



MEN'S & CO-ED BROOMBALL LEAGUE RULES

FORFEITS: As a courtesy to the opposing team and staff, forfeits are absolutely not permitted in Healthy Buffalo leagues. If your team does not show for a scheduled league game, you are responsible to pay both your referee fees and the opposing team's fees. We do understand that life happens. If something comes up get as many players to the game as possible and contact Chas. We will do our best to get substitute players and get a game played.

HOME TEAM IS WHITE / GUEST IS BLUE: Check the schedule. If you're the home team, wear the white side. If you're the guest wear the blue side. This helps the scorekeeper and refs in running the games.

SIGNING IN: Please print your first name, last name and jersey number on the score sheet prior to each game. Failure to do so may result in not being credited for the game, which will in turn affect your stats and playoff eligibility.

REFEREE FEES: Referee fees are due before the start of the game. If under extenuating circumstances a team doesn't pay their referee fees in full before the start of the game a 1-goal penalty is awarded to the opposing team.

DISPUTING CALLS: It is the Referee's responsibility to interpret the rules during a game. A Team Captain (and only the Captain) may discuss/dispute calls made by the referee and it is the team captain's responsibility to ensure that all team players know the rules.

SCORING: Women's goals count as two points. Men's goals count as one point. If it is unclear if it was a man or a woman that scored the goal, only one point will be awarded. If the ball is deflected into the net, the number of points will be determined according to the last player from the scoring team that clearly touched the ball.

GAME TIME: Games are three periods of 15 minutes running time each. The clock will only stop if a player is injured and unable to make it off the ice without assistance.

PLAYERS ON ICE: There can never be more than four male players on the ice at one time. A female player may substitute for a male player but a male is not allowed to substitute for a female.

PLAYER CHANGES: Teams may change at random during a game but when changing, the player leaving the ice must be on the bench before a new player can step on the ice. Players may change freely after the stoppage of play. Too many players on the ice will result in an automatic penalty shot.

EQUIPMENT RULES: All players must wear a helmet during gameplay. Any helmet will do. Players may wear sneakers, rubbers, street shoes, or broomball sneakers during a game. Spikes or any protruding/foreign substance on the bottom of the footwear, providing an unfair advantage of traction on the ice, is strictly prohibited.

PLAYING THE BALL: The ball cannot be kicked or touched by a player's hands. Players cannot intentionally use their feet to play the ball (intentional use is determined by the referee). The ball may be directed using the head or torso, but cannot be directed with the hands, arms, or legs. If the ball deflects off a player's hands or legs the referee will decide whether or not a violation occurred.

CONTACT: The league is NON-CONTACT! Players should make a consistent effort to avoid body contact. No body checking, tripping, elbowing, slashing an opponent with a broom, or intentional sliding is allowed. Also, stick (broom) checking is prohibited. Players are permitted to drop to their knees to block a shot, but must drop straight down. Sliding forward or sticking your arms or legs out to the side is prohibited.

Normal violations will result in a change of possession at the point of the infraction. If the referee determines that a flagrant violation (i.e. unnecessary roughness or slashing) of the rules above has occurred, a variety of penalties may be awarded depending on the severity of the infraction. A penalty shot, misconduct penalty, or game misconduct penalty can be assessed.

HIGH STICKING: Sticks (brooms) cannot be raised above the player's shoulders at any time. Even if the player drops to their knees or is prone on the ice, high sticking is based on the player's shoulder level. The penalty for a high sticking infraction is a free shot, awarded to the opposing team, from the point of the infraction.

OFF SIDES: There are no offside calls as in hockey, but players must line up on sides for any face-off. If a player is offside, the other team will have a free shot at the point where the face-off was to occur.

HITTING THE GOALIE: Players are not allowed to hit the goalie when he has possession of the ball. Players can stand next to the goalie in an attempt to block the ball or screen the goalie but contact with him is prohibited. Hitting the goalie when they have possession of the ball will usually result in a change of possession. However, frequent infractions of the rule will result in a penalty shot and/or misconduct penalty. The referee will give a team warning prior to calling a penalty shot.

GOALIE RULES: Goaltenders must realize that they are always in the penalty area. Therefore if a goalie violates one of the following rules, a penalty shot is awarded:

A) High Sticking: The goalie must obey the high sticking rule except when making a save.

B) Freezing the ball: The goalie may hold the ball for a maximum of three seconds and must at all times make an effort to clear the ball. Players may stand near the goalie but cannot swing at the ball when it is in his possession.

C) Clearing the ball: The goalie cannot throw the ball out to a player who is in front of the crease. A 45-degree angle from the top of the crease to the sideboards is used to determine the proper area where the ball may be thrown. (If you are unsure of the appropriate angle, ask the referee before the game.) At no time may the goalie throw the ball past half ice, even if it was properly thrown to the side and rolled past half ice. The goalie can shoot the ball straight out or pass it to a player using their goalie stick.

D) Leaving the crease: The goalie is not allowed to leave the crease. If making a save or reaching beyond the crease they lose contact with the ice they are considered out of the crease. (For example, if one foot is on the ice outside the crease, the other foot must remain on the ice inside the crease.) Some portion of the goaltender's body must be in the crease at all times.

E) Hitting the ball from their hand: The goalie may not drop kick or toss the ball in the air and swat it after catching it. The ball must touch the ice prior to being passed or kicked away from the crease. Intentionally bouncing it off the ice is not allowed.

F) Throwing the ball: The goalie may not throw the ball directly at a player from the opposing team in an attempt to injure the player.

PLAYERS SHOWING UP LATE: All teams must have their referee fees paid and be ready to go at the scheduled game time. If they are not ready to play within five minutes of the scheduled game a 1-goal penalty will be assessed for every five minutes they are late.

SUBS: Anyone can sub for your team at any point in the regular season as long as they are not currently on another roster. So if you are short players call your cousin, your uncle, or your best friend, just don't ask the best player on the team that played in the game before yours.

PLAYOFFS: All teams make the playoffs. Seeding is determined by record, then head-to-head matchups, then total points scored as a third tiebreaker. A player must play in three regular season games to qualify for the playoffs. Certain exceptions can be made at the league's discretion to address extenuating circumstances.

TIMEOUTS: Three (3) per game.

OVERTIME: There is one sudden death overtime period of three minutes. If neither team scores it will go to a shootout. In the shootout each team will select six players (at least two female players) for a shot. Female goals still count as two. If both teams are tied after the shootout the game will end as a tie.

EJECTIONS: Players can be ejected from the game at the referee's discretion. Players are automatically ejected after receiving a second technical in the same game. After being ejected a player must automatically serve a one-game suspension. If the player is ejected another time in the same season, that player will be suspended for the rest of the season and possibly longer based on the circumstances.

OFFICIAL LEAGUE JERSEY: All players must wear the official league jersey during league play. A one (1) goal penalty will be awarded to the opposing team for every player without the official league jersey.

EVERYTHING ELSE: Remains at the discretion of the referees and league administrators.



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Healthy Buffalo is a 501(c) not-for-profit organization that was formed in 2008 to help promote a healthier and more vibrant community. We do this by running first class sporting and fitness events in the community and hosting a free informative website with guides to everything sports and wellness in WNY. If you would like to help advance our mission send an email to contact@healthybuffalo.org. We are currently looking for sponsorships, volunteers, and league/event administrators who would like to start Healthy Buffalo events in other sports and activities. If you participate in other leagues or sports clubs send us the information and we will help promote it through our website.

www.healthybuffalo.org