



Adult Hockey League Rules and Regulations

The roller hockey league was established at the old Rollin' Ice facility in 1997, and moved to Silver Creek Sportsplex in 2007. The goals of the league are to:

- Promote the development of roller hockey
- Encourage good sportsmanship and camaraderie
- Foster a steady increase in skill levels for all participants
- Provide a higher awareness of the sport throughout the community

Silver Creek Sportsplex follows the most current NARCh rule book in all leagues at our facility. The Rules and Regulations set forth in this document are supplemental to those rules. They have been implemented with the guidance and approval of Management and Staff, and will be enforced uniformly and fairly. These Rules and Regulations are established for the safety of the players, they must be understood and carried out when playing at Silver Creek Sportsplex. All decisions made by the Silver Creek Sportsplex staff and management will be final.

ADULT LEAGUE DIVISIONS

D1/D2 – Players in this division are playing hockey at the highest level available, e.g. AIHL, NARCh Platinum/Pro, PIHA. All have played travel hockey (roller or ice) for many years (usually at least 10), and possess advanced skills. This is a very competitive division, extremely fast-paced and at times aggressive.

D3 – A very fast-paced and competitive division. Players in this division may have previously played in competitive leagues or currently play on tournament teams. They have excelled at all the fundamentals of hockey and can adjust to the style of game week in and week out. D1/D2 players must have approval from the General Manager in order to play in this division.

D4 – This is a competitive recreational division, fast-paced and team-oriented. Most players in this division have excelled at the fundamentals of hockey. Players are expected to be very knowledgeable of the game.

D5 – Our Intermediate division is a fast-paced recreational division. Players and teams have the mentality and skill to play as a team. Teams are playing for enjoyment and fun but games will get competitive. Players are expected to effortlessly skate forwards, backwards, stick handle, pass and shoot. They should also know how to play hockey in a system, with an understanding of offense and defense.

D6 – A recreational division with a focus on enjoyment and exercise, as well as developing skill and team play. Players in this division know the fundamental of hockey, from skating forwards and backwards to shooting and stick handling.

D7 – Players in this division are beginners, mostly graduating out of our Beginner Program. This is not a competitive division; players and teams are learning the game of hockey and how to play together as a team.

35 and Better: For all Coaches, Dads and those 35+! League includes 10 games plus playoffs. Also includes FREE team Jerseys and a lot of great times with a fun paced co-ed league.

Adult Beginner: Do you want to play roller hockey but don't know how or where to begin? Are the other leagues too fast and furious for you? Ladies, don't be shy... If you've been intimidated by the lack of other women players, this is the league for you! All players must 18 years old according to the Adult Beginner League description.

Adult Free Agent: If you would like us to help you get on an Adult team please email us your contact information and a brief description of your past experience, if any.

REQUIRED EQUIPMENT (NO EXCEPTIONS):

- H.E.C.C. approved helmet with full face cage (must have chin strap, ear caps, etc. and be properly fastened)
- Mouthpiece
- Elbow Pads, Knee/Shin Pads, and Gloves
- Stick (No black tape)
- Skates (No brakes allowed)
- Athletic Cup highly recommended

NOTE: All equipment must contain all proper components. For example, if the skates' chassis are designed to hold 4 wheels, the chassis must **ALWAYS** have 4 wheels at all times.

TEAM STRUCTURE

- 1) All teams are limited to a minimum of six (6) to a maximum of fourteen (14) skaters, and two (2) Goalies. No roster additions will be permitted after league play begins. All league fees are to be paid by cash, cashier's check, major credit card or money order by **one (1) week** prior to the start of league play. **Only players who have a current Silver Creek Sportsplex Membership will be allowed to be rostered.** We reserve the right to require additional forms, documents, or the like, at their discretion. No refunds after the roster have been frozen.
- 2) An official Roster must be submitted in its final form prior to the exhibition game, and is considered locked after the second regular season game. Final rosters must be submitted on the official league form and include the following information. (Name, player or goalie, captain or alternate, jersey number, phone number, E-mail address, and team Captain's signature). The Roster is frozen after the second league game. A Captain may protest the use of a non-roster player. A written protest must be filed within two (2) days. If the protest is upheld, the offending team that used a non-roster player will forfeit that game and in addition the Captain will be automatically suspended for one (1) game. If protest is not upheld the protesting team will then forfeit the next game.
- 3) All teams must wear matching, numbered jerseys.
 - All players on the team must wear the same color jersey (not just dark/light).
 - Home teams will wear light colored jerseys. Please note that if worn, white jerseys must be white. A jersey that has been in a

hockey bag for a year and is no longer white will not be accepted as a matching white jersey.

- Away teams will wear dark colored jerseys
- Teams with unusual jersey colors may wear them for both Home and Away as long as there is enough contrast and no conflict. For example, pink jerseys are permissible against a black team or a white team but not against a red team. This decision is at the discretion of the game/league officials.
- If a goalie does not have a matching jersey, he/she may wear a plain white jersey for Home, or a plain black jersey for Away (no other alternatives), and not receive a 2:00 penalty.
- Each jersey must have a unique number between 0-99
- An infraction will result in 2:00 minor penalty, to be served by the player with the non-compliant jersey. Multiple jersey infractions will be served as concurrent penalties.
- Rental jerseys are available (black & white only).

The team Captain will inform the scorekeeper the name and roster number and the substitute number for that game. Jerseys must have the same body color although shoulders and bottoms can be different. The body color must be the same for all skaters (excluding the goalie) (e.g. yellow, beige, or gray cannot be substituted for white. Shades of the same color are acceptable).

- 4) Permanent numbers must be on the jerseys by the second regular season game.
- 5) If a player is not using his/her rostered number the team Captain must report that player's temporary number before said player's first shift.
- 6) Every team must provide a team Captain's email address by the end of the exhibition game to the League Director. This address will be the main method of communication for all league business.

GAME STRUCTURE

- 1) Prior to the start of each game, there will be a warm-up period for the teams that will be playing on the rink. No team shall enter the rink until instructed by a league official, teams will not enter the rink until five (5) minutes before game time. At the conclusion of the warm-up period, each team must have a minimum of five (5) fully dressed, equipped, and eligible players. Failure to comply with this rule shall result in a forfeit.
- 2) No team or player shall be in the players' dressing area, at the ends of the rinks, or between the rinks until one (1) hour before their scheduled game start. Players will dress in their designated locker rooms adjacent to the home or away benches for the rink on which the game is to be played. Entrance and exit from the rink for games will always be through the door closest to the dressing area specified above.
- 3) Games will consist of three (3) fifteen (15) minute periods, with up to a one (1) minute break between periods. The clock will be stopped with the stoppage of play should there be a one (1) goal or less differential in the score, in the **final minute** of the game.
- 4) In the event of a **tie score** at the end of regulation play, there will be a three (3) minute **sudden death overtime** period, with teams skating three (3) on three (3), with the first team scoring a goal deemed the winner. During sudden death overtime, the clock shall run continuously unless stopped by a referred or league official. If, after this sudden death overtime period, the score remains tied, then there shall be a four (4) player **shoot out**. Prior to the start of the shoot out,

each team shall select four (4) players and designate the order of play for each player. The team Captain shall inform the scorekeeper of the selected players and their order of play. The away team shall start the shoot out period, followed by the home team, alternating between away and home, the team with the most goals scored by the four (4) players will be declared the winner. In the event that the shoot out ends in a tie, the original four (4) players of each team will participate in a **sudden death shoot out**, with the first goal scored resulting in the winning team.

- 5) **Time out rule.** Only one (1) time out is allowed per game for each team. No additional time outs will be granted in a playoff sudden death. A time out can be used any time during regulation play and overtime. A time out cannot be used during a shoot out. A time out can be called by any player or coach.
- 6) **Mercy rule.** In the event that one team gains an ten (10) goal lead at any point of a game, the team with the ten (10) goal lead shall be declared the winner and play shall cease. **At such time both teams shall leave the rink.** Continued use of the rink by one or both teams shall be at the discretion of the League Director or floor Officials. The mercy rule applies only to D3-D4-D5 and D6.
- 7) At the conclusion of a game any team that doesn't clean the player's bench area and their penalty box immediately after the conclusion of their game will be assessed a one (1) game suspension to be served by the team Captain at their next game. In the event that the team Captain is not present, the first alternate captain will serve the penalty.
- 8) In the event of a forfeit, the following rules will be applied to the league statistics.
 - A. The game will be declared 1-0 final score. The winning team will gain one (1) goal to their goals for statistics, and the goal will be awarded to the team Captain.
 - B. The forfeiting team will incur a one (1) goal differential on their team statistics. Final goals for, and goals against, are not officially recorded in our MySAM system. These statistics are maintained by the league statistician.
 - C. Goal tender statistics will be 0 goals and 0 shots for the game. Note: These rules are intended to encourage team participation and discourage forfeits.
 - D. Game scores may be found online by logging into your MySAM account.

PLAYOFFS

- 1) Non-roster players are prohibited from the playoffs. We reserve the right to stop play and issue a forfeit if a non-roster player is playing on the rink. This is a forfeit for regular season games also
- 2) Playoff format will be determine by league officials and management and published at by the 8th regulation game.
- 3) Tie breaker in regular season standings: In the event that the league ends with any two or more teams tied in total points, the following system shall be used to determine the order of finish:
 - A. Record among tied teams only (Win-Loss-Tie)
 - B. Winner in head-to-head competition.
 - C. Fewest goals against
 - D. Goal differential
 - E. Coin flip
- 4) Overall consideration is the web site. In event of ties:
 - A. Record among tied teams only (Win-Loss-Tie)
 - B. Winner in head-to-head competition.
 - C. Fewest goals against
 - D. Goal differential
 - E. Coin flip

NOTE: Accuracy of the website will be verified by the league statistician before final standings are posted.

GROUNDINGS FOR PENALTIES, SUSPENSION AND EXPULSION

- 1) The possession and/or use of any drugs or narcotics at the facility, shall be grounds for the immediate suspension from the facilities and may result in the expulsion from the league. There will be no exceptions to this rule and no refunds will be given should a player be suspended.
- 2) Only players in full uniform, and coaches, are allowed on the team benches during play, and between periods. Any violation of this rule may result in a minor penalty and/or the immediate suspension from the facilities and/or expulsion from the league.
- 3) If a player receives three (3) minor penalties in one game, regardless of how minor, or six total PIMS, the player will be ejected from the game.
- 4) If a player does any of the following: Intentionally bangs the boards, playing surface, protective glass or goal with a stick at any time, a 2:00 minor penalty for Unsportsmanlike Conduct with an option of a "Misconduct" or "Game Misconduct" at the discretion of the referee will be assessed.
- 5) **Carry-over Suspensions** At the end of the season (regular or playoff) whereby a player receives a major penalty that results in a suspension. The suspension(s) will be "**carried over**" with the offending player to the next season until the suspension is served.
- 6) **Neff's Rule** If any player who accumulates 30 penalty minutes (PIM) during the season will be suspended for one game. Additionally, if said player collects another 15 minutes (PIM), the player will be suspended for another two games. Fighting and/or Misconduct each carry a 5 minutes PIM (penalty in minutes) plus an additional 10 minutes, and ejection from the game.
- 7) **Player Conduct** (form will be signed by players) Any player, captain or coach, found taunting another player, team representative, or League Official, either verbally or physically (with hand or other body gestures), shall, at the discretion of the referees, officials, Silver Creek Sportsplex staff and Management, be subject to an unsportsmanlike (minor) penalty. Recurring taunting penalties by a player, or captain will subject the offending person(s) to a five (5) minute major and/or ten (10) minute misconduct penalty and the immediate suspension from a game and/or may result in the expulsion from the league. Any of the above mentioned conduct occurring off the rink, including but not limited to the parking lot, will result in the player, or captain being suspended for the remainder of the season including playoffs if applicable. If said conduct occurs and the player or coach can not be pointed out, the suspension will be served by any player at the choice of any league official.
- 8) **Fan Conduct** If a team's fans get out of control, at the referee's discretion a two (2) minute Delay of Game penalty may be assessed to the team.
- 9) **Fighting** Silver Creek Sportsplex has a ZERO TOLERANCE policy on fighting majors and gross misconduct penalties. Players who, in the opinion of on-floor officials, have engaged in a fight or have committed a gross misconduct towards another player, official, or the game, will be ejected from that game and suspended for a **minimum of two (2) games** or a maximum of the remainder of that season. If a

player is struck or provoked by another player who is trying to start a fight, the player should skate away if possible, cover up if necessary BUT should not retaliate or take any actions that could be considered in any way as fighting. Players must not throw a punch, drop their gloves, kick, slash, or take any "fight" action towards another player. Any incident will be at the discretion of the on-floor officials and Silver Creek Sportsplex management. There will be no exceptions to this rule and no refunds will be given should a player be suspended.

- 10) A **Match Penalty** will be assessed to a player who, in the opinion of the on-floor officials, attempts to injure another player or official, or displays rude and inappropriate conduct towards another player or official. This **WILL ALSO** result in a suspension.
- 11) **Suspension Notification:** The **team Captain** will be notified if they have a suspended player by the last Thursday before their next scheduled game. It is the **team Captain's responsibility** to contact the League Director by phone, at the league office if they feel they have a player subject to suspension and are having technical problems with said method of communication. If the review of a pending suspension needs more time, the Captain will be notified of an indefinite suspension until such time that the League Director is confident in his/her ruling.
- 12) **Locker Room Rule** Any player or team official ejected from a game for any reason **must remain in the locker room for the remainder of the game.** Leaving the locker room will result in an automatic one game suspension.

SUSPENSIONS:

Fighting:

Minimum two (2) games with future considerations.

Hitting Referee (accidental or not):

Minimum one (1) year suspension

Injuring or Fighting League Official:

Minimum one (1) year suspension

Third Man into an Altercation:

Minimum of three (3) game suspension.

Intent to Injure:

Season suspension with future considerations.

Leaving the Players Box or Penalty Box during an Altercation:

Minimum three (3) game suspension.

Unsportsmanlike Conduct resulting in a Broken Tile:

Minimum one (1) game, and the Player **will remain suspended** until the \$50 cost of tile replacement is paid.

SUSPENSION PROCEDURE:

All suspensions are cumulative over the course of all seasons, and repeat offenders will be penalized as such.

Any and all suspensions and/or expulsions will be reviewed on a case-by-case basis. No assumptions on the length of suspension shall be made by players and or coaches based on similar prior incidents. Suspensions will be reviewed the League Director, Silver Creek Sportsplex Staff and Management. Considerations include (but are not limited to) the referees' report, game situation and circumstance, player's history, and severity of the act (e.g. injury caused).

ALL DECISIONS ARE FINAL.

THIS IS AN ADDENDUM TO THE NARCH RULE BOOK. ANY ITEM WITHIN THESE PAGES SUPERSEDES ANY WRITTEN MATERIAL BEFORE NOVEMBER 10, 2012. Silver Creek Sportsplex reserves the right to make any changes, modifications or additions to these rules, as deemed necessary.

Terry Peckham, Chief Operations Officer terry@gotoplex.com

Dave Inouye, Hockey Advisor daveinouye@gotoplex.com
Robert Herbst, Hockey Referee in Chief rherbst@gotoplex.com