



**City of Arlington Parks and Recreation  
Adult Sport Rules: Inline Hockey**

General Information

- **Game Schedules** are available at [www.teamsideline/arlington.com](http://www.teamsideline/arlington.com)
- **Contact:** 817-459-5463
- Sports Rainout Line 817-459-6697; updated by 3:30pm each day
  - If games have been canceled due to weather problems, it is your responsibility to contact the Sports Office for your newly rescheduled game time and date. All efforts will be made to reschedule games for the same day of the week as your regular games. No refunds will be made except when leagues are filled or are cancelled by the Parks & Recreation Department, nor will refunds be given once schedules are posted or after registration day. Be prepared to play rain-out games whenever or wherever scheduled.
- The City of Arlington Parks and Recreation Department reserves the right to add, delete or amend the rules and regulations at any time for the betterment of the program and 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 and reserves the right to remove teams from play for failure to complete financial obligations, failure to notify League administrators of intent to forfeit games, un-sportsmanship actions displayed during play, roster violations, and/or any other actions deemed detrimental to the league and reserves the right to combine or open leagues to allow more teams to register and to avoid canceling leagues.
- The Parks and Recreation Department routinely takes photos and/or video of participants and visitors in our programs and facilities for promotional purposes. Please be aware that by participating or utilizing our facility, you are granting the City of Arlington and its agents the right to use and publish your image or your minor children's image, and that no monetary remuneration will be given.

Eligibility & Rosters

- It is the team captain's responsibility to submit a completed roster, and all players must sign the roster to play.
- Players must be **14 years of age** or older prior to the start of league play and all players must carry a current picture I.D. with them during league games to be considered an eligible player. Minors are subject to approval with a Minor Consent Form.
- Players will not be allowed to play on more than one team in the same league during a season. If a player's name is found on two teams, the player shall belong to the team they play for first.
- Rosters must be turned into the Athletic Office or to the scorekeeper prior to the first game. If rosters are not turned in prior to the start of the first game, the result will be a forfeit of the first league game and all future games until a roster is submitted. All information on the roster form must be complete for the player listed to be considered part of the team.
- Roster changes will be allowed until the 3rd game of play. After that, no roster changes will be allowed. Any team caught playing an individual who is not on their roster will forfeit all games in which the illegal player played if the opposing team protests.
- Teams who have won their division 3 consecutive seasons must move to the next level of play if available.
- All league teams will be allowed to have a maximum number of 12 skaters and a goalie.
- Players must play at least 1 league game to play playoffs.

Equipment & Uniforms

- Referees may ban any equipment that they deem as unsafe or illegal and jewelry may not be worn at any time during the game.
- Players must wear skates that are designed for inline hockey. Players cannot have brakes on their skates.
- If two teams playing each other have the same jersey color game, the Home Team will be responsible for changing colors in case of conflict and the home team is White.
- The City of Arlington Parks & Recreation will provide the official game puck unless both captains and officials agree on a game puck.
- No electronic devices are allowed on the field/court of play (headphones, tablets, go pro, etc.)

Awards

- League awards will be given out to first place teams.

Conduct & Discipline

- **Removal:** At the discretion of the officials or staff, a player or coach may be removed from the game for minor infractions. Note: Removals will require the player/coach to leave the facility/park, but no additional team penalties, or suspensions will be issued.
- **Ejections:** At the discretion of the referee or staff, a player, coach, or spectator may be ejected from the game for any unsportsmanlike conduct (to include the consumption of alcohol). Note: Players, coaches or spectators who have been ejected or suspended must leave the facility and grounds immediately and not return to any Arlington Adult League until the completion of the suspension.



- **Protests** based upon player eligibility will be allowed before the game and rules interpretations will be allowed during the game
  - **Player Eligibility Protests** must be executed in the following manner: Notify the official verbally before the game begins that the match/game is under protest. The match will not be played, player eligibility will be verified at that time for all players on both teams and a result will be determined. If all players are eligible, the team that protested will receive a loss. If any player is found to be an illegal/ineligible player, that team will receive a loss. If both teams have ineligible players, it will be ruled a double forfeit.
  - **Rule Interpretations Protest** must be executed in the following manner: Notify the scorekeeper immediately after the play/call to make a note on the score sheet as to what rule interpretation is being protested. Notify the officials that the game is being played under protest and the game will continue. The League Administrator or his/her designee will rule on all protests after the game.

#### Game Structure

- All games will be played in accordance with the current governing body rules with the addition of the following:
- **Standings and Playoffs:** Playoffs will be awarded to the top teams depending on the number of teams in that league. If the league has less than 4 teams, the top 2 teams advance; if 3-5 teams, top 3 teams advance; if 6+ teams, top 4 advance
- **Tiebreakers:** All tie breaker situations will be resolved in the following manner:
  - Winning percentage
  - Head-to-head
  - Head-to-head Differential
  - Total Goals For
  - Total Goals Against
  - Total Goal Differential
- **Forfeits:** If a team forfeits two league games during the season the team will be dropped from the league with no refund of entry fees. All teams scheduled to play the offending team for the remainder of the season will receive a win by forfeit. Make-up games scheduled on days other than the original night will not apply to the number of forfeits.
- **Blood Rule:** a player, coach or official who is bleeding or who has blood on their uniform shall be prohibited from participating further in the game until appropriate treatment can be administered. If medical care or treatment is administered in a reasonable length of time (official's judgment), the individual will not have to leave the game. Uniform rule violations will not be enforced if a uniform change is required. The official shall stop the game and allow treatment if injured person would affect the continuation of play. The official will immediately call a coach or other authorized person to assist the injured player. The rules of the game regarding substitutions, re-entry, and short-handed player will apply, if necessary.

#### Playing Rules

- **Rosters & Lineups** must be legibly filled out listing each player and be turned into the scorekeeper at least two minutes prior to scheduled game time (line-ups must indicate last name, first name and the jersey number).
- **Start Time:** All games will start at scheduled game time and if team(s) are not ready to play at the scheduled game time the clock will be started. No Team shall be allowed to start a game with less than 4 skaters and a goalie. While the team is waiting for players, the clock will start, and they will have a 5-minute grace period to get the correct players. After 5 minutes the game will forfeit.
- **Side to Defend:** 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. 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.
- **Warm Up:** three minutes, starting from the end of the previous game.
- **Game Time:** the game and each period shall start at the scheduled time with a face-off conducted at the center ice face-off spot. Three 12-minute periods with a running clock. 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.
- **Overtime:** Regular Season – Tied games will go to a 3-man shootout. Playoffs – All games will go to a 5-minute sudden death period. If still tied a 3-man shootout. Visitor will shoot first.
- **Timeouts:** Each team is allotted one 60 second timeout to be used anytime during the game. 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.



- **Rosters:** 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.
- **Helmets:** All players must wear a helmet while seated on the bench during play. No one under the age of 18 can be in the bench area during games unless an approved player. All protective gear except for headgear, gloves and goalkeeper leg pads must be covered.
  - **Required Equipment:** Jerseys with Numbers, Hockey Gloves, Elbow Pads, Knee/Shin Guards, Hockey Stick, Inline Skates (Stoppers or Brakes), Hockey Helmet (with full face shield & working chin strap & side straps approved by HECC)
  - **Recommended Equipment:** Shoulder Pads, Cup, Girdle, Goalie Mask (No Cat Eye), Mouthpiece (Required for Youth), Hockey Helmet Face Shield
- **Jerseys:** Players on each team must wear jerseys that are identical in the base color of the jersey and must have an eight-inch number on the back. Numbers must be permanently affixed to the jersey, not taped, or pinned to the jersey. Numbers that are handwritten in marker or any type of ink pen are allowed if the number is legible. Jersey numerals are required to be one- or two-digit whole numerals. Fractions and decimals numerals are not allowed. After the first week of play, players not attired as described above will not be allowed to participate. All players should wear the same number the entire season.
  - **Player Composition in the leagues:**
  - **Sunday**
    - A League – Highest league - Open Roster
    - B League – Teams May Carry 2 A players. No Elite A Classification.
    - C League – No A Players can play C; Teams can carry 2 B players.
    - D League – Teams may Carry 2 C Players – No A/B players may play in this league.
    - I League - Teams may Carry 2 D Players – No A/B/C players may play in this league. This rule can include offhanded play. All rosters must be approved for this league.
    - I League - Players can only play in this league, as this is a developmental league.
  - **Wednesday**
    - A League – Highest league - Open Roster
    - B League – Teams May Carry 2 A players. No Elite A Classification
  - **Thursday**
    - Drop-in hockey 8pm-10pm.
  - **Tuesday**
    - C League – Teams can carry 2 B league players. No A can play in this league.
    - D League – Can Carry 2 Players from C. No A or B Players.
  - **\*Any Team or Player can be removed or added for improvement in quality of the league. By league personal.**
  - **\*Player class is good for 2 years from the last league you played. Player class can be appealed to the league director.**