

South Sound YMCA

Roller Hockey Rules

All Grades

GENERAL INFORMATION

- A. Each team will have 4 players on the floor and a goalie.
- B. **Each player must play half of the game (A goalie may play the entire game).**

EQUIPMENT

A. All players must wear all of their protective gear to play.*

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| 1. In-line skates | 5. Hockey helmet w/ full face cage |
| 2. Shin and knee pads | 6. Mouth guard |
| 3. Hockey gloves | 7. Regulation hockey stick (no metal blades) |
| 4. Elbow pads | 8. Jock strap w/ protective cup for boys |

* Players must have all gear on anytime they are skating pre-post game.

- B. All games will be played with a hockey ball provided by the YMCA.

GAME

- A. Each player should have a number on the back of his/her jersey.
- B. Each team will have one designated captain and up to two alternate captains other than the goalie. The letter "C" or "A" will be displayed on the left chest of the jersey.
- C. Games consist of two running half times, each, 20 minutes in length.
- D. Teams are allowed 1 time out per period.
- E. Half time will be 5 minutes.

START AND RESTARTING OF GAME

- A. Captains and Alternate captains from both teams will meet with referees prior to the game to review rules.
- B. A face off will be held at the centerline to begin each period.
- C. Referees will start play after all whistles, with a face-off in the appropriate zone.
- D. Play will stop any time the referee loses sight of ball or calls a penalty. Play will re-start with a face-off in appropriate zone.

METHOD OF SCORING

- A. A goal is scored when the whole of the ball has passed over the goal line inside the goal frame.
- B. A player may not score by kicking the ball into the goal, but a goal will be counted if the ball hits the skate accidentally and goes in.

SUBSTITUTION

- A. Free substitution is allowed at any time during the game.
- B. The player subbing off the floor must be within 5 feet of their bench before another player can enter.

MINOR AND MAJOR PENALTIES

- A. Minor or major penalties will result from:
- Not wearing all required equipment required while skating on the floor before, during or after the game.
 - Roughing, kicking, tripping, holding, pushing, charging into, or, from behind.
 - Elbowing, butt ending, slashing, spearing, and hooking - butt ending and spearing will be penalized even if no contact is made with an opponent. Slashing will be penalized regardless of the height of the stick.
 - UN-sportsmanlike conduct or profane language - any fighting or dropping of gloves with the intent to squabble will result in a major penalty and/or ejection from the game. Physical play (checking) will result in a minor penalty. Crosschecking will result in a major penalty. Two players who collide while attempting to play the ball will not be considered checking.
- B. Minor penalties will be two minutes; major penalties will be five minutes. Teams cannot serve more than one penalty at a time. During multiple penalties, players will wait on their bench until previous penalty time expires before serving their time. A substitute may replace any player who is on the bench waiting to serve a penalty.
- C. Referees' decisions are final on all game situations, and will be based on the Official Rules of USA Hockey In-Line.

SPECIAL PLAY

- A. The Crease: No player is allowed in the goal crease unless the ball is in the crease.
- B. A face off will result if an offensive player is in the crease when the ball is not.

SPORTSMANSHIP

- A. Coaches may not dispute calls, or argue a decision in front of players or spectators. If there is a dispute, address it at half time or after the game in the form of a question. If there is further dispute, contact the coordinator of your division.
- B. If parents or spectators have concerns during the game, they will report to the coach or address the YMCA staff person (not the referee) on duty, or contact the coordinator.
- C. Refer to Player/Parent Code of Ethics

DEFINITIONS

Butt-ending - Using the top of the shaft of the stick to jab at an opposing player.

Crosschecking - When a player checks an opponent using the shaft of the stick with no part of the stick on the playing surface.

High sticking - The action of a player carrying the stick or any part of it above the normal height of the chest in close quarters - or any stick contact with an opponent above the chest.

Holding - Any action by a player that impedes the progress of an opposing player whether or not they are in possession of the ball.

Hooking - Using the blade of the stick to impede the progress of an opponent.

Interference - Is forming a screen or obstructing an opponent from a fair opportunity to play the ball.

Slashing - Swinging a stick at an opponent.

Spearing - Poking at an opponent with the blade of the stick