



5v5 Coed Broomball Rules



1. Pre-Game – Equipment, Game Time, Defaults, Fields

Spirit of the League: The primary focus of FCSSC is FUN! This league is a positive and encouraging environment that is welcoming to players of all backgrounds and playing abilities, with the goal of getting moving, meeting new people, and having fun while doing it! We look forward to an awesome season of welcoming and inclusive play. Play that is competitive, overly aggressive, rough and/or unsportsmanlike such as pushing, shoving, elbowing, shouldering, tripping, hacking, slashing, sliding, tackling, ball blasting, chirping, name calling, threats and intimidation, is prohibited and will not be tolerated by FCSSC. FCSSC IS FIRST-AND-FOREMOST-FOR-FUN. ANY ROUGH OR PHYSICAL PLAY WILL RESULT IN IMMEDIATE EXPULSION FROM THE GAME, THE LEAGUE, THE CLUB AND/OR ALL OF THE ABOVE. All players should go out of their way to avoid contact with other players and/or eliminate actions or behaviours that could jeopardize player safety. If accidental contact occurs it is expected that players will apologize for that contact, ensure everyone is all right and stop the game to seek appropriate help as required. This rule supersedes all others!

Equipment/Set-Up: FCSSC Game Hosts will provide sticks, nets and a ball for each game. In addition, FCSSC's Game Host will keep score when possible (ie. Only one game at a time). If the FCSSC Game Coordinator is unable to keep score, we ask that each team select a player to assist in keeping score. Each team should bring both light and dark-coloured shirts to each and every game.

Mixed Gender Requirements: FCSSC is committed to providing inclusive access to for-fun sport for players of all gender identities. In this mixed gender league, teams are comprised of five (5) players with a minimum of two players of the non-majority gender (for example, a team of with 3 men must have 2 players of another gender on the court).

Game Time/Default:

- Please arrive 15 minutes early to ensure that your games start on time.
- Games are 55 minutes in length, with a stoppage for halftime for 2-5 mins.
- There are 5 players on the floor including the goalie.
- A default will occur if any team cannot field a squad 10 minutes after the official start time.
- A team can play with only one (1) non-majority player, but must play with only 4 people on the court. Captains may agree to waive rules regarding gender requirements, but this should be decided before the game starts. IF IT IS AGREED THAT THE GAME COUNTS, IT COUNTS!

2. In Game – General Rules, Goalies, Making Calls & Rough Play

General Rules:

1. All Players must use the provided plastic broomsticks. Players cannot bring their own stick.
2. Eye protection is not mandatory for players but it is highly recommended by FCSSC.
3. The ball is always in play, regardless of height, until it crosses into an out of bounds area behind the benches or outside of the rink. A ball that has gone out of play is awarded to the team that did not touch the ball last.
4. 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 (not including the goalie).
5. After a goal, the team that has been scored upon puts the ball back into play by either passing or carrying the ball over the centre line. Players cannot shoot directly on the net - the ball must be touched by a teammate or an opponent (besides the goalie) before a goal can be scored. The ball must also cross the line before teammates are allowed to cross. Therefore, the stick handler has the option of dumping the ball into the other team's zone or carrying the ball over the centre line.
6. Please wait for your opponents to be ready before putting a ball in play.
7. 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 right away and not run with it.
8. 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.
9. 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, or before/after a shot has been taken. 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.
10. 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.
11. No player (with the exception of the goalie) can slide or dive to block a shot. Players must remain on their feet at all times.
12. Teams may call a one (1) minute time-out per half if needed except during the final 10 minutes of play.
13. An offensive player must stand 1 stick length or 3 feet (approximately) away from the crease line in order to give the goalie room to play the ball from their crease.
14. A game can end in a tie during the regular season.

Playoffs:

1. In the playoffs, a game that is tied at the end of regulation time is decided by a three-minute sudden death overtime period.

2. If the score is still tied after the 3-minute sudden death overtime, a shoot-out will commence: each of the five players including the goalie, on the rink takes one shot each at a distance of eight paces (this shot must be taken from a stationary position).
3. Only the players on the court at the end of the game can participate and the goalie that finished the game remains the goalie for the shoot-out. After five shots, if still tied, teams continue taking single shots until one team has scored (and the other team does not). The order of shooters must be maintained.
4. Playoff games should only be 50 minutes in length in anticipation of needing the extra time to settle a tie.

Contact & Fouls:

1. It is inevitable that there will be some incidental contact among players, but we expect players to go out of their way to avoid making unnecessary contact. Intentional contact i.e., pushing, picks, etc., is not allowed.
2. Players are not allowed to defend by placing their stick in between an opposing players' legs - this can result in dangerous play.
3. Slashing and pinning sticks, or lifting a player's stick above waist level, is NOT allowed
4. 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.
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Goalies:

1. Goalies should wear a helmet/mask at all times
2. Goalies have the option of using fitted knee/shin pads up to a maximum of 24" wide (like junior street broomball pads, NOT full-width ice broomball goalie pads) as well as a blocker and trapper (any size is permitted). Goalies may also choose to wear a chest protector, provided that this additional piece of equipment is only adding protection, and does not increase the bulkiness of the player. To be acceptable, the chest protector cannot extend to the arms, and it must be worn securely and tightly around the goalie, with no extra padding on the back of the goalie. No other equipment (shoulder pads, broomball pants, etc) can be used. If the goalie decides to wear fitted shin pads, they must be worn underneath their pants to reduce the wear and tear to the rink.
3. Goalies must always have at least one foot in their crease at all time. (i.e. cannot go behind the net, or into the corners)
4. Goalies can toss the ball to a player on their own side of the court, but cannot toss the ball over the centre line (the ball is playable if it hits the wall on their own side and crosses over afterwards)
5. Goalies CANNOT be "pulled" in an attempt to utilize an extra attacker at any point of the game
6. Goalies CANNOT score when clearing the ball from their crease. The ball must be touched by a teammate first.

Goalie Crease: The taped goalie crease in front of the net is an area that only the goalie may occupy. This means that NO STICKS OR FEET OF ANY PLAYER (offense or defense) may at any time enter the crease. If an offensive player enters the crease with either their stick or feet, it is “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.

Making Calls: It is extremely important that all 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 stopped. Only players that are currently on the court at the time of an infraction may make a call.

3. Post-Game – Score Reporting, Spirit Points, Departure

Departure: Each week after your game, it is important to leave the court in a timely manner. Teams could be playing after you and will need to get their game started on time. It is also possible that the facility could be closing upon the completion of your game and all staff and members will need to depart the building at that time.

Score Reporting: FCSSC Game Hosts will report the score for each game. Please be sure to inform your Game Host of the game’s score before leaving the facility! Scores and standings can be viewed through your account at www.forestcityssc.ca.