

# **City of Arlington Adult Inline Hockey Rulebook**

Updated 5/10/2023

Rev 1



**Elzie Odom Athletic Center  
1601 N.E. Green Oaks Blvd.  
Fax: (817) 860-9597  
Main: (817) 459-6443**

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## **Fair Play and Respect**

Fair play and respect are the backbone of any successful amateur sports program. In order for a positive environment to be created, it is imperative that all participants and spectators have respect for all players, coaches, officials, administrators, spectators and the sport of hockey. Hockey is a game demanding high levels of concentration and skill. Taunting or unsportsmanlike conduct directed at opponents or officials will not be tolerated.

**Players** are encouraged to develop a deep sense of respect for all (opponents and officials) while endeavoring to enjoy the sport and improve their playing ability.

**Coaches** are responsible for instructing their players to play the sport in a safe and sportsmanlike manner.

**Officials** should be diligent and confident and consistent when officiating the sport. Each official should enforce all playing rules fairly and respectfully with the safety of the players and the best interest of the game in mind. Players must be held accountable for dangerous and illegal actions with the proper enforcement of the rules at all times.

**Spectators** are encouraged to support their teams while showing respect for all players, coaches, officials and other spectators.

### **Team Compositions:**

#### **A. Players**

A team shall be composed of four players and one goalie on the surface at a time. A maximum of 11 players plus One goalkeeper are allowed on the roster per season. A maximum of 11 players plus One goalkeeper may be allowed to participate during any game.

No goalkeeper shall be listed on two different team rosters in the same division. However, a goalie from the same league or lower league may be allowed to fill in for a missing goalie to allow the game to be played without forfeit. No subbing goalies in the playoffs, unless given permission by the league director.

No Team shall be allowed to start a game with less than 5 players on the playing surface, unless the 5<sup>th</sup> player is in the building. A goalkeeper in the building is required to start play.

If any player is ejected from a game for any reason, and causes his or her team to be unable to field the correct number of players on the playing surface, that team will forfeit the game.

Each team must designate a Captain or a Coach. This captain must submit a full roster before the start of the 1st game of the season. Eligibility of players will be based on this roster. This player is also responsible for collection of all the money. If for any reason the captain quits or is suspended, a new captain must be designated before that team can play again.

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At the beginning of each game the Captain/Coach of each team shall list names and numbers of the players and goalkeepers who are eligible to play and are in attendance at that game.

**\*Substitute players are not allowed unless it is an approved goalie.**

A team may add a full-time player to their roster anytime until the start of the 3rd game of the season, pending league approval. After the game has started the roster will be set and no additions will be allowed. However, every move is subject to league approval and can be subject to change. If a player plays on that roster they are locked on that team.

If a team allows an ineligible player to participate in a game, the team shall forfeit the game and any other game in which the ineligible player participated. The forfeiting team must leave the playing surface, while the winning team may use the floor for an hour or until the next game.

The City of Arlington Parks and Recreation Department reserves the right to approve/disapprove any team name, logo, language or uniform deemed lewd, vulgar, obscene or suggestive in order to maintain a wholesome environment conducive to providing quality leisure opportunities.

**\*Roster Protests must be made before the game. – We will not check roster's unless you ask!**

## **B. Substitute Players:**

**1. Substitute players are not allowed on teams throughout the season games.**

**\*use of illegal player will result in a 1-0 forfeit**

## **Player Composition in the leagues**

### **Sunday**

A League – Highest league - Open Roster

B League – Teams May Carry 2 A Players

C League – No A Players can play C, Teams can carry 2 B players

D League - Teams may Carry 2 C Player – No A/B players may play in this league. All rosters must be approved for this league.

### **Wednesday**

is a C/D League all roster need to be approved.

**Thursday** – is a split league. Lower A/B (Must be approved) and A Roster's are open.

**\*Any Team or Player can be removed for improvement in quality of the league. By league personal.**

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## **Tie Breaker List**

1. Lowest Number of Forfeits
2. Winning Percentage
3. Head-To-Head
4. Head-To-Head Differential
5. Total Goals For
6. Total Goals Against
7. Total Goals Differential
8. Coin Toss

**\*A team with a no call no show forfeit will not be playoff eligible. All forfeits must be in writing 2 hours before game time.**

## **Rules**

### **BODY CHECKING (Non-Checking Classifications)**

A player cannot deliver a body check to any player while participating in a non-checking classification. Examples include:

- Makes deliberate physical contact with an opponent with no effort to legally play the puck.
- Uses overt hip, shoulder or arm contact with the opponent to physically force them off the puck.
- Physically impedes the progress of the opponent with hips, shoulders or torso without establishing legal body contact and having no intent of playing the puck.

### **ROUGHING**

A player cannot use the hands, stick or extension of the arms to body check an opponent or deliver an avoidable body check to a player who is not in possession and control of the puck. Examples include:

- Intentionally playing the body of an opponent who does not have possession and control of the puck.
- Any avoidable contact after the whistle shall be penalized strictly, including scrum situations around the goal or along the boards. Officials are instructed to assess an additional penalty to those players acting as the aggressor or who instigates any contact after the whistle.

### **Standard of Play and Rule Emphasis – Restraining Fouls**

- The use of the stick will be limited to only playing the puck.
- The stick will not be allowed to in any way impede a player's progress.

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- The use of a free hand/arm will not be allowed to grab or impede a player's progress.
- Players who use their physical skills and/or anticipation and have a positional advantage shall not lose that advantage as a result of illegal acts by the opponent.
- Players will be held accountable for acts of an intimidating or dangerous nature, Attempted penalties can be called.

## **HOOKING**

A player cannot use his/her stick against an opponent's body or stick (puck carrier or non-puck carrier) to gain a positional advantage.

Examples include:

- Tugs or pulls on the body, arms or hands of the opponent which allows for the space between the players to diminish.
- Placing the stick in front of the opponent's body and locking on – impeding the opponent's progress or causing a loss of balance.
- Stick on the hand/arm that takes away the ability for the opponent to pass or shoot the puck with a normal amount of force.

## **TRIPPING**

A player cannot use his/her stick on the legs or feet of an opponent in a manner that would cause a loss of balance or for them to trip or fall. Examples include:

- Placing the stick in front of the opponent's legs for the purpose of impeding progress, even if on the rink, with no effort to legally play the puck.
- Placing the stick between the legs of the opponent (can-opener/corkscrew) that causes a loss of balance or impedes the progress of the opponent.

## **HOLDING**

A player cannot wrap his/her arms around an opponent or use a free hand to clutch, grab or hold the stick, jersey or body on the opponent in a manner that impedes their progress. Examples include:

- Wrapping one or both arms around the opponent along the boards in a manner that pins them against the boards and prevents them from playing the puck or skating.
- Grabbing the opponent's body, stick or sweater with one or both hands.
- Using a free arm/hand to restrain or impede the opponent's progress.

## **INTERFERENCE**

A player cannot use his/her body ("pick" or "block") to impede the progress of an opponent with no effort to play the puck, maintain normal foot speed or established skating lane. Examples include:

- Intentionally playing the body of an opponent who does not have possession or possession and control of the puck.
- Using the body to establish a "pick" or "block" that prevents an opponent from being able to chase a puck carrier.

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- Reducing foot speed or changing an established skating lane for the purpose of impeding an opponent from being able to chase a puck carrier.

\*The last player to touch the puck shall be considered the puck carrier.

## **SLASHING**

Slashing is the act of a player swinging his stick at an opponent, whether contact is made or not. Any forceful chop with the stick on an opponent's body or stick, on or near the opponent's hands, shall be considered slashing. Any wild stick swinging motion with the intent of intimidating an opponent shall be considered slashing.

## **Broken Stick**

(a) Any player whose stick is broken must drop his stick prior to participating in the play. A minor penalty for an equipment violation shall be assessed for participating in play with a broken stick. A broken stick is one that, in the opinion of the Referee, is unfit for normal play.

(b) A replacement stick for any player who is no longer in possession of a stick may only be obtained from the player's bench or from a teammate on the rink.

(c) A goalkeeper whose stick is broken may go to the players' bench for a replacement during a stoppage of play, but only during stoppage of play.

## **Cross-Checking**

(a) A minor or a major penalty shall be assessed to a player who delivers a check to an opponent using the stick with both hands on the stick and no portion of the stick on the rink (cross-checking).

(b) A major plus a game misconduct penalty shall be assessed to any player who injures an opponent as a result of crosschecking.

## **Elbowing**

(a) A minor or a major penalty shall be assessed to any player who body checks an opponent using his elbow.

(b) A major plus a game misconduct penalty shall be assessed to any player who injures an opponent as the result of a foul committed by elbowing.

## **Falling on Puck**

(a) A minor penalty for delay of game shall be assessed to a player other than the goalkeeper who deliberately falls on or gathers the puck into his body, deeming the puck unplayable and causing a stoppage of play.

*(Note) Any player who drops to his knees to block a shot should not be penalized if the puck is shot under him or becomes lodged in his clothing or equipment.*

(b) A penalty shot/optional minor penalty shall be assessed to the non-offending team when any player, except the goalkeeper, falls on the puck, gathers the puck into his body or uses the hands to hold the puck while in the goal crease. For application of this rule, the decision as to whether the puck is in the crease is made at the moment the infraction occurs. A goal shall be awarded to the non-offending team if the goalkeeper has been removed from the rink at the time of the infraction and the action under this rule has prevented an obvious and imminent goal.

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## **Fighting**

(a) A major plus a game misconduct penalty shall be assessed to any player who engages in fighting. An additional minor penalty shall be assessed to any player who starts or instigates fighting. A minor penalty shall be assessed to any player who drops his stick and/or removes his glove(s) during an altercation and is not a participant in the original altercation. A game misconduct penalty shall be added if, in the judgment of the Referee, such player is deemed to be the instigator of a subsequent altercation. A minor, double minor or major plus game misconduct penalty, at the discretion of the Referee, shall be assessed to any player who, having been struck, continues the altercation by retaliating.

*(Note) The Referee is provided very wide latitude in the penalties that he may impose under the rules in an effort to discourage fighting. This includes forfeiting the game or ending the game in a double forfeit. This is done intentionally to enable him to differentiate between the obvious degrees of responsibility of the participants either for starting the fighting or persisting in continuing the fighting. Any altercation deemed by official can result in suspension.*

(b) A major plus game misconduct penalty shall be assessed to any player involved in fighting off the playing surface, before, during or after the game. All parties involved in fighting will be suspended for the remainder of that game and up to a season.

**\*Fighting can result in the immediate end of current game being played.**

**\*Any extra player that enters an altercation (3<sup>rd</sup> man) in is a automatic ejection for player involved. 3<sup>rd</sup> man suspensions will be reviewed by the league.**

## **Leaving the Players' Bench or Penalty Bench**

(a) A major plus a game misconduct penalty shall be assessed to any player who leaves the players' bench or the penalty bench during an altercation or for the purpose of starting an altercation. These penalties are in addition to any other penalties that may be assessed during the incident. Substitutions made prior to the altercation shall not be penalized under this rule provided the players so substituting do not enter the altercation.

(b) No penalized player may leave the penalty bench except on the expiration of his penalty or at the end of a period. A minor penalty shall be assessed to any player who leaves the penalty bench before his penalty has expired, unless it resulted from an error by the Penalty Timekeeper. In all situations, the player shall serve the remaining penalty time. If a Penalty Timekeeper error occurred, no additional minor penalty assessed.

*(Note) In all cases where a penalized player has left the penalty bench prematurely, whether the result of Penalty Timekeeper error or not, the Penalty Timekeeper shall note the time and verbally alert the Referee who shall stop play when the offending team gains possession and control of the puck.*

(c) If a player illegally enters the game either from the players' bench or penalty bench (Timekeeper error or not), any goal that is scored by the offending team while he is illegally on the rink shall be disallowed. However, all penalties assessed to either team shall be served in the normal manner. A penalty shot/optional minor penalty shall be awarded to the non-offending team anytime a player who is on a breakaway is interfered with, in any manner, by an opposing player who has illegally entered the game.

(d) A bench minor penalty to the team, or a game misconduct penalty to the team official, or both, shall be assessed when any Team Official enters the ice surface after the start of the period and prior to its end without the permission of the Referee.

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*(Note) Any incident involving a Team Official entering the playing surface without permission during the course of a game shall be reported to the Proper Authorities for further disciplinary action.*

## **Fouled from Behind**

(a) For the purpose of this rule a “breakaway” is defined as follows: A player who is in possession and control of the puck and is beyond his defending zone with no opponent between him and the goalkeeper.

(b) A penalty shot/optional minor penalty shall be awarded to the non-offending team anytime a player is fouled from behind, or diagonally from behind (beyond the fouled player’s peripheral vision), and is denied a reasonable scoring opportunity during a breakaway.

*(Note) The intent of this rule is to restore a reasonable scoring opportunity that has been lost by reason of a foul committed from behind during a breakaway situation. This foul from behind could include any action that would normally be deemed a penalty, including cross-checking, high sticking, holding, hooking, slashing and tripping. This penalty shall be assessed in the normal manner allowing for a “delayed penalty” and a change of possession prior to stopping play.*

(c) If the opposing goalkeeper has been removed from the ice and an obvious and imminent goal has been prevented by the fouled from behind provisions, then the Referee shall stop play and award a goal to the non-offending team.

## **Goals and Assists**

*(Note) It is the responsibility of the Referee to award goals and assists strictly in accordance with the provisions of this rule and his decision shall be final. In case of an obvious error in awarding a goal or an assist, corrections should be made promptly and no changes can be made to the official scoresheet once it has been signed by the Referee.*

(a) A goal shall be scored when the entire puck has completely crossed the goal line between the posts and under the cross bar. The player who has legally propelled the puck into the opponent’s goal (or last attacking player to play the puck in cases where the puck entered the goal as a result of the actions of the defending team) shall be credited with the scoring of the goal. Up to a maximum of two assists shall be awarded to those player(s) who had possession of the puck immediately prior to the goal being scored. Only one point can be credited to any single player for a goal scored and each goal or assist shall count as one point in the respective player’s record.

(b) A goal shall be legally scored if:

- (1) The puck has been propelled into the goal by the stick of an attacking player.
- (2) The puck enters the goal as a result of any action by the defending team.
- (3) The puck shall have been deflected into the goal by striking any part of an attacking player.
- (4) The puck was legally propelled into the goal crease and not covered by the goalkeeper – making the puck available to another attacking player to propel into the goal.

(c) A goal shall not be allowed if the following occurs:

- (1) An attacking player kicks the puck directly into the goal or a kicked puck deflects off any player, including goalkeeper, prior to entering the goal.
- (2) The puck has been thrown or deliberately directed into the goal by any means other than a stick, even if subsequently deflecting off any player, including goalkeeper, prior to entering the goal.
- (3) The puck was deflected into the goal directly off an official.



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(4) The puck entered the goal while an attacking player was positioned in the crease and interfering with the goalie.(unless physically interfered with by a defending player causing him to be in the goal crease).

(5) The puck has not completely crossed the goal line prior to the expiration of the period.

## **Puck Out of Bounds or Unplayable**

(a) Anytime the puck goes outside the playing area, strikes any obstacles above the playing surface other than boards, glass or wire or becomes unplayable due to a defect in the playing rink, play shall be stopped and a last play face-off conducted. The Puck over the red line is a dead puck.

(b) Play shall be stopped immediately if the puck comes to rest in the netting on top of the goal frame. Play shall be stopped and deemed unplayable if the puck becomes lodged in the netting outside of either goal and neither team is able to dislodge the puck within three seconds.

(c) Play shall not be stopped if the puck comes to rest on top of the boards surrounding the playing area and is legally played by a hand or stick or if the puck strikes an official anywhere on the rink.

## **Handling Puck with Hands**

(a) Play shall be stopped and a last play face-off shall occur anytime a player (except the goalkeeper) closes his hand on the puck and does not immediately drop the puck to the ice. A minor penalty for delay of game shall be assessed to any player, other than the goalkeeper, who picks the puck up from the rink with his hand(s) while play is in progress. A penalty shot/optional minor penalty shall be awarded to the non-offending team anytime a defending player, other than the goalkeeper, picks the puck up off the rink with his hand or holds the puck while play is in progress and the puck is in the goal crease. If this infraction occurs while the goalkeeper has been removed from the rink, and prevents an obvious and imminent goal, a goal shall be awarded to the non-offending team.

(b) A player or goalkeeper shall not be allowed to “bat” the puck in the air, or push it along the rink with his hand, directly to a teammate unless the “hand pass” has been initiated and completed in his defending zone, in which case play shall be allowed to continue. If the “hand pass” occurs in the neutral or attacking zone, a stoppage of play will occur and a face-off will take place according to last play face-off rules provided no territorial advantage has been gained. No goal can be scored as a result of the puck

being propelled by the hand of an attacking player regardless if the puck enters the goal directly from the hand or deflects off of any player prior to entering the goal.

## **Head Contact**

(a) A minor or major penalty shall be assessed to any player who contacts an opponent in the head, face or neck, including with the stick or any part of the player’s body or equipment.

(b) A major plus a game misconduct penalty shall be assessed to any player who injures an opponent as a result of head contact or who intentionally or recklessly contacts an opponent in the head, face of neck.

(c) A match penalty for attempt to injure or deliberate injury to an opponent will also be assessed for head contact

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## **High Sticks**

- (a) A minor, major, double minor, penalty shall be assessed to any player who carries his stick above the normal height of the shoulder or who makes stick contact above the shoulder of the opponent.
- (b) A major plus a game misconduct penalty shall be assessed to any player who injures an opponent as a result of high sticking. Players are responsible for their stick at all times.
- (c) Batting the puck above the normal height of the crossbar with the stick is prohibited and no goal can be scored as a result of an attacking player playing the puck above the shoulder with the stick and directly entering the goal. When the puck is played above the height of the shoulders with the stick, play shall be immediately stopped and a faceoff conducted at one of the end zone face-off spots in the defending zone of the offending team unless:
- (1) The puck is batted to an opponent who gains possession and control of the puck, in which case play shall continue, or
  - (2) A player of the defending team bats the puck into their own goal, in which case the goal is allowed.

## **Holding an Opponent**

- (a) A minor penalty shall be assessed to a player who impedes the progress of an opponent by holding.
- (b) A major plus a game misconduct penalty shall be assessed to a player who uses his hand to rub, grab or hold the facemask of an opponent.
- (c) A match penalty for attempt to injure or deliberate injury to an opponent may also be assessed for grabbing or holding the facemask.

Coaches are expected to teach proper skills and hold their players accountable for illegal and dangerous actions, regardless as to whether they are properly penalized, or not. Parents are expected to support the decisions of the officials and support the coaches in teaching the proper skills in a safe and positive environment. Officials shall enforce a strict penalty standard according to the guidelines that have been established.

Players are expected to compete within the playing rules. Administrators are expected to hold players, coaches, officials and parents accountable for their actions in an effort to promote a safe and positive environment for all participants.

## **Zero Tolerance Policy**

### **Players**

At the discretion of the referee A minor penalty for unsportsmanlike conduct (zero tolerance) can be assessed whenever a player:

- 1) Openly disputes or argues any decision by an official.
- 2) Uses obscene or vulgar language at any time, including any swearing, even if it is not directed at a particular person.
- 3) Visually demonstrates any sign of dissatisfaction with an official's decision. Any time that a player persists in any of these actions, they shall be assessed a misconduct penalty. A game misconduct shall result if the player continues such action. (Example throwing a stick or slamming bench doors).

### **Coaches/Captains**

A minor penalty for unsportsmanlike conduct (zero tolerance) shall be assessed whenever a coach:

- 1) Openly disputes or argues any decision by an official.

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- 2) Uses obscene or vulgar language in a boisterous manner to anyone at any time.
- 3) Visually displays any sign of dissatisfaction with an official's decision including standing on the boards or standing in the bench doorway with the intent of inciting the officials, players or spectators. Any time that a coach persists in any of these actions, he/she shall be assessed a game misconduct penalty.

## **Officials**

Officials are required to conduct themselves in a businesslike, sportsmanlike, impartial, constructive and professional manner at all times. The actions of an official must be above reproach. Actions such as "baiting" or inciting players or coaches are strictly prohibited. Officials are ambassadors of the game and must always conduct themselves with this responsibility in mind.

## **Spectators**

The game will be stopped by game officials when parents/ spectators displaying inappropriate and disruptive behavior interfere with other spectators or the game. The game officials will identify violators to the coaches for the purpose of removing parents/ spectators from the spectator's viewing and game area. Once removed, play will resume. Lost time will not be replaced and violators may be subject to further disciplinary action by the local governing body. This inappropriate and disruptive behavior shall include:

- 1) Use of obscene or vulgar language in a boisterous manner to anyone at any time.
- 2) Taunting of players, coaches, officials or other spectators by means of baiting, ridiculing, threat of physical violence or physical violence.
- 3) Throwing of any object in the spectators viewing area, player's bench, penalty box or on playing surface, directed in any manner as to create a safety hazard.

## **Penalties**

(a) Penalties shall be actual playing time and shall be divided into the following classes:

- (1) Minor/Bench Minor Penalties
- (2) Major Penalties
- (3) Misconduct Penalties
- (4) Match Penalties
- (5) Penalty Shot

*(Note 1) When play is not actually in progress and an offense is committed by any player or Team Official, the same penalty shall apply as though play were actually in progress.*

*(Note 2) Should a player commit multiple infractions on the same play, either before or after the Referee has stopped play, the offending player shall serve the penalties consecutively.*

(b) Any player who receives three penalties in the same game shall be immediately ejected for the remainder of the game and the next game and assessed a game misconduct penalty. Any Adult player who receives three penalties in the same game shall be immediately ejected for the remainder of the game and can be ejected for the next game.

**Any player receiving 3<sup>rd</sup> penalty because of another player baiting them shall be removed at ref discretion. (Coincidental Penalties)**

Any Head Coach whose team receives 15 or more penalties during one game shall be suspended for the remainder of that game and the next scheduled game of that team.

## **Minor Penalties**

(a) For a "MINOR PENALTY," any player, other than a goalkeeper, shall be ruled off the rink for two minutes during which time no substitute shall be permitted.

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(b) For a “BENCH MINOR” penalty one player shall be ruled off the rink for a period of two minutes, during which time no substitute shall be permitted. Any non-penalized player of the team who was on the rink at the time of the infraction, except the goalkeeper, may be designated to serve the penalty by the Manager or Coach through the playing Captain, and such player shall promptly take his place on the penalty bench.

(c) If the opposing team scores a goal while a team is shorthanded (below the on rink numerical strength of its opponent at the time of the goal) by one or more minor penalties, one of such penalties shall automatically terminate. The penalty that terminates automatically is the first minor or bench minor penalty (non-coincidental) then being served by the “shorthanded” team. This rule shall not apply when a goal is scored on a penalty shot or an awarded goal.

(d) When the minor penalties of two players of the same team terminate at the same time, the Captain of that team shall designate which player will return to the rink first.

(e) When a player receives a major penalty and a minor penalty at the same time, the major penalty shall be served first by the penalized player. However, if the major or match penalty is assessed under the coincidental major or match penalty rules, the minor penalty will be recorded and served first.

(f) When an equal number of minor penalties (coincidental) are assessed to players from both teams, the penalized players shall take their place on the penalty bench and immediate substitution will take place for an equal number of minor penalties. The penalized players shall not leave the penalty bench until the first stoppage of play following the expiration of their penalties. Additional minor penalties assessed at the same stoppage that are not considered coincidental minor penalties shall be served in the normal manner.

## **Major Penalties**

(a) For the first “MAJOR PENALTY” in any one game, any player, except the goalkeeper, shall be ruled off the rink for five minutes, during which time no substitute shall be permitted.

(b) For the second major penalty in the same game to the same player or goalkeeper, that player shall be assessed a game misconduct penalty in addition to the major penalty. The player or goalkeeper shall be suspended for his team’s next two games. This two-game suspension is in addition to any other required suspensions incurred during the same incident.

(c) When an equal number of major penalties (coincidental), are assessed to players from both teams, the penalized players shall take their place on the penalty bench and immediate substitution will take place for an equal number of major penalties. The penalized players shall not leave the penalty bench until the first stoppage of play following the expiration of their penalties. Additional minor or major penalties assessed at the same stoppage that are not considered coincidental penalties shall be served in the normal manner. The coincidental penalty rule shall also apply in all situations where penalties of equal duration (minor or major penalties) are assessed to both teams. This is during the stoppage of play.

## **Misconduct Penalties**

(a) A “MISCONDUCT” penalty involves the removal of a player, other than a goalkeeper, from the game for a period of 10 minutes with immediate substitution taking place on the rink. A player whose misconduct penalty has expired shall remain on the penalty bench until the next stoppage of play.

(b) A “GAME MISCONDUCT” penalty involves the suspension of a player or Team Official for the balance of the game with immediate substitution taking place on rink.

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A player or Team Official incurring a game misconduct penalty shall also be suspended for his team's next game (the game already appearing on the schedule of that team at the time of the infraction).

(c) If any Team Official is assessed a game misconduct penalty, he may not remain near the bench of his team, nor in any way attempt to direct the play of his team.

## **Penalty Shot**

(a) If the offense for which the penalty shot was awarded was such as would normally incur a minor or bench minor penalty, the non-offending team may, prior to the penalty shot, elect that the minor or bench minor penalty be assessed to the offending player or team in lieu of the penalty shot. If the penalty shot is selected, the offending team shall not be reduced in on-ice strength as a result of the infraction. If the offense for which the penalty shot was awarded was such as would normally incur a major or match penalty, such penalty shall be imposed in addition to the penalty shot regardless as to whether a goal was scored or not. In addition, misconduct penalties will also be served in the normal manner.

(b) In cases where a penalty shot that has been awarded where a specific player has been fouled, the Referee shall designate the fouled player to take the penalty shot.

In cases where a penalty shot that has been awarded where a specific player has not been fouled), the player selected to take the penalty shot shall be designated by the Captain of the non-offending team from the players who were on the rink at the time the infraction occurred. If by reason of injury the player designated by the Referee to take the penalty shot is unable to do so within a reasonable time, the shot may be taken by a player selected by the Captain of the non-offending team from the players on the rink at the time the infraction occurred. Once the player has been designated to take the shot, either by the Referee or Captain, such player may not be changed unless that player had incurred a game misconduct or match penalty prior to taking the penalty shot. In this instance, the Captain of the non-offending team shall designate a player who was on the rink at the time of the infraction to take the penalty shot. If the player designated to take the penalty shot is assessed a minor or major penalty in connection with the play prior to taking the penalty shot, he shall first be permitted to complete the penalty shot prior to taking his place on the penalty bench.

Only a player designated as a goalkeeper, substitute goalkeeper or temporary goalkeeper may defend against a penalty shot.

(c) A "Penalty Shot" shall be taken as follows: The puck shall be placed on the center rink face-off spot and on the instruction of the Referee, the player taking the shot will play the puck from there and attempt to score on the goalkeeper. Once the player taking the shot has touched the puck, it must be kept in motion towards the opponent's goal line and once it is shot the play shall be considered complete. No goal can be scored on a rebound of any kind and any time the puck crosses the goal line the shot shall be considered complete. The goalkeeper must remain in his crease until the player taking the penalty shot has touched the puck. The goalkeeper may attempt to stop the shot in any manner except by throwing his stick or any object, in which case a minor penalty shall be assessed to the goalkeeper. While the penalty shot is being taken, players from both teams must be on their players' benches. When an infraction occurs calling for a penalty shot during actual playing time, the shot will be taken immediately upon completion of the play (delayed whistle by the Referee). The time required to compete the penalty shot shall not be included in the regular playing time. If a goal is scored from a penalty shot, the puck shall be faced at center rink in the usual way. If a goal is not scored, the puck shall be faced at either of the end face-off spots in the zone in which the penalty shot has been attempted

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(d) For any violation committed by a goalkeeper during the penalty shot, the Referee shall allow the shot to be completed and if the shot fails, another penalty shot shall be awarded. Any penalties assessed will be served in the normal manner whether or not a goal is scored on the penalty shot. If, while the penalty shot is being taken, any player of the opposing team shall have by some action interfered with or distracted the player taking the shot, and as a result the shot was failed, a second attempt shall be permitted and the Referee shall impose a misconduct penalty on the player who committed the infraction.

## **Goalkeeper Penalties**

(a) A goalkeeper shall not be sent to the penalty bench for an offense that incurs a minor, major or misconduct penalty. These penalties shall be served by another member of his team who was on the rink when the offense was committed. The player shall be designated by the Coach of the offending team through the Captain and such substitute may not be changed.

(b) Should a goalkeeper incur a game misconduct or a match penalty, his place will be taken by a member of his own team, or by a substitute or temporary goalkeeper who is available, and such player will be allowed the goalkeeper's full equipment. Any other penalties assessed to a goalkeeper, including minor, major, misconduct or match penalties, shall be served by another member of the team on the ice at the time the offense was committed. The player shall be designated by the Coach of the offending team through the Captain and such substitute may not be changed.

*(Note) All penalties assessed to a goalkeeper, regardless of who serves the penalty, or any substitution, shall be charged in the records against the goalkeeper.*

(c) If a goalkeeper deliberately participates in the play in any manner when he is beyond the center red line, a minor penalty shall be assessed.

## **Calling of Penalties**

(a) Should an infraction of the rules be committed by a player of the team in possession and control of the puck, the Referee shall immediately stop play and assess the penalty(s) to the offending player(s). Should an infraction of the rules be committed by a player of a team NOT in possession and control of the puck the Referee shall signal a delayed penalty. Play will be stopped immediately when the offending team gains possession and control of the puck and the penalty(s) assessed to the offending players(s).

*(Note 1) Play is stopped when the offending team gains "possession and control" of the puck. A rebound off of the goalkeeper or accidental contact with any opposing player is not considered to establish "possession and control."*

*(Note 2) There shall be no delayed penalty signal given by the Referee for a misconduct or game misconduct penalty under this section.*

The resulting face-off will take place at the nearest face-off location where play was stopped unless:

(1) The stoppage occurred in the attacking zone of the team who committed the infraction – in which case the faceoff will take place at the nearest neutral zone face-off spot.

(2) Or the stoppage of play was the result of a non-offending team icing the puck, shooting the puck out of play from their defending zone or the puck becomes unplayable in the defending zone, in which case the face-off will take place at the nearest neutral zone faceoff spot.

(b) If the penalty or penalties to be imposed are minor penalties and a goal is scored on the play by the non-offending team, the first minor penalty shall be imposed and recorded but shall be deemed expired. All other penalties shall be imposed in the normal manner regardless of whether

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or not a goal is scored. If the Referee signals an additional minor penalty(s) against a team that is already shorthanded (below the numerical strength of its opponent on the ice at the time of the goal) because of one or more minor or bench minor penalties, and a goal is scored by the non-offending team,

the goal shall be allowed. The delayed penalty(s) shall be assessed and the first non-coincidental minor penalty already being served shall terminate automatically.

(c) If the Referee has signaled a delayed penalty and the puck shall enter the goal of the non-offending team as the direct result of the action of a player of that team, the goal shall be allowed and the penalty signaled shall be imposed in the normal manner.

(d) All minor and bench minor penalties occurring after a goal has been scored or during the stoppage of play when a penalty shot is being attempted, shall be served in the normal manner under this rule.

## **Supplementary Discipline**

(a) In addition to the suspensions imposed under these rules, the proper disciplinary authority, at its discretion and after the game has been completed, may investigate any incident that occurs in connection with any game. Any incident that occurs prior to, during, or after the game is subject to review regardless of whether the action was penalized by the Referee.

(b) Suspensions imposed during a playoff event must be served during that same event where the suspension occurred. If the length of suspension carries beyond that event for an advancing team, the City of Arlington League Director shall be the sole authority in determining the eligibility of the individual(s).

## **Referee**

(a) The "REFEREE" shall have general supervision of the game and his decision shall be final in all matters occurring before, during or after the game. The role of the official is to "enforce" the rules of the game and in doing so shall have full authority over all participants. The Referee may not change his decision, or that of any other official, after the resumption of play following the rendering of the original decision.

(b) All On-Rink Officials shall wear an official sweater with black and white stripes.

(c) The Referee shall order the teams on the rink at the appointed time for the beginning of a game and for the start of each period. Officials should enter the rink surface prior to warm-ups and remain on the rink at the conclusion of each period until all players have exited to their benches. Penalties may also be assessed during the warm-up period. Prior to the start of the game, the Referee shall confirm that the timing and signaling equipment is working properly and check all nets.

(d) It shall be the Referee's duty to impose such infractions as outlined in the rules and give the final decision in matters pertaining to disputed goals after consultation with another official. He shall be responsible for ensuring each player is wearing the required protective equipment in its intended manner. The Referee shall announce to the appropriate off-rink official all goals and assists legally scored as well as penalties imposed. He shall request, at the first stoppage of play, to have announced the reason for disallowing a goal in every instance.

(e) The Referee shall see to it that players of opposing teams are separated on the penalty bench to prevent contact.

(f) At the conclusion of the game, the Referee shall check the official scoresheet, including team rosters and players in uniform, for accuracy prior to signing.

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## **Official Scorer**

- (a) Before the start of the game, the “OFFICIAL SCORER” shall obtain from the Manager or Coach of both teams a list of all eligible players of each team. The Official Scorer shall secure the names of the Captain and Designated Alternate(s) from the Manager or Coach of each team and will indicate each by placing the letter “C” or “A” opposite their names on the scoresheet.
- (b) The Official Scorer shall keep a record of each goal scored by indicating those player(s) who are credited with scoring the goal and any assists and have announced over the public address system. No request for changes to the officials scoring shall be considered unless they are made at or before the conclusion of the game. He shall indicate on the scoresheet those players from each team who actually participated in the game. He shall note on the scoresheet the time any substitute or temporary goalkeeper has entered the game and designate any goal scored when the goalkeeper has been removed from the rink.
- (c) Upon the immediate conclusion of the game, the Official Scorer shall also prepare the Official Score-sheet for signature by the Referee and forward it to the proper authorities.

## **Start of Game and Time of Match/Time Outs**

- (a) The game shall start at the scheduled time with a face-off conducted at the center ice face-off spot. The maximum length of a game shall be two 15-minute periods for youth and three 12-minute periods for adults. Each period shall start promptly at the end of the intermission with a face-off conducted at the center face-off spot.
- Any team that has not returned to the rink, without proper justification, and is prepared to play at the conclusion of the intermission shall, after a warning by the Official, be assessed a bench minor penalty for delay of game.
- (c) Prior to the start of the game, each team is provided an opportunity to warm-up (maximum of 5 minutes for youth 3 minutes for Adults) on their half of the rink.
- (d) Each team shall defend the goal closest to its bench for the start of the game. The teams shall switch ends for the start of each subsequent period.
- (e) If in the opinion of the Officials, conditions are more favorable at one end of the rink, the officials may have the teams change ends at the midway point of the third period and during each overtime period so each team has an equal opportunity to play with the advantage. This changing of ends should occur at the exact midpoint of the period.
- If any unusual delay occurs in the first or second periods, the Officials may order the next regular intermission to be taken immediately. The remainder of the period will be completed upon the conclusion of the intermission with the teams defending the same goals. At the conclusion of that period, the teams will change ends and resume play for the next period without any delay. If in the opinion of the officials, the playing conditions (such as broken boards or weather) become unsatisfactory during the course of the game, the game may be suspended and the conditions reported to the Proper Authorities.
- (f) Each team is permitted one time-out of 60 seconds duration during the game whether in regulation play or overtime. Time-outs must be requested during a stoppage of play prior to the conclusion of the line change procedure. If a team were to request to use their time-out during the same stoppage of play as their opponent, this request must be made prior to the conclusion of the first time-out. Either team may use a time-out for the purpose of warming up their goalkeeper. However, no more than four pucks per team shall be allowed for this purpose. Non-penalized players and goalkeepers may proceed to their respective players’ bench during any time-out.



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## Tied Games

(a) If the score is tied at the end of three periods, the game must be played until there is a winner. The following is how a winner will be determined:

### ADULT LEAGUE:

Games ending in a tie after regulation time expires will be moved to a 3 man shootout. There are no ties in play in the adult league.

(b) Any overtime period shall be considered part of the game and all unexpired penalties shall remain in force.

(c) If either team declines to play in the necessary overtime period or periods, the game shall be declared a loss for that team.

(d) **PLAYOFF OVERTIME RULES** for all leagues:

(1).The game will be completed once either team scores a goal (sudden victory). That team shall be declared the winner. Short time periods (5 minutes for adults) will be played. If no goal is scored by either team during the first overtime period, teams will move to a 3 man shootout.

## Supplemental Adult Rules

- 1) All leagues will have a 4 player minimum rule to have a game.
- 2) Fans that insist on engaging in behavior other than which encourages the any team or players, will be asked to leave the property. Negative comments will not be tolerated. We are expected to set positive examples for our children and for our neighbors. The league will handle problems with players and/or coaches by penalizing the team the fan is associated with. Fist offence will be a warning to the coach. Second offense will be a 2 minute minor. Third offense will be a 5 minute minor. Forth offence will result in the team forfeit. Report all problems to the league coach director away from the game.
- 3) Coaches are responsible for their benches. Coaches are responsible for cleaning up their benches after their game. Coaches are also responsible for keeping water/water bottles from entering the rink. If a Referee has to stop the game for water on the rink from a bench, a penalty can be assessed to that coach for delay of game. (A 2 minute minor.)

## REQUIRED EQUIPMENT

Description	M-Mandatory R- Recommended
Hockey gloves	M
Elbow pads	M
Hockey Helmet with full face shield, approved by HECC [Face shield optional and highly recommended in the adult division(s)]	M

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Knee / Shin guards	M
Mouth piece (Recommended for Adults)	M
Shoulder pads	R
Goalie Mask – No Cat Eye	R
Cup	R
Hockey stick	M
Inline skates	M
Girdle	R

**\*NOTE:** Texas Law (Chapter 95, Civil Practice and Remedies Code) Limits the liability of a municipality that owns, operates, or maintains a facility in which Hockey, In-Line Hockey, Skating, In-Line Skating, or Roller Blading are conducted for damages arising directly from such recreational activities.

All players must wear a helmet while seated on the bench during play.(304d)

All protective gear with the exception of headgear, gloves and goalkeeper leg pads must be covered.

It is prohibited to wear jewelry on the playing surface. Any player wearing jewelry (i.e. necklaces, earrings or any other type of jewelry visible to the referee) must leave the playing surface until such jewelry is removed.

All players participating in Elzie Odom Athletic Center Sanctioned leagues must wear matching color jerseys with an 8-inch number on the back. All numbers must be whole numbers between 0 and 99. No two players on the same team shall wear the same number. Tape shall be used in any case as a make shift number. Any player not following this guideline will not be permitted to play in that game, unless given permission by the referees or league officials.

All players should wear the same number the entire season. Players who change numbers without notifying the scorekeeper a subject to in-accurate statistics, which may result in ineligibility for playoffs.

At the discretion of the Referee, the visiting team shall change jerseys if the colors of the competing teams are the same.

- 13) All leagues are NON-CHECKING leagues.
- 14) Misuse of league owned equipment and other assets (as judged by the League, referees, or coaches), that results in damage requiring repair or replacement (as judged by the COA) shall be the responsibility of the person(s) that misused said equipment or other assets. Players will be suspended from participation in all league activities (practices and games) until payment is received. This extends to all future COA events and activities. Persons other than players deemed responsible (by the City of Arlington) for damages will be suspended from all participatory duties and activities until payment is received. This extends to all future COA events and activities.

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- 15) In cases of equipment misuse and other offenses requiring disciplinary action, it is the responsibility of coaches to notify the director so the League can assist with enforcement of penalties, especially those related to participation restrictions.
- 16) Games will utilize a stopping clock. The clock will stop during each whistle.
- 17) generally, these rules will be followed. Further conflicts will be resolved by the City of Arlington.
- 18) Adult league games will be three 12 minute periods. Each team will be allowed one time out per game. Clock will stop on every whistle. Warm up prior to the game will be limited to 3 minutes.
- 19) On fighting in the adult league...
  - Penalized players earn a game misconduct penalty for the current game, plus an automatic suspension for the next 1 to 2 Weeks, plus a mandatory review by the Athletics Division to determine if further action is needed. The League Director has the right to terminate a player's participation for any length of time. All instances will be handled on a case by case basis.
- 20) Additionally, players earning a single gross misconduct penalty in one season are automatically terminated from participation in the remainder of the current season, in addition to penalties prescribed by the League in their review of the offense.
- 21) Players that earn three penalties in a single game will be suspended for the remainder of that game.
- 22) Players that earn 2 game misconducts in one season will be automatically reviewed by the League to determine eligibility status and other suspension options as deemed appropriate by the League.
- 23) Ties in the end of season playoffs will be handled by one 5 minute sudden death period. This means that the first team to score wins, and the period in progress is over. If after 1 overtime period, there is no score, then the venue is transformed into a shoot out format as follows:
  - 24) First round will be a 3-man shoot out. If this does not produce a winner there will be a second round.
  - 25) The second round will be sudden death, and the remaining roster must shoot before any of the shooters from the first round are allowed to participate.

On behavior in the penalty box...

If you are in the box, you are expected to sit quietly and serve your penalty. You are not allowed to coach or encourage your team.

You are not allowed to behave in an abusive manner to anyone in and around the area. The scorekeeper is authorized to report unauthorized behavior to the officials.

Officials may assess additional penalties for penalty box violations at their discretion.

**Any Player leaving penalty bench door open will result a stoppage of play once team has possession. 2<sup>nd</sup> offense will result in penalty.**

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## Adult League Playing Levels and Standards

**Remember playing levels are determined by the league. Teams must have a complete roster turned in before the start each league, and placement in the league will be determined on strength of roster. If your team is in between two leagues, you will be placed in the higher of the two leagues. If your team is too strong for our strongest league, you will have to weaken your team or be removed from the league.**

**ALL Teams and players are subject to league approval. If we think you are in the wrong league we can and will move you.**

## Suspensions

**Any player that takes 14 penalties in one season shall be suspended for the duration of that season and playoffs.**

### **\*Suspensions:**

- 1. Fighting – 1 Weeks to season.(fighting includes parking lot or off the rink). You will miss all games for all teams during this suspension.**
- 2. Abuse of officials- 2 weeks to lifetime ban.**
- 3. Intent to injure- 2 weeks to a year**
- 4. Fan abuse-ejection of fan or player(player will be suspended)**
- 5. Abuse of city facility. 2 weeks to a year suspension.**
- 6. Instigating\* a fight-10 minute personal misconduct, game ejection or up to a 2 week suspension**
- 7. Severe Penalties can carry up to a 180 day suspension. Repeat offenders will be given a 2 year suspension. These actions shall be under the discretion of the league authorities.**
- 8. No alcoholic beverages are allowed in the Building and/or parking lots (ordinance 78-47). Hockey Officials will forfeit any game if a player or players are found to have alcoholic beverages inside Player Bench and/or the building. Players that appear to be intoxicated**

**\*Instigating means any action that could lead to a fight. This includes but isn't limited to; threatening, taunting, or using inappropriate language towards an opposing player or bench. It is the referees' and league officials' discretion as to whether or not an incident is considered instigating. This gives the referees the ability to remove a player from a game that poses a threat to other players' safety, regardless of actually fighting.**