



Garrison Petawawa Inter-Unit Floor Hockey By-laws **September 2022**

The League Committee is responsible to produce the by-laws for the League before the start of the season. The Constitution and by-laws are subject to approval of the Chairman, 4 CDSG Garrison Petawawa Military Sports Committee.

Dundonald Hall Facility Reminders (IMPORTANT FOR ALL PARTICIPANTS)

1. Show up 5-10 minutes prior to your game starting. Our facility can get busy in the evenings with community members coming in to workout, members to play other IU sports, and community members using the pool.
2. Please arrive and have your military ID ready to be presented to front desk Staff. Unit PT gear is **NOT** a valid form of ID.
3. Inter Unit sports that take place in the fieldhouse (Ball Hockey & Indoor soccer)
 - a. Substitute (Subs) teammates will be required to sit on the bleachers/Benches arranged outside of the Fieldhouse court. Bleachers/Benches will be put on the side of the track in the fieldhouse that is closest to Silver Dart Arena (Wall with the Canada Flag).
 - b. Bleachers will be divided for Home and Away teams to sit on.
4. Water fountains are still for refills only. Please ensure all participants bring their own water bottles.

RULES

1. Games will be played as best to the accordance with the current Ontario Region Ball Hockey rules as well as the CH rulebook for reference.
2. The constitution and by-laws are in addition to the existing CH rules. In the event of a conflict, the constitution and by-laws will take precedence. CH rules will not apply to the following:
3. All game sheets will be completed with player's first and last names printed legibly and signed at the end of game by officiating staff.
 - a. Nicknames will not be accepted on the game sheet and will result in a forfeit of the game for that team.
4. No fighting will be tolerated and will result in an automatic and immediate suspension from the League for three (3) games for the first incident. The Disciplinary Committee will immediately review the incident. If the infraction occurs again, the individual will be suspended for the duration of the season. If the incident occurs at the end of the regular season and playoffs, the suspension will be carried over to the next season.
5. Physical abuse of any kind toward game officials will result in an automatic suspension for the duration of the season. The case will be forwarded to the President for review. Verbal abuse or harassment of game officials will result in an automatic game misconduct and a suspension until such time that the case has been reviewed and a decision made by the Disciplinary Committee.

6. If a player contacts the ball above the height of their shoulder with the stick, it will result in a minor penalty. Any contact with the stick above the shoulder of an opposing player will result in a double minor penalty. High sticking causing injury will result in a major penalty, a game misconduct, and a suspension for the next scheduled game played by that team.
7. A player may catch and drop the ball without moving in any direction to gain an advantage. If movement occurs and advantage is gained it will result in a minor penalty.
8. Players with three penalties in the same game will be removed from the game.
 - a. NOTE: Double minor penalties count as a single penalty.
9. Only the team coach, captain or assistant captain may assist the referees in breaking up a fight and may only approach their own players. All others must retire to their benches.
10. **No slap shots or golf shots allowed.** This includes the goaltender. All shots taken must be from below the knee.
11. Intentional shooting of the ball off the playing surface, at the Referee's discretion, will carry a minor penalty.
12. Maximum of one thirty-second time out per half.
13. Attempts to injure another player by checking from behind, rough play or any other manner attempting to cause injury will result in a suspension. The member will not play in any games until the incident is reviewed and a decision rendered by the Disciplinary Committee.
14. Wooden fibreglass bladed and plastic bladed sticks are permitted. The 25 and 10-cent rule for sticks will apply. Minor penalties for illegal sticks. If the stick conforms to the rules, the team who made the complaint will be issued a penalty.
15. The ball may be passed by hand to a team player in their own end or the defensive end.
16. Double minor penalties will be issued for the following stick infractions – slashing, butt ending, cross checking, high sticking and spearing.
17. Head shots will be called at the referee's discretion.
 - a. If a concussion is suspected by the Official, that player will be removed from the game. A notice of removal must be noted on the game sheet and the player must follow up with the Military Sports Department prior to playing again.
18. If a player is suspended from any Inter-Unit sport; they are ineligible to play for any sport or team until their suspension has been carried out in the sport where the offence was made.
19. If a team is caught putting different names of players on their game sheet and/or putting a person who is suspended, the team will be suspended from the League

GAMES

1. Two – twenty min periods will be played. First period straight time and the second stop time unless a seven point differential in the scores, it will then be straight time.
2. Games are played at DDH in Fieldhouse 3 (FH3), Monday and Thursday evenings from 1700-1900hrs.

3. Minor penalties will be 3 minutes in the first period and 2 minutes in the second with the exception of spearing, high sticking, butt ending, cross checking and slashing. These will be double minors and will be 4 minutes stop time and 5 minutes straight time.
4. When a major suspension occurs, no matter how long into the game, that game is **NOT** considered one of the games served in the suspension.
5. Two (2) points will be given for a win, One (1) point given for a tie, Zero (0) points given for a loss. League standings for playoff seeding will be calculated on a percentage base of accumulated points, with minimum of 50% + 1 games played. In the case of a tie, seeding preference will be given to the team that won last head-to-head match. Teams that do not meet the minimum number of games will be seeded in the bottom position in their advance to the playoffs.

SCHEDULES

1. All Military Sports schedules, events, advertisements etc. are displayed on League Lineup at <https://www.leaguelineup.com/welcome.asp?url=psppetawawasports>. We encourage all OPI's to sign up for a free account where they can receive text alerts about any schedule changes etc. Every player on the team can use the URL to view the website without signing up.
2. Regular season games will be played as follows:
 - a. Mondays & Thursdays: 1700– 1900hrs
 - b. Dundonald Hall Stags Gym Fieldhouse 3
 - c. Schedules will be made up and posted 1 week prior to date of play by the Military Sports Coordinator.
3. No games will be played on holidays such as Halloween, Remembrance Day, Family Day, Valentine's Day and March Break.
4. As per the operational tempo of major and minor units within 4CDSB Garrison Petawawa and 2 CMBG, games will not be rescheduled for any games that are cancelled or missed during regular season or playoffs.

CANCELLATIONS & ATTENDANCE

1. It is expected that all teams are to attend their scheduled games for the Inter Unit season.
2. Team may only cancel games due to **OPERATIONAL** reasons (training and exercises).
3. 48h notice of cancellation must be provided to the Military Sports Department or the team that does not show will be given a forfeit loss.

3 STRIKE POLICY *NEW*

1. No showing/not attending in inter unit sports without cancellation notice is unacceptable.
 - a. Strike 1 – Email is sent to OPI and Sport Officer
 - b. Strike 2 – Email is sent to unit Chain of Command
 - c. Strike 3 – Unit is removed from the inter-unit league for the entire season

PROTESTS

1. There will be no protests on any call made by the referee.
2. All protests shall follow the format below:

- a. Protests must be lodged to the game referee and noted on the game sheet before the end of that game.
- b. The team protesting the game must present their protests in writing to the Military Sports Coordinator within 24 hours of the incident.
- c. If time permits, the President will call the Protest Committee to settle the incident before the next scheduled game. In all other cases, the President shall make a ruling.
- d. If the team is not satisfied with the decision rendered, their unit Sports Officer may appeal to the Chairman, 4 CDSG Garrison Petawawa Military Sports Committee.
- e. If a team fails to lodge a protest to the game official and have it put on the game sheet, the president will not entertain the protest.

TEAM COMPOSITION

1. Roster must be submitted to the Military Sports Department **NLT 3 weeks into the season.**
2. There is no maximum number of players that a team can pool, however a maximum of 17 players inclusive of players on bench and the floor, can be dressed and listed on a roster sheet per game.
3. A min of 5 players and 1 goaltender is required to initiate the game. There will be no grace periods. Time goes by the referees watch.
4. A team can loan up to a **maximum of three (3) players from the opposing team** as long as **both** team captains agree at the start of the game and it is noted on the game sheet prior to the game starting.
 - a. Players playing in the game prior to or after the current game, may only be allowed to play as long as both team captains agree at the start of the game and it is noted on the game sheet prior to the game starting.
 - b. Failure to note such changes may result in a forfeited game.
5. All Draft pickups must come through the Military Sports Coordinator. A team and/or player cannot pick where they play.
6. Current game players/staff are the only ones who should be seated on the player's bench – no children.
7. Players must play a **minimum of 3 games to qualify for playoffs.**

EQUIPMENT

1. Equipment will be signed out 30 minutes prior to the game by the Team Captain. Equipment must be returned to the cage, immediately following the game.
2. Both teams are responsible for proper storage of equipment after the game.

3. CSA and/or ballistic approved clear eye goggles only- these are NOT provided – members must come with their own.

4. Teams may wear unit sweaters and are encouraged to have numbers on them. If there is a jersey conflict, the visiting team will be asked to wear pinnies.
5. Players may wear hockey gloves and/or shin pads.
 - a. If a player chooses to wear shin pads, the player's socks must be covering the shin pads.
6. No watches or jewelry are allowed to be worn on game floor.
7. No helmets will be allowed with the exception of the goalie.

ELIGIBILITY

1. A player shall play for the unit, to which they are posted or attach posted at the time of the game, including play-offs, however, player may finish out the season with which they began provided the waiver form process is followed and both Team OPIs are in agreement.
2. A player may not be "borrowed" by any unit or group of units to which they are posted or attached posted to, except if a waiver has been granted or is specifically authorized by the League Committee. Waiver forms are available through the Military Sports Dept. Waivers are valid for one season and cannot be revoked by the issuing team.
3. A player is eligible to participate on any number of inter unit sports teams (exception – one hockey team unless a GRN player from OT/Women) formed by their unit/group of units to which they belong. This player is also eligible to play for the Garrison Representative Team. Each unit Commanding Officer has sole and absolute authority over the number and level of sports a player from his unit may participate in.
4. Any practices that occur outside of the allocated Inter Unit time slots are not considered part of the Inter Unit program.

OFFICIALS

1. The Military Sports Coordinator along with the Manager of Fitness and Sports will select the Chief Official.
2. All officials must be part of the Military Sports mentoring program and/or hold a current CH qualification.
3. The Chief Official will select the game officiating staff.

PLAY-OFFS

1. All teams will be eligible for the play-offs, unless they have not played 50% + 1 games during the regular season. They will not be seeded in the standings, but will play in the playoffs.
2. League standings will be sent out prior to playoffs.
3. All Teams must submit their playoff team roster a minimum of 1 week prior to their first playoff game. **All players on the playoff roster must have played a min of 3 game in the regular season and should have their name on 3 regular season game sheets.**
4. The season will wrap up before March break.
5. All draft requests must come through the Military Sports Department, players cannot pick their teams and teams cannot scout players.

6. Playoffs will not happen if the majority of teams in the league are affected by operational tempo.
7. Players must play a **minimum of 3 games to qualify for playoffs.**

AWARDS

1. A trophy will be presented to the overall championship team based upon the outcome of the play-off games. If there are no play-offs, the championship team will be based on the highest tally of points accrued throughout the regular season. The Military Sports Department will keep the trophy displayed at DDH.

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