, plus goalie.
- b. **3 Minute Half Time, Two – 20 Minute Periods.** Running Time the entire game (clock will stop only if there is a penalty shot).
- c. Player changes may be made on the fly (may be subject to change).
- d. The Home Team will use the Home Team bench, and the Away Team will use the Away Team bench
- e. Tie games will be decided by shootout.
- f. All jewelry (i.e. rings, earrings, chains, watches, and bracelets) must be removed, prior to the start of each game. This is to protect all participants.
- g. Only clean non-marking gymnasium footwear to be worn; Hiking-style footwear is not permitted.
- h. Players may not throw the ball forward; they may only drop it to their feet.
- i. **No slap shots** – the stick must remain below the waist (includes goaltenders). This includes the backswing and the follow-through. Penalty: loss of possession of ball. Persistent infringement of this rule will result in a high sticking (five (5) minute) penalty.
- j. Offsides – blue lines will indicate offside for both teams
- k. No high sticking the ball – the stick must remain below shoulder height at all times
- l. Icing – there will be no icing

Team and Player Registration

- a. All teams must have a minimum of 6 Associates and a limit of 11 players per team.
- b. Registration fee will be charged to participants through Associate Services via payroll deduction based on registration list.
- c. The onus is on the player to find a team to play on (LWC Rec Coordinator will assist in this process).
- d. No player shall be allowed to play for two (2) teams during the tournament.
- e. If a team plays with an illegal player (on another team or has not paid or playing under suspension), the team loses that game and will forfeit the next game and be subject to further discipline from HSG Management Group. That game is given to another team for exhibition. The illegal player will be subject to further discipline from HSG Management Group and captain.
- f. **GAME SHEETS**- all players must sign the game sheet prior to start of each game game.
- g. The deadline for individual players to join existing teams will be **Wednesday, August 13th, 2025.**
- h. All players must complete registration on the Living Well Hub to be eligible to participate in the tournament.



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Membership

- a. HCM Ball Hockey Tournament shall be open to full-time Associates, Summer Students and Active LWC Retirees.

Fees

- a. \$25.00/player

Referees

- a. A two-person system shall be used in all games of the tournament.
- b. Honda Associates shall not be permitted to Referee HCM Ball Hockey games.
- c. Referees will not tolerate any abuse from the players.

Penalties

General Ice Hockey rules apply to infractions.

- a. All decisions made by the referee in all matters relating to the game are final.
- b. All penalties will result in a two (2) or five (5) minute penalty assessed to the offending team. Any player that receives two 5-minute penalties during the course of a single game will be disqualified for the remainder of the game.
- c. The maximum a team may play short-handed is two (2) players at any given time.
- d. Coincidental penalties: each team will play short-handed for the duration of the penalty. Both players will serve the full time of the penalty, regardless of the number of goals scored during the time of the penalty.
- e. Body checking or intentional body contact is not permitted at any time.

Equipment

- Orange ball hockey balls will be provided.
- Goalie equipment: Chest Protector, Leg pads, blocker, catcher, goalie stick, helmet.
- Player equipment:- Helmet w/visor, gloves (no holes in glove), and stick.
- Team uniforms will not be supplied by the Living Well Centre (Teams are asked to bring both a light and dark colour jersey).



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Guests On Site

- a. Associates are more than welcome to invite their friends and family to watch the hockey games. A sign-in sheet is available at the front desk, which must be signed by guests upon each visit.

Associate and Guest Rules and Regulations:

- i. All children entering the facility **MUST** be accompanied by an Associate or current member.
- ii. Associates are responsible for ensuring that all guests are signed in.
- iii. Associates must arrange for proper care for children while at the Honda Recreation Centre. Failure to do so will result in the Associate being removed from the event they are participating in.

CHILDREN 9 YEARS AND UNDER:

- Must be supervised by an adult at all times.

CHILDREN 10 TO 11 YEARS OF AGE:

- Are permitted to view the tournament without adult supervision.
- Must remain seated in the stands while viewing. If the child leaves the stands, wanders the facility, or disrupts others, the Associate will be removed from their game and be asked to supervise the child or leave the facility altogether.
- Are not permitted to supervise other children.

CHILDREN 12 YEARS AND ABOVE:

- Are permitted to supervise younger children.
- If they are unable to properly supervise any child in their care, the Associate will be removed from their game and asked to supervise the child or leave the facility altogether.

Alcohol and Substance Abuse Policy

Honda of Canada Manufacturing and the Honda Living Well Centre have a strict no tolerance alcohol or drug use policy. *The policy states: "There is to be no alcohol at any HCM League event. No alcohol is permitted on HCM or HLWC property. If any player is found to have alcohol on their possession the entire team will face a season-long suspension."*

This policy includes but is not limited to the following:

1. Consumption of alcohol or drugs on HCM/HLWC property
2. Possession of alcohol or drugs on HCM/HLWC property



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3. Arriving on HCM/HLWC property already under the influence of drugs or alcohol.

Other items that are prohibited from being used in the HLWC facility are:

1. Chewing tobacco
2. Cigarettes/Cigars
3. Vapes, edible cannabis

ALCOHOL AND/OR DRUGS- NOT PERMITTED AT HCM FUNCTIONS

