



Broomball Rules and Regulations

Broomball is a game very much like hockey. Most hockey rules apply except that the game is played with a regulation broomball stick (which is shaped like a broom) and a regulation broomball (which is a heavy plastic ball, slightly bigger than a softball). Helmets, sticks and balls will be provided by LIEC. Games will be played at the Laramie Ice and Event Center. LIEC reserves the right to revise, or update, at any time, any rules related to LIEC broomball.

1. Players and Positions:

- Each team must play with a woman and a man as an attacker, defender and blue line player.
- A team must have opposite genders at both Center and Goalie. (Ex: Guy goalie and girl center.)

Center (1) - may play the full length of the Ice which includes offense and defense.

Attackers (2)- allowed only on offensive side of ice, from center line forward.

Blue Line players (2) - may only play between the blue lines located in the middle of the rink.

Defenders (2) - allowed only on defensive side of ice, from center line backward.

Goalie (1) - may play anywhere on the ice, however he/she is the only player allowed to use their hands, feet, or body to block a shot **within the goal crease area.**

- Goalies
 - They may use a broom.
 - They can use their hands and may catch and/or freeze the ball as long as some part of their body is in the crease. If completely out of the crease and ball is frozen, an indirect shot is awarded to the opponent at the spot of the infraction.
 - A goalie in possession of the ball has five (5) seconds to get rid of it. Opponents must back off enough to allow the goalie to pass the ball.

- The goalie may not roll or throw the ball outside their half of the ice. If this occurs, possession of the ball will be given to the opponent at center ice for an indirect shot.
- A goalie leaving the crease loses all goalie privileges.
- Goalie may not use goalie thigh/shin pads, but may wear a softball glove and dress like other players. A helmet/mask is required and will be provided.
- The goalie may be pulled or put back into goal at any time, if the officials have been notified.
- No player (offensive or defensive), except the goalie, is allowed in the crease area. A goal is scored by an offensive player in the crease is disallowed, unless the player was pushed by a defensive player into the crease. A defensive player, other than the goalie stopping the ball in the crease, will be penalized by awarding a penalty shot to the opponent. The goal crease is a four (4) foot radius making a half-circle and extends from the center point of the goal line perpendicular from the front of the goal.
- Goalies will serve all penalties they receive.

2. General Rules of Play

- **THERE IS ABSOLUTELY NO CHECKING!** The penalty is an ejection and a five (5) minute major penalty.
- Play begins with a face-off at center ice with players in their defensive zone. A face-off at center ice also occurs after a goal is scored and at the beginning of each period. Any face-off requires all players not facing off to be at least six (6) feet from the face-off spot.
- The ball must be passed from player to player using the stick. There is **NO KICKING**. If kicked, indirect shot will be awarded to opponent at spot of infraction.
- To score, ball must be hit with the broomball stick into the goal. No goal for a ball diverted into the goal by an offensive player's foot. The entire ball must cross goal line.
- Players may not catch the ball. They may knock it down with their hand, but if this occurs, they must be the first to play it with their broom before it touches another team member. No hand passes.
- A broom may never be swung above waist height. This results in a minor violation-the ball being awarded to the opponent at the spot of the infraction for an indirect shot-or a two (2) minute minor penalty.
- A ball knocked out of play will be put back in play with a face-off at the nearest spot where the ball was last touched by a player.
- Players must play the ball, and not the body, always.
- After each penalty, a face-off will result at the face-off circle nearest the spot of the penalty. Face-offs will be made at the center circle when the penalty occurred in the attacking area of the player/team being penalized.
- There will be no offside in broomball.

Icing

- Icing will be called on balls shot from behind the center line that travels beyond the goal line, without touching another offensive player first, unless an offensive player is the first player to make first contact with the ball.
- The official has the discretion to wave off the icing call if he or she views it as a deliberate attempt to stall.
- Face offs will be placed on the opposite ends from which the icing takes place.
- Icing is void when a team has a player on a penalty.

3. Timing and Scoring

- Game time is forfeit time. Teams should report to the Laramie Ice and Event Center at least fifteen (15) minutes prior to their scheduled game time.
- There are four (4) ten (10) minute periods of running time with two (2) minutes between periods, and three (3) minutes between half.
- Goals:
 - Goals are counted if the ball completely crosses the goal line.
 - Ball must cross the goal line before time expires.
 - Goals will be awarded as one point for a male and two points for a female score.
- Goals will not count when:
 - Player making the shot slides into the goalie whether before or after the shot
 - A foul is committed
 - If any offensive player is in the crease
 - If the ball was hit by anything other than the broom (except off a offensive or defensive player).
 - Ball is played by a broom above the waste.
- Teams are allowed two timeouts per game and must be called when said team had possession.
- Teams shall switch ends at the end of the second period. The last two (2) minutes of the second and fourth period will be “stop time” in all dead ball situations (i.e. violations, penalties, injuries, and when the ball leaves the playing area) if a team is not ahead by three (3) or more goals.
- If a team is ahead by 10 goals by the end of the third (3) period, the game shall end.
- Tied games
 - There will be no shoot-out for tie games in the regular season.
 - For playoff games, if the game ends tied at the end of regulation, two five-minute overtime periods will follow with first to score winning the game.
 - If the game is still tied after the overtime periods, there will be a shootout.
 - Five (5) players from each team will attempt a penalty shot from the designated penalty shot line. If still tied, the shootout procedure will continue in sudden death fashion (i.e. one player from each team attempts a shot, and if still tied, one more from each team until the tie is broken).
- Shootout Rules
 - Goalies can take shootout shots.

- Every player on a team that is signed in must shoot before any player can shoot a second time.
- No player in the penalty box at the end of regulation may participate in the shootout.
- Shootout and penalty shots will be taken from five (5) yards in front of the goal line with all other players behind the redline and away from the shooter, except the goalie.
- At the referee's signal, the shooter may take the shot from the spot. A shootout or penalty shot may only be contacted once by the shooter, no rebounds.
- There is no faking of shootout or penalty shots. If done, goal will not count and no retry is awarded.
- The backward and forward arc of the stick during the swing of his/her shot must be kept below the waist. If in violation, the shot is no good and no retry.
- The goalie must remain in the crease until the ball is touched. The goalie may not throw his stick or glove. A goal shall be scored if he/she is in violation whether the shot is good.
- If, during a penalty shot, any player on the opposing team causes a distraction or interference, a second penalty shot attempt shall be awarded (provided the first attempt was unsuccessful) and a misconduct penalty will be given.
- If a penalty shot is awarded during the game, the following provisions apply:
 - 1) If a goal is scored off a penalty shot, play will resume with a face-off at center ice.
 - 2) The fouled player must take the penalty shot, unless he/she is physically incapable of doing so. In such a case, the captain will choose from a participating player on the ice.

4. Player's Equipment

- Footwear: Rubber soled non-marking tennis or basketball type shoes suitable for running on ice are recommended. No skates, spikes, cleats, heavy boots, street shoes, or similar footwear is allowed. Players should change into their shoes once at the Ice Center.
- Helmets with a facemask or half shield are mandatory and will be provided by LIEC for rent.
- Gloves, shin pads, elbow pads, and mouthpieces are optional, but recommended. Goalie pads/leggings are not allowed. Hand protection is limited to the use of mittens or gloves. Softball gloves can be used by goalies; however, no ice hockey goalie gloves can be used.
- Balls and sticks (brooms) will be provided by LIEC and must be used. Note: Players, who are seen damaging equipment, will be charged a fee to replace that equipment.
- No jewelry will be allowed.

5. Officials or Supervisor/ Gameplay

- The officials shall not permit any player to wear equipment, which, in his /her judgment, is dangerous to other players. The head official will make the final decision on acceptable equipment.

- The head official shall have the power to make decisions on any points not specifically covered in the rules. The officials shall conduct the game in accordance to the rules.
- The officials shall penalize unsportsmanlike conduct by any player, coach, substitute, or spectator by removing them from the game and the area. If a player is removed from the game they must leave the facility within 3 minutes of the penalty or the team will take a forfeit.
- Teams consist of eight (8) players, one being the goalie. A minimum of six (6) players is required to start the game.
- Each team will designate one captain. He/she will be the only individual to discuss with the officials.
- The team captain will notify the officials when the team pulls their goalie, or subsequently, puts the goalie back into the game.
- If multiple penalties occur, a team can only play two (2) people short of the number they have on ice at full strength.
- In a simultaneous minor penalty situation where both teams are at even strength and one team scores a goal, nobody returns to the ice. Therefore, a team cannot score and make themselves short-handed.
- If a team is playing two players short of full strength and a third penalty occurs, that offending team player's penalty time will not start until he/she reports to the box, and the individuals already in the box must wait for that person to report to the box before leaving the penalty box.

6. Substitution

- Players may substitute during live ball situations providing the following conditions:
 - Players entering the game must wait until the player leaving the floor is completely off the ice before entering the playing area.
 - Players leaving the ice must exit at the same place that the substitute is entering the ice.
 - Goalies must notify the referee when substituting.
 - Players entering the ice after an expired penalty may not participate in a play until touching the centerboard along the sideline

7. Minor Violations/Indirect Shots

- The following violations will be penalized by awarding the ball to the opponent at the spot of the infraction for an indirect shot:
 - Playing the ball with a high stick when others are not close and in a non-threatening manner
 - Hand passes or kicking the ball to another team member
 - Players other than goalie catching/freezing the ball
 - Goalie completely out of the crease freezes the ball
 - Goalie holding the ball longer than five (5) seconds (ball awarded to opponent at nearest face-off spot)

- Goalie rolling/throwing the ball past center ice without it being touched by another player on either team (ball awarded at center ice)
- Player in the crease or breaking plane of crease with stick or body
 - 1) When the offensive team breaks the rule, the official shall stop play immediately and award the indirect shot.
 - 2) When the defensive team violates this rule, the official will blow the whistle and award the indirect shot only when the ball has come into the possession of the defensive team.
 - 3) If defense stops a goal or ball in the crease, penalty shot awarded to attacking team.
 - 4) A goal may not be scored directly from an indirect shot.
 - 5) The ball must be touched first by a teammate or an opponent before going into the goal.

8. Penalties

- Penalty time shall be kept by “stopped time”. Stopped time begins as soon as a penalty or violation occurs.
- Minor violations-indirect shot (clock does not stop)

Minor penalty

- Penalized player removed for two (2) minutes during which no substitute is permitted unless the penalized team gives up a goal. This means that the team may not replace the player's position on the ice unless a goalie is penalized then the team may move the center currently on the ice.
- High sticking or brooms carried in a manner considered dangerous by the official
- Too many players on ice
- Deliberate delay of game (This shall include a player who deliberately or intentionally knocks or shoots the ball out of the reach of the official who is retrieving it or shoots the ball out of the playing area)
- Cross-checking and pushing off with the hands
- Slashing with the broom
- Interference-imposed on a player who interferes with or impedes the progress of an opponent who is not in possession of the ball, who knocks a broom out of an opponent's hand, or who prevents a player from regaining possession of a dropped stick
- Holding, tripping, and elbowing
- Unnecessary roughness-a minor or major penalty may be imposed on any player
 - Slapping of brooms or any other equipment on the playing floor or in an inappropriate manner
 - Playing with a broken broom (player must drop the broom to the ice immediately)
 - Sliding into opponents (both intentional and unintentional)
 - Removing helmet during play, including shoot-outs

Major penalty

- Penalized player removed for five (5) minutes during which no substitute is permitted not even if the penalized team gives up a goal
 - Checking and cross-checking a goalie (plus ejection)
 - Charging
 - Throwing broom or gloves at a ball
 - Boarding-shall be imposed on any player who body checks, cross checks, elbows, charges, trips, or throws an opponent into the boards or ice

Misconduct penalty

- Penalized player is removed for ten (10) minutes during which a substitute is permitted immediately
 - Verbal abuse to officials (can result in immediate game penalty)
 - Showing disrespect for an official (A game penalty may be levied if the player persists in disrespectful behavior)
 - Any player who, after being warned by an official, persists in any action designed to delay the game or incite an opponent into an altercation or penalty
 - If, after the assessment of a misconduct penalty, a player persists in any course of conduct for which he/she has previously been assessed a misconduct penalty, a game penalty will be assessed.

Game penalty

- Penalized player is ejected for the remainder of the game and is fined and suspended from his/her next scheduled game
 - Fighting-a player shall also be ejected for joining in an altercation or fight
 - Deliberate roughing of an opponent (CHECKING)
 - Slashing, spearing, butting, or swinging stick at a player (hitting or missing)
 - Attempt to injure an opponent
 - Unsportsmanlike conduct or repeated acts of abuse to officials
 - Player(s) using obscene gestures or language
 - Players leaving bench or sidelines to participate in an altercation
 - Note: For a second major penalty to the same player in a game, the player shall be ejected from the game.
 - He/she will be subject to being fined and suspended from their next scheduled game.
 - If a player is removed twice in a season they will be removed from broomball for the remainder of the season.
 - Playoffs will erase a previous removal, but if two occur while in playoffs the player will be removed for the remainder of the season.
 - After each penalty, a face-off will result at the face-off circle nearest the spot of the penalty.

9. Penalties Resulting in a Penalty Shot

- Defensive player other than the goalie stopping the ball in the crease or knocking the ball out of the crease with a chance of scoring
- Offensive player has obvious breakaway when defensive player throws anything at the player, including the body or the broom, and makes him/her lose control
- When defensive player catches up to the offensive player from behind and plays the body instead of the ball
- Throwing a stick or helmet in frustration or anger

10. Protest

- A protested game must be noted immediately to the head official by the captain of the team. The head official will note the time on the clock and protest, and the game may resume. If the protesting team wins the game they have the option of revoking their protest.
- A \$50.00 cash or check fee must accompany the protest. This protest fee will be refunded to the team if the decision is in favor of their protest.
- The program coordinator will review the protest the following day.
- If protest is granted the game will be rescheduled and continued from the time recorded in the protest.

There are two types of protest

1. Misinterpretation of playing rules
2. Ineligible Player which includes
 - a. Players who have not signed a roster and waiver sheet
 - b. Player who was added after the start of the game
 - c. Game played with same gender at Goalie or center

Sportsmanship

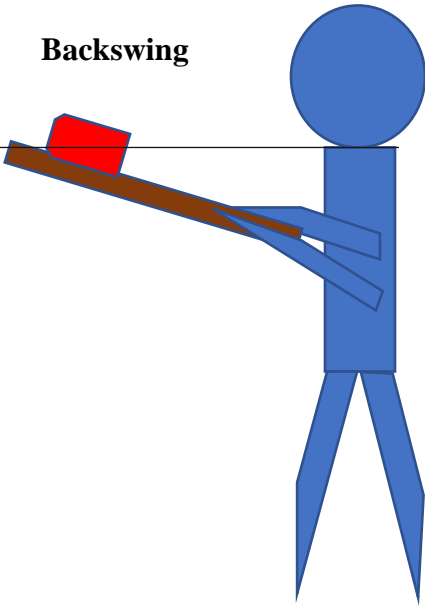
- The mission of LIEC is to provide a recreational environment for the Laramie community that is safe and enjoyable. While the game atmosphere is often competitive, ensuring participant safety, providing a fun, social atmosphere, and promoting sportsmanlike behavior among participants, spectators, and team followers are our primary concerns. The game atmosphere should remain good-natured always. Participants shall maintain good sportsmanship throughout their participation in all facets of LIEC.
- A team is responsible for the actions of the individual team members and spectators related to it. Additionally, LIEC does not recognize the use of coaches. Only the team captain shall speak to the officials regarding administrative matters (protests, ejections, disqualifications, etc.). Furthermore, the team captain's effort in assisting officials/staff to calm tricky situations and to restrain troubled teammates is vital in controlling team conduct.
- To encourage proper conduct during games, officials, administrative personnel, and supervisors shall make decisions on whether to warn, penalize, or eject players or teams for poor sportsmanship. These decisions are final! The LIEC coordinator will rule on further penalties due to unsportsmanlike conduct.

- Each participant should choose his/her team members carefully, as all team members will suffer the consequences of any disciplinary action taken by the LIEC staff against that team for violation of the LIEC rules and guidelines

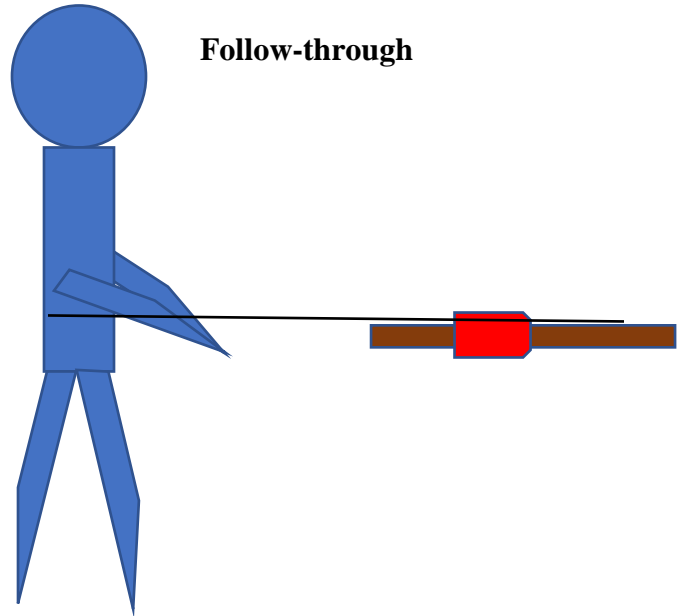
Proper Swing

- A proper swing is when the stick is raised up to shoulder length and the swung through to waste level.

Backswing



Follow-through



Ice Layout

