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IRSEQ®

LAVAL

**SPECIFIC RULES
2026-2027**



**MULTISPORTS MINI-LEAGUE
MINI-BALL HOCKEY**



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Table of contents

ACTIVITY PROCEDURE	3
ARTICLE 1 Officiel rules	3
1.1 Game rules	3
ARTICLE 2 Identification of categories	3
2.1 Category	3
ARTICLE 3 Team composition	3
3.1 Composition	3
3.2 Substitutions	3
ARTICLE 4 Installations and equipment	3
4.1 Sports installations	3
4.2 Equipment	4
4.3 Security	4
ARTICLE 5 Games	5
5.1 Game format	5
5.2 Playing time	5
5.3 Refereeing	5
5.4 Score	5
5.5 Score differential	6
ARTICLE 6 Awards	6
6.1 Banners	6
HOW SPORT WORKS	6
ARTICLE 7 Specific rules	6
7.1 Positions	6
7.2 Faceoff	6
7.3 Ball outside	6
7.4 Use of hand	7
7.5 Goals	7
7.6 Penalty	7

ACTIVITY PROCEDURE

ARTICLE 1 Officiel rules

1.1 Game rules

- 1.1.1 The official rules are the RSEQ Laval's specific rules.
- 1.1.2 The administrative rules of Sports Laval must be respected by all the participating schools.

ARTICLE 2 Identification of categories

2.1 Category

2.1.1

Category	Grade
Mosquito	5 th and 6 th grade

- 2.1.2 Upgrades are permitted.

ARTICLE 3 Team composition

3.1 Composition

- 3.1.1 Each team is mixed.
- 3.1.2 Each team must have a minimum of nine (9) players.

3.2 Substitutions

- 3.2.1 Substitutions can be made when the ball is not in play or during the play.
- 3.2.2 If the substitution is made during the play, the player on the field must exit completely the playing area before the substitute player can enter the field to avoid an excess of players on the game.
- 3.2.3 Substitutions are unlimited (free substitution).

ARTICLE 4 Installations and equipment

4.1 Sports installations

- 4.1.1 The playing area used is an entire gymnasium, including the walls. Benches are installed, lying on the floor, in two (2) of the corners as players' benches.
- 4.1.2 A goal area (crease) is determined by the lines on the ground and is exclusively reserved for the goaltender.

4.1.3 The goals must be the same on the field.

4.2 Equipment

4.2.1 The official ball hockey is a ball with holes and has a plastic bag or a fabric inside of it.

4.2.2 Balls will be provided by Sports Laval.

4.2.3 Participating schools must have a t-shirt or pinnies of the same color for each player.

4.2.4 Participating schools must have the following equipment for the players:

MANDATORY	OPTIONAL (Strongly recommended)	FORBIDDEN
- Protective glasses on the field <u>AND</u> on the bench ; - The stick must be made entirely of plastic (including the blade) (ex : DOM stick).	- Shin guards ; - Hockey gloves ; - Mouthpiece ; - Helmet with a protective face shield for offensive player only.	- The stick blade cannot be covered with tape ; - Wood sticks, composite sticks or DOM Élite sticks are not accepted.

4.2.5 Participating schools must have the following equipment for the goaltenders:

MANDATORY	OPTIONAL (Strongly recommended)	FORBIDDEN
<u>*Only ball hockey goaltender equipment is allowed.*</u> - Helmet with a protective face shield ; - Goaltender pads ; - Goaltender glove and blocker ; - Goaltender stick must be made entirely of plastic (including the blade).	- Chest protector ; - Goaltender pants (thigh protector).	- Shoulder pads or any chest protector that covers the back ; - Ice hockey goaltender pads ; - Elbow pads ; - Any shoulders or arms protection that provides an unfair advantage ; - Any jersey of disproportionate size that provides an unfair advantage.

4.3 Security

4.3.1 Before each game, the coach must make sure that no player is wearing jewelry (necklaces, bracelet, earrings, facial piercing, etc.)

ARTICLE 5 Games

5.1 Game format

- 5.1.1 The games are played with four (4) players and one (1) goaltender on the field.
- 5.1.2 There must be a girl on the field at all times. If a team does not have a girl, they must play with one less player on the field. The girl can be the goaltender.
- 5.1.3 Ball hockey is a non-contact sport. Players must play the ball and no contact with the opponent will be tolerated.
- 5.1.4 The game format is competitive. There will be a round robin period where each team will be played. After, there will be an elimination round with the quarter-finals, semi-finals and the final.
- 5.1.5 For the round robin period, if there is a tie, there will not have overtime. A win game is three (3) points, a tie game is one (1) point and a loss game is 0 point.
- 5.1.6 If there is tiebreak after the round robin period, the procedure to apply is :
- (a) Total points : how many points have each team. The team who have more points moves on;
 - (b) If two (2) teams are involve in a tiebreaker, the team who win the game will moves on;
 - (c) Calculate the point differential in all the games of the round robin period (goals scored – goals conceded = differential). The team with the biggest differential moves on;
 - (d) If the differential is tie, the team with the less goals conceded moves on.
- 5.1.7 For the elimination round, tie games will go in overtime. There will be two (2) minutes overtime (running time). If it is tie again, each team will select three (3) players for shoot out. They will continue until a goal is scored.

5.2 Playing time

- 5.2.1 The game will consist of two (2) periods of twelve (12) minutes (running time). There will be a one (1) minute break at half time.
- 5.2.2 No time-outs are allowed.

5.3 Refereeing

- 5.3.1 The referees will be determined by Sports Laval.
- 5.3.2 All periods must begin with a faceoff in the center of the field.

5.4 Score

- 5.4.1 Each goal is one (1) point.

5.5 Score differential

- 5.5.1 If there is eight (8) points separates the two (2) teams, the score will be final for the match sheet. The teams can still play for pleasure.

ARTICLE 6 Awards

6.1 Banners

- 6.1.1 Each team will receive a participation banner. The teams in final will receive a finalist banner and champion banner.

HOW SPORT WORKS

ARTICLE 7 Specific rules

7.1 Positions

- 7.1.1 The goaltender can immobilize the ball with their hands. The team has five (5) second to put the ball back in play behind their goal line, otherwise, the referee will stop the play. If the referee stops the play, the opposing team resumes the game from the sideline.
- 7.1.2 The goaltender cannot throw the ball with their hands.
- 7.1.3 The goaltender cannot leave their crease.

7.2 Faceoff

- 7.2.1 A faceoff at the center of the field take place :
- (a) At the beginning of each period;
 - (b) After each goal.

7.3 Ball outside

- 7.3.1 The responsibility of the ball outside is assigned to the last team that have touched the ball before leaving the playing area. The possession of the ball goes to the opposing team near the area where the ball left the playing surface.
- 7.3.2 If the ball touches the goaltender before exiting the playing surface, the possession of the ball goes to the opposing team near the area where the ball left the playing surface.
- 7.3.3 If the ball is immobilized by the goaltender, the possession of the ball goes to his team. The player resumes the game with the ball behind his goal line.

- 7.3.4 When the ball is put back in play, at the referee's whistle, the player has five (5) seconds before the opposing team can try to approach him and take the ball away. During those five (5) seconds, a distance of two (2) meters must be respected between opposing players. The player putting the ball back in play can choose to directly shoot at the net, advance with the ball or pass.

7.4 Use of hand

- 7.4.1 Players are not allowed to stop the ball with their closed hand. Players can only hit the ball with their opened hand. In case of an infraction, the possession of the ball is given to the opposing team and the game restart.

7.5 Goals

- 7.5.1 A goal is allowed :
- (a) When the ball has completely crossed the goal line ;
 - (b) When the ball is put by a player into their own goal in any manner.
- 7.5.2 A goal is not allowed if it is scored when :
- (a) A offensive player put their foot on the goal line or inside the crease;
 - (b) A offensive player hit intentionally and/or deliberately the ball with their foot or any other part of their body into the opponent's goal;
 - (c) A player hit the ball with their stick above their waist height (high stick) ;
 - (d) The ball touches the referee and deflects directly into the goal. However, if the ball touches the referee without a goal, the play continues.

7.6 Penalty

- 7.6.1 There is three (3) types of penalties : minor penalty, major penalty and a extreme misconduct penalty.
- 7.6.2 All **minor penalties** result in a penalty shot to the player against whom the foul was committed. The penalty shot is starting from the center of the field. If the player is injured, the coach must choose another player present on the field.
- 7.6.3 The minor penalties are :
- (a) High stick : At all times, the stick cannot exceed the height of the player's waist. For a slap shot, the maximal allowed height remains the waist.
 - (b) Knee (s) on the ground : A player cannot touch or try to block the ball while having one or two knees in contact with the ground or while sitting or lying on the playing surface.
 - (c) Sliding : A player cannot slide to block or try to block the ball.

- (d) Obstruction : Any player who deliberately removes a stick from an opponent's hands and/or prevents them to take a lost stick or a dropped stick. A player who obstructs the movement of the goaltender or another player is also an obstruction.
 - (e) Hooking / Holding : Any player who try to hinder an opponent's play by hooking with their stick or try to restrains an opponent's stick or body.
 - (f) Throwing a stick : Any defensive player (including the goaltender) who throws their stick or any other piece of equipment towards the ball.
 - (g) Forbidden zone : when an offensive player enters in the crease or touches the line that delimits the crease with his stick.
- 7.6.4 All the minor penalties apply to goaltenders if they are outside of the crease. However, a goaltender slide that was initiated in the crease, but go outside of the crease, is tolerated.
- 7.6.5 A **minor or a major penalty** is allow depend of the referee's judgement :
- (a) Elbowing or kneeing : Any player who hit an opponent with their elbow or knee.
 - (b) Roughing, checking from behind and cross-checking : Any player who uses physical contact or make a cheking, that the force of the impact unbalance the opponent, is not tolerated. The force of the impact and the context of the rough play occurs are the factors that guide the referee in their decision. A checking from behind is automatically a extreme misconduct penalty.
 - (c) Slashing and spearing : Any player who slashes or spears an opposing player.
 - (d) Throwing a stick : Any player who throws his stick to manifest his anger, discontent or to injure another player.
- 7.6.6 A **major penalty** brings the expulsion of the player from the game.
- 7.6.7 The major penalties are :
- (a) Injury : when a player deliberately try to injure another player.
 - (b) Unsportsmanlike conduct / abusive language : when a player uses incorrect and disrespectful language towards a player, a coach or a referee or has unsportsmanlike conduct.
- 7.6.8 A **extreme misconduct penalty** brings the exclusion of the player from the game, but also for the entire day :
- (a) Fighting : Any player actively participating in a fight is automatically expulse from the match and the day.