

CW Adult Recreational Sports



Ball Hockey

Tuesday's 8:00 pm

CW Sportsplex Pad B
Starts May 10



Lacrosse

Thursday's 8:00 pm

CW Sportsplex Pad B
Starts May 12

Pre-registration is required through pickuphub.net
\$6.00/player - Goalies play for free!

***Games will be cancelled 90 minutes before game time if the minimum number of participants has not been reached.**

Check in at front desk upon arrival to receive your participant band. All participants must be registered and display their participant band.

Helmet, gloves and stick are required.

No Contact



Parks and Recreation
CW Sportsplex – 550 Belsyde Ave. East, Fergus
519-846-9691 x903
parks@centrewellington.ca
www.centrewellington.ca

PickupHub

CW Pick-up Ball Hockey Rules

- Game is organized by participants. Games are not refereed.
- Body contact, rough play and slap shots are NOT permitted.
- Zero tolerance policy for rough or aggressive play. Please report any unacceptable behaviour to parks@centrewellington.ca or through pickuphub.net
Reported players will not be allowed to participate for the rest of the season.
- Sticks may not be raised past the waist.
- Players must call their own penalties. **Penalties** are called when a player commits a foul. Possession shall be given to the opposing team after a penalty is called. Severe penalties will result in a penalty shot.
- No player may slide during the game except for the goalie.
- Equipment Required: CSA approved Helmet, gloves, stick and indoor running shoes. ALL PLAYERS must wear a helmet with a chin strap, which must be fastened while playing. Taped sticks are not permitted. Sticks should be made of composite, not wood.
- No offensive players are allowed in the crease.
- Any time the ball leaves the playing surface, possession shall be given to the opposing team. At the point of exit, the team that acquires possession must pass the ball in. (No goal shall be scored by passing the ball in)
- No **offsides** or icing
- **Face-offs** (players are lined up facing each other in a designated area on the floor), are used at the start of each period of play and after goals, penalties, icing, offside, or when the ball leaves the playing area.
- To **score a legal goal**, it cannot be kicked in; nor struck with a stick above the waist; nor pushed in using the hand, nor while offside.

CW Pick-up Lacrosse Rules

- Game is organized by participants. Games are not refereed.
- Body contact, rough play and dangerous shots are NOT permitted.
 - Dangerous shot: Every player is to be responsible for their shot. Hitting a player whether it is a team-mate, an opponent, or official, will result in a penalty. Hitting a goalie from behind the net will be considered a dangerous shot.
- Players must call their own penalties. **Penalties** are called when a player commits a foul. Possession shall be given to the opposing team after a penalty is called. Severe penalties will result in a penalty shot.
- Zero tolerance policy for rough or aggressive play. Please report any unacceptable behaviour to parks@centrewellington.ca or through pickuphub.net Reported players will not be allowed to participate for the rest of the season.
- Equipment Required: CSA approved Helmet, gloves, stick and indoor running shoes.
- No offensive players are allowed in the crease.
- Any time the ball leaves the playing surface, possession shall be given to the opposing team.
- Face-offs: Players other than the players facing off may not enter the restraining lines before the ball leaves the two foot face-off circle. Face-off players may not kick, hit, hold or step on the stick of an opponent. Face-off players may not pin the ball in the two foot circle. Face-offs - a player's first action shall be to draw the ball back.
- Controlled stick checking is permitted.
- No shot clock will be used. Please use your discretion for prolonged possession calls.
- It is recommend that a player only carry the ball for a maximum of five seconds.

