

RULES FOR RINK BANDY (ROCKETBALL)

1. 4 on 4 plus a goalie. Teams can pull their goalie but only 4 skaters can use sticks.
2. No offside.
3. No checking with either the stick or the body
4. No playing the ball above the shoulders with either the stick or the head (helmet). If a violation of this rule occurs with the last defender, and there is an opposing player beyond that last defender in the offensive zone (past center ice) the play will result in a penalty shot.
6. Skaters must have at least 1 skate on the ice when playing the ball. If a violation of this rule occurs on a scoring chance, the result is a penalty shot.
7. Arms may not be extended to hold off a defender.
8. A free stroke will occur whenever there is a foul. A direct stroke will be taken from where the foul took place, unless the foul occurred behind the goal line, which would then result in an indirect stroke. An indirect stroke must touch something (stick, skate, goalie, anything) before entering the net or the result is no goal and a free stroke for the defending team.
9. ADVANTAGE!! Similar to a delayed penalty in hockey. The advantage will continue as long as the offensive player maintains possession of the ball. Once possession is lost or the offensive player carries the ball over the goal line, the whistle will be blown and a free stroke from where the foul occurred will take place. If a penalty occurs during an advantage play, the penalty will be called in the same manner.
10. Free strokes do not have to wait for a whistle with these 3 exceptions: 1) start of a half 2) after a penalty has been called 3) an indirect stroke. Any foul that occurs between the face off dot and the goal line will result in a free stroke from the nearest face off dot.
11. If an advantage play occurs, but the offended player gets off a "good" scoring shot the advantage is then negated.
12. 2 sticks. (FACEOFF) This will happen when 1) the ball touches the referee 2) 2 players hit the ball out of play and it can't be determined who last touched the ball.

PENALTIES

1. Too much body or stick contact
2. Any stick contact above the knees
3. Charging by an offensive player
4. Holding: the opposing player or his stick
5. Sabotage: A defender calling for the ball. A defender banging his stick on the ice while trailing a ball carrier. Intentionally hitting the ball out of play.
6. Tripping, hooking, or pretty much anything that would be considered a penalty in hockey.
7. Goalie interference. Think of the goalie as made of glass.
8. Any penalty in the last 2 minutes of a game will result in a penalty shot.
9. Penalties will be 2 and 5 minutes. Penalties will end if the offended team scores.

GOALIES

1. Players can pass back to their goalie, but only 3 times before the ball leaves their offensive zone (center ice)
2. Goalies can throw the ball only to the far blue line.
3. Goalies cannot cross center ice to play the ball.
4. When playing the ball away from the goal, goalies must touch the ball before an opposing player. If the goalie takes out an opposing player before touching the ball, the result will be a 2 minute penalty on the goalie.

Above all, remember the immortal words of the God Father of Rocketball, Tom Howard ... "It's a gentlemen's ~ game" !