

SSC Official Benchball Rules – Coed 5-on-5

Objective	<ul style="list-style-type: none"> Benchball is a team sport in which the objective is to score more goals than your opponent on their keeper.
Game Length	<ul style="list-style-type: none"> Games are 55 minutes in length with a 5 minute stop for halftime. Games start and end according to your online SSC schedule. If games start late, games must finish at the scheduled time (e.g. 6:15pm-6:55pm).
Equipment	<ul style="list-style-type: none"> Equipment is provided for the All-Sorts-of-Sports League. Coordinator is responsible for ensuring benches are placed appropriately in the goal area. Players should bring both light & dark coloured t-shirts to help distinguish opponents.
Players on Court and Gender Ratio	<ul style="list-style-type: none"> Teams are comprised of 5 players on the court (4 players and 1 goalkeeper). Teams must play with a minimum of 2 males and 2 females on the court at all times. A team can play with a minimum of 4 people, as long as gender requirements are met. Captains may agree to waive the rules regarding minimum players and gender ratio before the game starts.
Game & Court Set-Up	<ul style="list-style-type: none"> Team captains should meet before the start of the game to go over the court lines as well as defining the goal crease (in most gyms, this is a line approximately 1 metre in front of the bench). Teams are responsible for keeping score and time. Often an SSC Event Coordinator is on-site and will offer to keep score for the game. To start the game, teams should decide who is awarded the kick-off. The opposing team will then start the second half with the ball. The game begins with the ball being passed back to a teammate before crossing centre line.
General Game Rules	<p>Standard indoor soccer rules apply to all SSC games. Notable exceptions are listed below:</p> <ul style="list-style-type: none"> The ball cannot be kicked above shoulder height and will result in an indirect kick for the non-offending team. Player substitutions can be made at any time and ensuring the player has left the court before a new player joins the play. Keepers must wait for a stoppage in play before substituting for an alternate keeper. To score off an indirect kick, the ball must be touched by another player (offense or defense). Teams may call a one 1 minute time-out per half if needed, except in the final 10 minutes of play. Balls can be played off all walls. There are no offsides. Slide tackling or blocking a shot is not allowed under any circumstances (with the exception of the keeper).
Scoring	<ul style="list-style-type: none"> To score a goal, the ball must hit the front of the bench (benches turned on their side will be used as goals). If the ball: <ul style="list-style-type: none"> hits the top of the bench and then deflects off the back wall, it is not a goal. hits the top of the bench and then bounces back into play without hitting the back wall is a fair goal. deflects off the corner of the bench is a not a goal. Goals cannot be scored from your own side of half – the ball must be first touched by an offensive player in the attacking half, or deflect off a defender in the attacking zone. This will help to reduce the amount of ‘ball blasting’. If a discrepancy arises as to whether the ball hit the front of the bench or the corner, an indirect kick is awarded to the offensive team from where the original shot was taken.
Goal Crease & Goalkeeper	<ul style="list-style-type: none"> Keepers cannot use their hands to block a shot. If a ball deflects off the keeper’s hands and goes in, it is a goal. If a ball deflects off the keeper’s hands and does not go in, an indirect kick is awarded to the offensive team from where the ball was kicked. If a keeper purposely uses their hands to block a shot that would have otherwise gone in, it is a goal. Keepers must stay behind their crease line - they can touch a ball that is on the other side of the line as long as one foot remains inside the crease. Keepers are permitted to slide provided it is a reaction to the play. When a keeper has control of the ball in front of the bench, it is good sportsmanship to allow the keeper to clear the ball. However, if the keeper is outside of their crease line opponents can play the ball.
Violations &	<ul style="list-style-type: none"> It is inevitable incidental contact may occur among players. However, any aggressive contact such as pushing and shoving is not allowed (you should not touch any other player with your body at any time on purpose,

<p>Making Calls</p>	<p>and should do your best to avoid unnecessary contact).</p> <ul style="list-style-type: none"> • It is extremely important that all players make the appropriate calls for infractions and illegal plays. The offending player should call their own infractions, however any player that is currently on the court can make a call. • When a foul is called, play must stop as there is no 'advantage'. • A handball infraction occurs when the ball hits a player's arm from the elbow down (as opposed to the shoulder). • If a disagreement cannot quickly be resolved, the two team captains should meet at the middle of the court (without any other players) and discuss a resolution.
<p>Playoffs</p>	<ul style="list-style-type: none"> • A game can end in a tie during the regular season. • Playoff games should only be 50 minutes in length in anticipation of needing the extra time to settle a tie (there are no playoff games in All-Sorts-of Sports). • In the playoffs, a game that is tied at the end of regulation time is decided by a three-minute sudden death overtime period. If still tied, penalty kicks will commence and each of the 5 players on the floor (including the goalkeeper) takes 1 shot each at a distance of 8 paces from the bench. After 5 shots, if still tied, teams continue taking single shots until one team has scored (and the other team does not). The order of shooters must be maintained. • Playoff games should only be 50 minutes in length in anticipation of needing the extra time to settle a tie. • Team playoff position: Ties in the standings will be broken first by head-to-head play. If there are more than 2 teams that are tied, all the teams must have played each other in order for the results to go to head-to-head. Otherwise, least points against, then +/-, then most points for will determine the placement in that order. • The SSC office will update the playoff schedule once all scores have been submitted and after the last regular season game. Please do not assume the time/location of your playoff game until team names have been posted into the schedule.

Remember... Always have fun!