



Zero tolerance on fights and extreme aggressive play:

- Instigator rule which dictates that a player who purposely and knowingly begins a fight or attempts to injure results in an automatic expulsion from the league.
- The player who is protecting themselves by fighting back will be subject to a suspension if necessary by the league. Keep in mind that there is a clear difference between protecting yourself and continuing the fight.
- **Important Penalty rule!!!** When a player exceeds 30 minutes of total penalty minutes throughout the course of the season, he automatically receives a 1 game suspension. 50 minutes will be a 3 game suspension. 70 minutes will be expulsion from the league. Suspensions carry onto the playoffs. All penalty minutes are deleted once the playoffs begin.

Safety and respect:

- We ask all players to slow down in the corners. However it is the player's responsibility to be aware of their surroundings and distance from the walls.
- We ask all players to shake hands after the game as a show of sportsmanship.
- You are responsible for any damages caused in the arena, dressing room and sports complex environment. The player will not be allowed to play until the damages have been reimbursed.
- Any damages to our equipment while playing because of frustration (banging hard the stick on the net, boards, etc...) will be an automatic 10 minute misconduct and 2 minute penalty.
- Any players playing under the influence of drugs or alcohol will be automatically dismissed from the league. The team will also be deducted two points. You are jeopardizing the safety of the opposing team and yourself. It is selfish and disrespectful.
- Zero tolerance abuse applies also to refs. Expulsions and suspensions are a possibility with continued abuse. You can disagree with calls (they are only human after all) but our refs are experienced and impartial. They will make the call they think is the right one.
- No sliding with motion is allowed. It is considered a dangerous play and penalties will be called.

Upward Sports specified rules:

- Time keeping:
 - Ball Hockey: 3 periods of 15 minutes + 2 minute intermissions. There is no stop time.
 - Futsal: 2 halves of 25 minutes with a 2 minute break in between.
 - In case of a tie after regulation time:
 - Ball hockey – penalty shootouts
 - Futsal – ends in a tie
 - Playoffs – overtime
 - Point system:
 - Ball hockey - 2 points regular win. 1 pt in shootout loss. 0 points in regulation loss.
 - Futsal – 3 points in a win. 1 pt in a tie. 0 points in a loss.
 - Playoff qualification: Players must play 4 games with that particular team. Goalies 2 games. Exhibition games do not count. Before playoff games, all scoresheets of the season are present.
 - If the ball hockey goalie is significantly late for the start time of the game, the team is assessed a 2 minute penalty to start the game.
 - Every team has 2 timeouts per game. In the third period, a team can only use 1 timeout.
 - Equipment:
 - Ball hockey
 - - hockey stick
 - - shin pads
 - - gloves
 - - helmet (face mask/cage/shield is recommended, but not obligatory)
 - Futsal
 - - running shoes
 - - shin pads (recommended, but not obligatory)
 - - socks (recommended, but not obligatory)
- No jewelry can be worn during games for both hockey and futsal---
- Upward Sports policy with regards to suspensions:
All infractions are different. Discretion of the ref and the league may weaken or strengthen disciplinary measures, depending on the infraction at hand. The following is the general procedure.
 - ☆ 1st offence: Penalty or match penalty (depending on infraction)
AND a warning that the next infraction will lead to a suspension
 - ☆ 2nd offence: Suspension of x amount of games
AND a warning that the next infraction will lead to expulsion from the league
 - ☆ 3rd offence: Expulsion from the league
Proper behavior leads to a proper season and a proper league.
Help us in making sure we have a quality league for everyone involved!
 - The "Mercy Rule" is applied when one team scores 8 goals more than the other team.
A mercy rule cannot occur within the first period.
 - Tie-breaking procedure within the standings:
 - 1 - The greater number of points earned in games between the tied teams. If more than two teams are tied, the higher percentage of available points earned in games among those teams.
 - 2 - The greater differential between goals for and against for the entire regular season. NOTE: In standings a shootout win counts as 1 goal for, while a shootout loss counts as 1 goal against.

Volleyball – NEW!

These rules are open to change. We are learning to see what works best for our league format!

Remember – this is a strictly recreational league. These rules can help provide a structure to the league, but it shouldn't form a competitive spirit where players are overly competitive and not creating a welcoming environment for everyone else involved. Let's be mindful!

1. A match is 1 hour long. Teams may play as many games in the allotted time. Games are normally played to 25 points, winners must lead by two and a cap will be set at 35 points. If teams do not reach the score of 25 by the end of the time allotted, then whoever is in the lead at the time the whistle is blown will be declared the winner. For the last game, a team must amass at least fifteen points for the game to count and whoever is in the lead at the time of the whistle will be declared the winner. If there is a tie at the time of the whistle, the next point will determine the winner.
2. Teams must be prepared to play at their allotted game time. Teams have no more than 10 minutes past their scheduled game time to field a minimum of 4 players or a win by default will be given to the opposing team.
3. Each team will be afforded one time-out per game. Duration: 45-60 seconds.
4. A player needs to have played at least 4 games in order to qualify for the playoffs.
5. Men are not allowed to spike.
6. Teams can take substitutes from either outside the league, from friends, or from inside the league, including players from other teams. Both teams must agree on substitutes.
7. There is only one toss on the serve, failure to serve the ball over the net after one toss will result in a loss of serve and a point for the other team.
8. The ball may touch the net on the serve.

Can we improve our rules and structure, while maintaining the recreational atmosphere we wish to attain? We're open to hearing from you!! Together, we can make our league grow!

Have yourself a great season!

Joe (514) 688-3048
