

## **1 § 1 – Referees and responsibilities**

### 1.1 Referee

- 1.1.1 The referee has final say on any call being made.
- 1.1.2 The referee has a whistle that is only used to indicate stoppage of play or the start of the game.
- 1.1.3 Responsibilities
  - 1.1.3.1 The referee keeps official time with a stopwatch in hand.
  - 1.1.3.2 The referee signals the start of the game according to §4.2.
  - 1.1.3.3 The referee signals all stoppages and starts of play according to §§4.3 and 4.4.
  - 1.1.3.4 The referee signals all dabs according to §§3.2, 6, 7, and 8.
  - 1.1.3.5 The referee signals all penalties according to §§5, 6, 7, and 8.
  - 1.1.3.6 The referee signals the end of the game.
  - 1.1.3.7 The referee is responsible for checking all bicycles and mallets for safety before the tournament begins.

### 1.2 Scorekeeper

- 1.2.1 The scorekeeper is at half court on the sidelines.
- 1.2.2 The scorekeeper shouts out game-times at 2-3 minute intervals and after goals.
- 1.2.3 The scorekeeper shouts out a two minute warning, followed by one minute, thirty seconds, and a countdown from ten seconds.
- 1.2.4 The scorekeeper maintains the official game log on paper with time and scorer of all goals, penalties, and unofficially via any displayed scoreboard.
- 1.2.5 If there is a timer visible to players, the scorekeeper is responsible for starting, stopping, and resetting it.
- 1.2.6 During a power play, the scorekeeper communicates with penalized players to let them know when they are able to go back into play.

### 1.3 Goal judges

- 1.3.1 The goal judge is positioned behind the net.
- 1.3.2 The goal judge is easily visually distinguishable from spectators.
- 1.3.3 The goal judge indicates when a goal is scored by pointing at the net with one fully outstretched arm or signaling object (flag, etc.).
- 1.3.4 The goal judge indicates that a goal has not been scored by showing a ‘wash-out’ motion with both arms.
- 1.3.5 The goal judge indicates a false start by waiving one hand or signaling object in the air.
- 1.3.6 The goal judge returns the goal to its starting position if it is moved during play.
- 1.3.7 The goal judge may be called upon by the court referee to provide perspective regarding a play near the goal. The court referee makes the final call.

## **2 § 2 – Equipment and Facilities**

### 2.1 Court

- 2.1.1 Courts are no larger than 55m : 25m (180’ x 80’) and no smaller than 36m : 18m (120’ x 60’).
  - 2.1.1.1 Exceptions may be made to this rule by petitioning the NAH Tournament Committee.

## 2.2 Goals

- 2.2.1 Goals have nets.
- 2.2.2 Goalmouth will be 183cm (6') wide by 91.5cm (3') tall.
- 2.2.3 Goals have a firm top crossbar.
- 2.2.4 Goals are placed with the front of both goal posts level with the front of the goal line and centered on the court.
- 2.2.5 Goals are at least 183 cm (6') away from the boards.
- 2.2.6 If the goal is moved during play, the goal line still determines if a goal is scored.
- 2.2.7 Three lines having to do with the goal shall be painted or otherwise drawn onto the playing surface:
  - 2.2.7.1 The goal line, which connects the goalposts. This line defines the threshold the ball must cross in order for a goal to be awarded.
  - 2.2.7.2 Two additional lines extending from each goalpost and running perpendicular to the goal line toward the back boards.
- 2.2.8 Goal lines per §2.2.7 will be no more than 5 cm thick and must contrast well with the color of the playing surface. These lines are to serve as the reference for the goal judge and/or referee to determine if a goal was scored in the event that the net was dislodged from its location on these lines.

## 2.3 Bicycles

- 2.3.1 The bicycle has at least one braking mechanism
  - 2.3.1.1 A fixed gear drive train with foot retention on both pedals is a braking mechanism
- 2.3.2 The handlebars are plugged or capped
- 2.3.3 The chain is on the outermost chainring or there is a bashguard
- 2.3.4 There are no racks, fenders, bottle cages, or saddlebags
- 2.3.5 There are no additions to the bicycle specifically designed to block the ball
- 2.3.6 There are no sharp edges, points, loose screws, or otherwise unsafe parts (which is at the discretion of the referee).

## 2.4 Mallets

- 2.4.1 Shaft
  - 2.4.1.1 The shaft is made of metal or carbon fiber
  - 2.4.1.2 The gripped end of the shaft is plugged or sealed
  - 2.4.1.3 The shaft does not protrude through the bottom of the mallet head
- 2.4.2 Mallet head
  - 2.4.2.1 The mallet head is made of plastic tubing.
  - 2.4.2.2 The mallet head is securely fastened to the shaft.
  - 2.4.2.3 The mallet head is a maximum of 180mm (7") in length.
  - 2.4.2.4 The inner diameter of any hole on the mallet head may not exceed 57mm (2.25").
- 2.4.3 Dangerous mallets
  - 2.4.3.1 The referee disallows the use of mallets that he deems dangerous. Examples of dangerous mallets may include: Mallets that splinter, shatter, or break easily, mallets with sharp protrusions, etc.

## 2.5 Helmets

- 2.5.1 While on the court, all players wear a helmet that meets safety standards for

cycling.

## 2.6 Uniforms

2.6.1 Teams wear matching colored uniforms

2.6.2 Uniforms do not interfere with any player's equipment e.g. loose clothing grabbing an opposing player's handlebars or mallet

## 3 § 3 – Game format

### 3.1 Start of the game

3.1.1 Players are stationary, on their bicycles, with rear wheel touching the boards behind the net.

3.1.2 The ball is placed at the center of the court.

3.1.3 The referee asks each team if they are ready.

3.1.4 Once both teams signal that they are ready, the referee raises his hand then blows the whistle.

3.1.5 Once the whistle is blown, time begins and players can move.

3.1.6 The goal judge signals a false start when a player's back wheel leaves the boards behind the net prior to the whistle that starts the game.

3.1.6.1 If the referee deems that a false start has resulted in an advantage for the team committing the false start, a ball turnover will occur.

3.1.7 Jousting players hold their mallet on the side of their bike which a majority of players in the game have their mallet hand.

3.1.8 Jousting players maintain a straight line until a player makes contact with the ball.

3.1.9 Jousting players peel off to the side of their steering arm after the joust.

### 3.2 Stoppages of Play

3.2.1 The game clock will stop during a stoppage of play.

3.2.2 Players will return to their half of the court during a stoppage of play.

#### 3.2.3 Out of bounds

3.2.3.1 Possession goes to the second to last team to touch the ball before the ball left play. These touches may include incidental deflections, rebounds, etc.

3.2.3.2 The game will restart according to §3.3

#### 3.2.4 Lodged ball

3.2.4.1 A ball that is lodged in a player's equipment is out of play.

3.2.4.2 Possession goes to the team that did not have the ball lodged in their equipment.

3.2.4.3 The game will restart according to §3.3

#### 3.2.5 Goals

3.2.5.1 A goal will be awarded when the entire ball crosses the entire goal line and this did not result from any action deemed not to be a shot under §4.1. Incidental deflections not falling under §§4.1.2-4.1.4 which enter the net are valid goals.

3.2.5.2 A goal will be awarded when the entire ball crosses the entire goal line

and this resulted from momentum added to the ball as a result of any action of a defending player. These are known as own-goals.

3.2.5.3 After a goal is scored, the game will restart according to §3.3 with the team who was last scored on in possession of the ball.

### 3.2.6 Penalty

3.2.6.1 The referee will stop play in order to assess a penalty.

3.2.6.2 The game will restart according to §§5.1-5.3.

### 3.2.7 Shifted Goal Position

3.2.7.1 If the position of a goal is shifted significantly enough to influence play, the referee can stop play.

3.2.7.2 A delay of game penalty may be assessed according to §5.4.

3.2.7.3 Game restarts according to §3.3.

### 3.2.8 Injury

3.2.8.1 Stoppage of time for an injury is called at the discretion of the referee.

3.2.8.2 Possession of the ball will be returned to the team that was last in possession of it.

3.2.8.3 The game will restart according to §3.3.

### 3.2.9 Mechanical Timeout

3.2.9.1 A timeout can be called by a player for mechanical issues by yelling "Time Out" to the referee.

3.2.9.2 Any player having the mechanical problem has the option to call a timeout or "mechanical" only after their team takes possession of the ball. After fixing the mechanical problem, the ball is turned over to the other team and play will restart according to §3.3.

## 3.3 Resuming play

3.3.1 Each team returns to their half of the court.

3.3.2 The appropriate team receives possession of the ball.

3.3.3 The referee establishes both teams are ready by receiving a verbal acknowledgment.

3.3.4 The referee signals that play restarts when either a player or the ball from the team in possession of the ball crosses half-court.

## 3.4 Overtime

3.4.1 If a match in an elimination round is tied at the end of regulation time, a sudden-death overtime period will follow.

3.4.2 The teams will joust according to §3.1.1.

3.4.3 The first team to score during overtime wins.

## 4 § 4 – Ball Handling

### 4.1 Shooting

4.1.1 A shot is when momentum is added to the ball or the direction of the ball is

- changed by the narrow, circular surface of the mallet head.
- 4.1.2 Momentum added to the ball as a result of “kicking” it with the wheel by quickly turning the handlebars is not a shot.
  - 4.1.3 Knocking the ball into the net with any part of the body or bike is not a shot.
  - 4.1.4 A shuffle (see §4.2) is not a shot.
- 4.2 Shuffling
- 4.2.1 A shuffle is defined as any contact between a broad side of the mallet head and the ball.
  - 4.2.2 A shuffle which enters the opposing net is not a goal. In this case a restart occurs per §3.3, with the ball in possession of the team which did not shuffle it into the opposing net.
- 4.3 Ball jointing
- 4.3.1 A ball-joint is when downward pressure is put on a ball with a mallet head.
  - 4.3.2 Ball-jointing is permitted in the defensive zone only. Ball-jointing in the offensive zone will result in a ball turnover.
- 4.4 Scooping
- 4.4.1 A scoop is when the ball is cupped in any hole in the mallet head using centripetal force and is maneuvered through the air for the purposes of passing, self-passing or otherwise strategically moving the ball.
  - 4.4.2 Scooping is permitted.
- 4.5 Carrying
- 4.5.1 Carrying is defined as picking up the ball and carrying it in the air, in any hole in the mallet head, with gravity providing the force which binds the ball to the mallet head (think of carrying an egg in a spoon).
  - 4.5.2 Carrying is not permitted and will result in a ball turnover.

## 5 § 5 – Penalties

- 5.1 Types of penalties that can be assessed.
- 5.1.1 Ball Turnover – the game will restart per §3.3.
  - 5.1.2 Minor – 1 minute man-advantage.
  - 5.1.3 Major – 2 minute man-advantage.
  - 5.1.4 Game misconduct – the offending player will be removed from the court and bench area, and will not be allowed to return for the duration of the match.
  - 5.1.5 Game suspension – the offending player will be removed from the court and bench area, will not be allowed to return for the duration of the match, and will also not be allowed on the court or in the bench area for the entirety of his/her team's subsequent match.
- 5.2 Power plays
- 5.2.1 A power play is a man-advantage situation resulting from a major or minor penalty as defined in §5.1 and §9.3.2.
  - 5.2.2 A power play begins with a start as per §3.3, with the exception that the penalized team must play with only two players on the court.
  - 5.2.3 A power play begins with the team having the man-advantage in possession of the ball.

- 5.2.4 For the entire duration of the power play, the penalized team may freely substitute players as usual, with the exception that the penalized player may not enter the court at any time during the power play.
- 5.2.5 The official timekeeper is responsible for recording the time, severity, player, and type of infraction in the official game log, and is also responsible for verbal cues to the players and referee as to the remaining time in the power play as necessary.
- 5.2.6 A power play ends under one of two conditions: 1) the prescribed time elapses off of the game clock. 2) the team with the man-advantage scores a goal.
- 5.2.7 If a power play ends via the first condition, no stoppage of play will occur. The penalized team will return to full-strength on the fly by sending a player onto the court from the bench.
- 5.2.8 If the penalized team is assessed an additional penalty during a power play, the penalty will be recorded as in §5.2.5 by the time keeper and the penalized player will be sent off of the court for the duration of his/her penalty. A restart will again occur as in §5.2.2. On-court manpower will remain 3 against 2, with the duration of the power play extended to account for the subsequent penalty assessed.
  
- 5.3 Coincidental penalties
  - 5.3.1 Coincidental penalties are simultaneous penalties assessed to a member of each team.
  - 5.3.2 Coincidental penalties will result in a 2-on-2 situation for the prescribed duration of the penalties assessed.
  - 5.3.3 After coincidental penalties are assessed, a start will occur per §3.1.1 (re-joust), with the exception that each team has two players on the court instead of three.
  - 5.3.4 On-court manpower will remain 2-on-2 for the duration of the coincidental penalties, regardless of goals scored during this situation.
  - 5.3.5 The official timekeeper is responsible for recording the time, severity, players, and type(s) of infraction in the official game log, and is also responsible for verbal cues to the players and referee as to the remaining time in the penalties as necessary.
  - 5.3.6 When the time for the coincidental penalties expires, each team will return to full strength on the fly by sending a player onto the court from the bench. No stoppage of play will occur.
  
- 5.4 Delay of game
  - 5.4.1 A delay of game penalty will be assessed when a player shifts the goal according to §3.2.7.
  - 5.4.2 A delay of game penalty will be assessed when a player pins the ball with his or her bicycle while leaning against the boards preventing other players from playing the ball.
  - 5.4.3 A delay of game penalty will be assessed when a player intentionally strikes or throws the ball out of play from his or her defensive zone.
  - 5.4.4 A delay of game penalty is assessed in other situations at the referee's discretion
    - 5.4.4.1 Examples include showing up late for the start of a match, rendering the court or a player's equipment unplayable, taking too long to restart play after a stoppage.
  
- 5.5 Unsportsmanlike conduct
  - 5.5.1 An Unsportsmanlike conduct penalty will be assessed when a player is judged by

the referee to be behaving in an unsportsmanlike manner. Examples of this include:

- 5.5.1.1 Verbal heckling or abuse of a referee, goal judge, timekeeper, scorekeeper, or any other event organizer or official.
- 5.5.1.2 Knocking or relocating an opponent's dropped mallet in order to make it more difficult for them to recover it.
- 5.5.1.3 Failure to tap out or leave the play after dabbing.

## 5.6 Delayed penalties

- 5.6.1 A referee delays calling a penalty when the penalty does not result in an advantage for the team being penalized until the penalized team gains possession of the ball.
- 5.6.2 The referee will signal a delayed penalty by raising his or her arm into the air and keeping it there until the next stoppage of play.
- 5.6.3 A penalty is not called if a goal is scored on the penalized team during the delayed penalty situation.

## 6 § 6 – Bike Handling Penalties

### 6.1 Dabbing

- 6.1.1 A dab occurs when a player's foot touches a horizontal surface other than his pedals.
- 6.1.2 A dabled player must go to center court to tap his or her mallet on the boards at half-court (on either side) before re-entering play.
- 6.1.3 Dabled players who interfere with play can be assessed a penalty ranging from ball turnover to major.

### 6.2 Toppling

- 6.2.1 A toppling penalty will be assessed when a player gives his or her team an advantage by causing an opposing player to dab while dabbing himself or herself.
  - 6.2.1.1 Examples include dabbing as a defender and falling/remaining in the goal mouth in an attempt to block or discourage shots, jumping off of the bike while in the process of dabbing to check or impede an opposing player, and initiating a pile-up by dabbing and forcing one or more defenders to dab in the process.

### 6.3 Bike-on-bike contact

- 6.3.1 A player who initiates bike-on-bike contact will be assessed a penalty ranging from ball turnover to major.
  - 6.3.1.1 Examples of penalized bike-on-bike contact can include:
    - 6.3.1.1.1 A player riding his or her bicycle in such a way that wheel-to-wheel or wheel-to-frame contact is initiated on an opponent. This includes t-boning an opponent while riding forwards OR backwards.
    - 6.3.1.1.2 Skidding to a stop while changing directions which results in wheel-to-wheel or wheel-to-bike contact on an opponent. This is commonly referred to as the “whale tail” or “dolphin slap”.
    - 6.3.1.1.3 Hopping on the bike and causing contact to an opponent's bike with your chainstay, pedals, or any other part of your bike.
    - 6.3.1.1.4 Crossing behind an opponent perpendicular to the direction he or she is

- facing at a proximity near enough to force him or her to dab as a result of lateral force applied to the rear wheel with your foot and/or pedal.
- 6.3.2 Incidental bike-on-bike contact is contact that doesn't affect play and is not dangerous.
- 6.3.2.1 No penalty will be assessed for bike-on-bike contact deemed incidental.

## **7 § 7 – Mallet Handling Penalties**

### 7.1 Slashing

- 7.1.1 A slashing penalty will be assessed on player who slashes an opposing player's mallet shaft or body in a violent manner.

### 7.2 High Sticking

- 7.2.1 A high sticking penalty will be assessed in the following situations:
- 7.2.1.1 The ball is played above the top of the handlebars with the mallet.
- 7.2.1.2 The mallet is brought into contact with an opposing player's body above the level of the handlebars.
- 7.2.1.3 At the referee's discretion, a high-stick to the body results in a minor or a major penalty, depending on severity. Particularly reckless or violent violations of this rule may result in a game misconduct and/or a match penalty.

### 7.3 Tripping

- 7.3.1 A tripping/wheel hook penalty will be assessed when:
- 7.3.1.1 A player causes an opposing player to dab by hooking their wheel with their mallet.
- 7.3.1.2 If, in the opinion of the referee, a player makes contact with the ball first and subsequently trips the opponent in so doing, no penalty will be assessed.

### 7.4 Hooking

- 7.4.1 A hooking penalty will be assessed when a player hooks his or her mallet on an opposing player's bike or body.

### 7.5 Throwing

- 7.5.1 A mallet throwing penalty will be assessed when a player throws his or her mallet.

## **8 § 8 – Bodily Contact Penalties**

### 8.1 Holding

- 8.1.1 A holding penalty will be assessed when a player impedes the movement of an opposing player by holding (rather than blocking the path of) their mallet, body, or bike with his or her body.

### 8.2 Kicking

- 8.2.1 A kicking penalty will be assessed when a player kicks an opposing player's body, equipment, or the ball.



### 8.3 Headbutting

8.3.1 A headbutting penalty will be assessed when a player headbutts an opposing player.

### 8.4 Handlebar infraction

8.4.1 A handlebar infraction penalty will be assessed when a player, using his or her body or equipment, initiates contact with an opposing player's handlebar.

### 8.5 Steering Arm Infraction

8.5.1 A steering arm infraction penalty will be assessed when a player initiates contact with an opposing player's steering arm below the elbow.

## 9 § 9 – Bench Format

### 9.1 Game format

9.1.1 The game lasts 60 minutes and consists of two 30-minute halves.

9.1.2 The halftime pause lasts 5 minutes.

### 9.2 Teams

9.2.1 Teams may consist of between 3 and 9 players.

9.2.2 During a full-strength situation, a team may have at most 3 players on the court.

9.2.3 During a penalty kill situation, a team may have at most 2 players on the court.

9.2.4 The remaining players must remain in the bench area and off of the court at all times.

### 9.3 Substitutions

9.3.1 Teams may substitute any player on the bench for any active player on the court at any time. Substitutions are also allowed after stoppages in play.

9.3.2 Too Many Men penalty: if at any time a team has more than the allowed number of players on the court per §§9.2.2-9.2.3, a Too Many Men minor penalty will be assessed. The penalized team will choose a player to serve the penalty, and this player will not be eligible to enter the court for the duration of the power play, per §5.2.4.

### 9.4 Timeouts

9.4.1 Each team will be allowed one timeout per half.

9.4.2 Unused timeouts do not carry over to the next half.

9.4.3 A team may not call a timeout when not in possession of the ball.

9.4.4 Any member of the team with possession of the ball who is on the court may request a timeout.

9.4.5 Play will restart 60 seconds after a timeout is granted by the referee, per §3.3.