



Road Hockey Rules

Updated June 19, 2026



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!**

Game Host: You will have an FCSSC Game Host on site to make sure everyone is having FUN during your game! They are responsible for a number of things like waivers, score reporting, rule clarifications etc. to help things run smoothly every week. FCSSC is a self-officated league, so players are responsible for making calls on the field/court. Your Game Host is NOT a referee, but can act as a mediator if there are any disputes, and has authority in the gym! Please ask your Game Host if you have any questions or concerns during your game!

Equipment/Set-Up: Players are asked to bring their own stick, either wooden or composite. While shin pads and gloves are not mandatory, they are highly recommended! Please see the dedicated “Goalie” section below for equipment specifications. In lieu of goaltenders, hockey nets will be laid flat. FCSSC’s Game Host will provide nets and balls for each game. In addition, FCSSC’s Game Host will keep score when possible (ie. only one game in the gym at a time). If the FCSSC Game Host is unable to keep score, we ask that each team select a player to assist in keeping score and report the final score to the Game Host at the end of the game. 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 open gender league, teams are comprised of five (5) players on the floor with no required gender minimums.

Game Time/Defaults:

- Please arrive 15 minutes early so that you can start your games on time.
- Games are 55 minutes in length, with a 2–5-minute break at halftime.
- A default will occur if any team cannot field a squad by 10 minutes after the official start time. A team can play with a minimum of 4 people. Captains may agree to waive rules regarding gender requirements, but this should be decided before the game starts and the game host should be notified. IF IT IS AGREED THAT THE GAME COUNTS, IT COUNTS!

Alcohol/Drugs: ALCOHOL AND DRUGS ARE NOT PERMITTED DURING LEAGUE PLAY! ANY OFFENDERS WILL BE ASKED TO LEAVE THE LEAGUE WITHOUT REFUND. No exceptions.

1. In Game – General Rules, Goalies, Making Calls & Rough Plays

General Rules:

1. Unsportsmanlike play WILL NOT be tolerated. Experienced hockey players should leave their notions of physical play as part of being an integral part of hockey on the ice...IT IS NOT WELCOME HERE.
2. Eye protection is not mandatory for players (with the exception of the goalie), but it is highly recommended by FCSSC. Squash/Racquetball goggles can be purchased from most sporting goods stores for this purpose.
3. The ball is always in play, regardless of height until it crosses into an out of bounds area. A ball that has gone out of play is awarded to the team that did not touch the ball last. 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).
4. 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. If a ball goes directly on net then the play must be re-done. The ball must be touched by a teammate or an opponent (beside the goalie) before a goal can be scored. The ball must also cross the line before teammates are allowed to cross. The stick handler has the option of dumping the ball into the other team's zone or carrying the ball over the centre line. Please wait for your opponents to be ready before putting a ball in play.
5. 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.
6. 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.
7. 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.
8. 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.
9. No player (with the exception of the goalie) can slide or dive to block a shot. In other words, players must remain on their feet at all times. If in a stationary position, a defender's knee cannot touch the ground.
10. **Stopped Games:** A Game Host may stop a game before the full time has expired due to overly aggressive play, persistent unsportsmanlike conduct or a general violation of the rules of the game. This decision is solely at the discretion of the Game Host. If the decision is made to stop the game early, the score may be recorded as a loss for BOTH teams. In addition, both teams will be given an automatic warning (Refer to the FCSSC General Indoor Policy sheet for specific details on warnings). One exception to this ruling is if the Game Host has stopped the game because of the inappropriate play of only one team. Under these circumstances, the non-offending team will receive the win, regardless of the score at the time that the game is stopped. This is also at the discretion of the Game Host.
11. It is inevitable that there will be some incidental contact among players. However, any other contact i.e. pushing, picks, etc., is not allowed. (You should not touch any other player with your body or your stick at any time on purpose, and you should do your best to avoid unnecessary contact with your body and your stick)
12. Teams may call a one (1) minute time-out per half if needed, except during the final 10 minutes of play.
13. Players are not allowed to defend by placing their stick in between an opposing player's legs - this can result in dangerous play.
14. 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.
15. Slashing and pinning sticks is **NOT** allowed. Lifting a player's stick is permitted however you cannot lift a player's stick above waist level as this is a foul.
16. 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.

Goalies:

1. Goalies must always have at least one foot in their crease at all times. (i.e., cannot go behind the net, or into the corners to play the ball)
2. 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). A goalie can pass the ball anywhere on the court with their stick.
3. Goalies CANNOT be “pulled” in an attempt to utilize an extra attacker at any point of the game.
4. 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.

Goalie Equipment:

1. **Goalie pads:** goalies must use road hockey pads (no ice hockey pads) up to a maximum of 24” wide. They should not have extra padding wrapping around the legs. If goalies need to borrow road hockey pads, FCSSC can provide pads which meet this criteria and are 31” tall.
2. **Upper body:** goalies may 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. A chest protector may extend to the arms and protect the elbows if it meets this criteria. It must be worn securely and tightly around the goalie, and must not have extra padding on the back of the goalie. No elbow or shoulder pads are permitted.
3. **Lower body:** goalies may choose to wear hockey pants. If the goalie chooses to wear fitted shin pads, they must be worn underneath the goalie’s pants to reduce the wear and tear to the gym floor.
4. **Stick:** goalie sticks must be wooden or composite
5. **Blocker/trapper:** goalies may use any size blocker/trapper.

3. Post-Game – Departure & Score Reporting

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 our Game Host of the game’s score before leaving the facility! Scores and standings can be viewed through your account at www.forestcityssc.ca

4. Playoff Games

No Ringers: To play on playoff nights players must have played a minimum of 2 regular season games for that team.

Substitutes: A player is only allowed to play for one team in each playoff round. Players cannot sub in for another team during the same round, most particularly in a championship game. Exception: a player may sub for another team in the same league during the same play-off round IF the game is not a championship game (ie, title on the line) and the team needing a sub would default the game without the substitute player (resulting in both teams being unable to play).

Tiebreaker: During playoffs, games will be 50 minutes in length in anticipation of extra time to settle a tie. If the game is tied at the end of 50 minutes, the winner will be decided by a three-minute sudden death overtime period. If still tied, a shoot-out will commence; each of the five players on the floor (including the goalie) will take on shot each at a distance of eight paces (this shot must be taken from a stationary position). 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.

Playoff Matchups: For more information about playoffs (including details about how matchups are determined), please visit our policies page at www.forestcityssc.ca/page/policies