

Broomball @ RMMC

1. What broomball IS:
 - Hockey **without** the physical contact of other players with your body (i.e. body slams, pushing, etc.) or your broom stick. The ice will offer all the physical contact anyone could want. Please observe following guidelines for fun and most importantly for everyone's safety.
2. What broomball is NOT:
 - Soccer – feet can only be used to stop the ball, not advance or direct it.
 - Lacrosse – broom sticks can only touch the ball when it is at **waist level and below**
 - Volleyball – hands cannot touch the ball, only holding on to broom stick
 - Baseball or Golf – swings at the ball can only be at **waist level and below**
3. Helmets - are required at all times.
4. Broom sticks - should remain in the hands of all players (not thrown at the ball).
5. No high broom sticks. Broom heads should remain at **waist level and below**.
6. Penalties - for any intentional or unintentional "fouls" by a team, the ball is returned to the location where it was and possession is given to the other team.
7. Increased Participation
 - Smaller teams (5 players per team) and smaller courts allows for more "play" and involvement than large teams on a large court.
 - There are goals, brooms and helmets enough for 2 games and 4 teams (5 players per team).

