



DÉFI SPORTIF
ALTERGO

BALL HOCKEY

DÉFI SPORTIF ALTERGO 2024

SCHOOL SPORTS RULES



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1. REGISTRATION

1.1. Registration platform

For registrations, connect to the [registration platform](#). Each school is responsible for its registrations.

1.2. Registration limit

Each schools and rehab centers, can register **a limited number of young athletes**. Refer to the table below for details.

2. TEAMS

CATEGORY	FIELD	NUMBER OF PLAYERS IN THE FIELD	MAXIMUM NUMBER OF PLAYERS / TEAM	MAXIMUM NUMBER OF TEAM/ DIVISION
Elementary school level	Indoor	5 PLAYERS : 1 goalie 2 defensive players 2 offensive players	13 players	6 teams
High school level	Indoor	5 PLAYERS : 1 goalie 2 defensive players 2 offensive players	13 players	A, B, C Divisions : 8 teams AA et D Divisions : 4 teams

Teams can be mixed

3. DIVISIONS

- Divisions are determined by registration, the number of teams, and the previous year's results.
- Teams in D division must have been evaluated by someone from the Défi sportif AlterGo.
- An error in classification will automatically disqualify the team. A friendly match can be played. The winning score of 3-0 will be given to the properly classified team.

DIVISION	AA	A	B	C	D
Elementary school level		x	x	x	
High school level	x	x	x	x	x

3.1. Division AA

3.1.1. High school level

- Advanced motor and technical skills.
- Most players have good control of the ball.
- Passes and shots usually precise.
- Moderate to very fast game speed.
- Use of some defensive and offensive strategies.
- Moderate to fast goalie reaction time.
- Application of some technical skills by goalie.
- Most of these players have the skills to play in a regular level of ball hockey. But, they are considered to need special supervision to be able to participate in a collective sporting activity.

3.2. Division A

3.2.1. Elementary school level

- Little or no movements as a pack.
- Intermediate to advanced motor and technical skills.
- One or two players easily control the ball.
- Passes and shots usually precise.
- Moderate to very fast game speed.
- Use of some defensive and offensive strategies.
- Moderate to fast goalie reaction time.
- Use of some technical skills by goalie.

Note: Often one or two players stand out due to their motor and technical skills.

3.2.2. High school level

- Intermediate to advanced motor and technical skills.
- One or two players have good control of the ball.
- One or two players using feinting occasionally, as it is still a learning process.
- Passes and shots usually precise.
- Moderate to very fast game speed.
- Use of some defensive and offensive strategies.
- Moderate to fast goalie reaction time.
- Application of some technical skills by goalie.

Note: Often one or two players stand out due to their motor and technical skills.

3.3. Division B

3.3.1. Elementary school level

- Movement as a pack and spaced out.
- Occasional use of basic defensive strategies (ex. covering an opponent).
- Various levels of motor and technical skills.
- Various levels of control of the ball.
- More precise passes and shots.
- Moderate to fast game speed.
- Moderate goalie reaction time.
- Use of some technical skills by goalie.

3.3.2. High school level

- Occasional use of basic defensive strategies (covering an opponent).
- Varied level of motor and technical skills.
- Inconsistent ball control.
- More precise passes and shots.
- Moderate to fast game speed.
- Moderate goalie reaction time.
- Application of some technical skills by goalie.
- Initiation to decision making.
- Comprehension of individual roles under development.

3.4. Division C

3.4.1. Elementary school level

- Low to average level motor and technical skills.
- Some stickhandling.
- Lack of precision when passing and shooting to the net.
- Slow to moderate game speed.
- Many movements as a pack.
- Little use of defensive and offensive strategies.
- Slow to moderate goalie reaction time.

3.4.2. High school level

- Low to average motor and technical skills.
- Some stickhandling.
- Lack of precision when passing and shooting to the net.
- Slow to moderate game speed.
- Many movements as a pack.
- Little or no use of defensive and offensive strategies.
- Slow to moderate goalie reaction time.

3.5. Division D

3.5.1. High school level

- Low motor and technical skills.
- No stickhandling.
- Lack of precision when shooting to the net.
- Few or no pass
- Slow to moderate game speed.
- Many movements as a pack.
- Some players do not move much
- No use of defensive and offensive strategies.
- Slow to moderate goalie reaction time.
- Some players might score in their own net.

4. EQUIPMENT

Each team must wear the official matching and numbered team jerseys. If the teams have conflicting colored jerseys, bibs will be distributed to one of the teams by the organizers of the competition. A coin toss will determine the team that will be wearing the bibs.

If a team arrives on the field **without** the mandatory equipment, it will **automatically be declared the losing team.** The victory score of 3-0 will be given to the team who has all the required equipment.

If neither team has all the required equipment, the match will be declared a draw and a 0-0 score will be given to both teams as well as the score for a draw.

A friendly match can be played if and only if the mandatory equipment can be borrowed at the Défi sportif AlterGo.

4.1. Mandatory equipment

- Plastic hockey stick with plastic blade

To be noted: Sticks with Illegal Curve: when the stick is placed on the ground, a traditional hockey puck should not be able to slide freely under the paddle. The judgment concerning sticks with illegal curve is entirely left to the discretion of the referee.

- Rubber soled shoes
- Protective glasses (if the helmet does not have a cage)
- Helmet

4.2. Mandatory equipment for goalies

Goalie equipment must be standard size for ball hockey (equipment for ice hockey will not be tolerated).

- Blocker
- Helmet

- Gloves
- Shin pads
- Chest protector
- Jockstrap

4.3. Recommended equipment

- Jockstrap
- Gloves
- Pads

4.4. Equipment for the games

- Holed wiffle ball.
- For players and goalies, the use of « Élite » or « DOM ÉLITE » hockey sticks in their unmodified form is mandatory. No other stick of wood, aluminum, carbon, metal, or composite in whole or in part is allowed. Soft plastic cosom sticks are also allowed.

5. GENERAL RULES

A team must respect the fair playing time rule for all of its players. All team players must have been on the bench at least once during a match. That will be recorded. The sports consultant has the right to disqualify any team that does not conform to the rule. After a warning, the team will lose the ongoing game.

5.1. The game

- When a player throws the ball outside the playing area, it is handed to the opposite team.
- A 30 second-time out per match and per team will be allowed.

5.2. Face-off

- Face-off will take place at the center of the court at the start of the game and after each goal.
- During face-off, the teams need to be in their respective areas.
- The ball is laid on the ground during face-off. The sticks of both center players must be face to face forming a straight line parallel to the ground (the ball will be placed between both sticks)
- The sticks must be laid on the ground at all times.
- Players can start playing after the referee has blown the whistle.

5.3. The referees

- The officials are under the responsibility of the tournament's organizers.
- Only the captain and the team manager can interact with the referee.
- All interactions with referees must be respectful and polite.
- No protest will be accepted. The referees' decision is final

5.4. Goalie area

- The goalie can clear the ball away and/or make a pass only if he is in his rectangle and/or behind the goal line.
- A minor sanction shall be assessed to a player for blocking the goalie with his stick or body, thus causing interference or restricting the movements his movements.
- A penalty (minor or major) for obstruction or assault against the goalie shall be assessed if an opposing team player makes contact with the goalie without a valid reason. The referees must also sanction goalies trip the opponent.
- Unless the ball is in the goalie's rectangle, no opposing team player should enter the goal area.
- A goal will be disallowed if an opposing team player illegally oversteps in the goalie area.

5.5. Penalties

- Sanctions are continuous.
- If a team gets sanctioned, it will be short-handed throughout the duration of the sanction.

MOST FREQUENT SANCTIONS

ACTIONS	PENALTY
Baseball or golf hit	Ball is given to the opponent
Hand closed on the ball	Ball is given to the opponent
Deliberately stopping the ball	Ball is given to the opponent
Stopping the ball with his stick above waist level	Ball is given to the opponent
Hand pass	Ball is given to the opponent
Dangerous slap shot*	Ball is given to the opponent
Tripping	1 minute
Minor physical contact (pushing, holding)	1 minute
Illegal curve of the stick	1 minute and curve must be corrected
Pushing, slashing, throwing or hitting the stick on the floor to show anger	1st time : warning 2nd time: 1 or 3 minutes or expulsion

Unsportsmanlike language	1 or 3 minutes or expulsion
Insulter l'arbitre	1 or 3 minutes or expulsion
Tentative de blesser	Expulsion or suspension

* A slap shot that brings your stick above your waist.

6. THE GAME

6.1. Game time

- Elementary school : game time consists of two 8-minutes periods (running time)
 - High school : game time consists of two 10-minutes periods (running time)
- There will be a 1-minute intermission between the periods.
 - Organizers can, for exceptional reasons, modify the time allowed for breaks between matches.

6.2. Points

GAME RESULT	SCORE
Win	5 points
Draw	3 points
Loss	1 point

- If a team is not present on the court at the beginning of the match, they will be considered defeated.

- In addition to a victory, the winning team will accumulate a score of 3-0 in case of a later need to break a tie in the final score. However, a team is allowed a 5 minute-delay at the beginning of the tournament. In the event of a late start, the team will play the remaining time in the match.
- **The goals are no longer accumulated when there is a difference of more than 6 goals between the 2 teams.**

6.2.1. In case of a tie in the semi-final or the finals

In case a tie persists: Each team will have selected 3 players for shootouts. If the two teams are still tied, each member of the team will have a chance to shoot one by one.

Note: All the players must have shot once before coming back a second time.

6.2.2. Tie breaker at the end of the tournament

- If a tie persists, the results of the previous match between the two teams will be considered.
- If a tie persists, the total of points "conceded" will be considered.
- Points difference (i.e. points scored minus points conceded) will be considered.
- If a tie still persists: 3 pre-selected players will each have one shootout. If it is still tied, the other players will shoot one by one.

Note: All the players must have shot once before coming back a second time.

7. FIELD

7.1. Location

Elementary school : Omnisport - Complexe Sportif Claude-Robillard, Montréal

High school : Michel Normandin Arena - Complexe Sportif Claude-Robillard, Montréal

7.2. Specificities

- The court must measure around 25 m per 15 m.
- The net measures 4 feet by 4 feet.
- There is a distance of 1.83 m between the net and the board behind the goal line.
- The goalie area measures 1.83 m per 1.22 m.



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