GOAL: To teach and learn the fundamentals of roller hockey, sportsmanship, and team play. It is also essential to have fun while playing in games and practices and make new friends.

Game scores & standings will not be posted, and there will be no playoffs. This is a recreational league. The object of this league is to teach the children the game of hockey, not to win every game. If that is your objective, this league is not for you.

If your team happens to start winning by an excessive amount, for example 3-4 goals, it will be expected of you as the coach to keep the scoring in check so that the game doesn’t become a big blowout. An easy way to keep the scoring down after a big lead is to not allow the players who have already scored to score anymore and to move them to defense. This is also an opportunity to try to get the non-scoring players an opportunity to score or to have the defensive players play on offense.

During the games, coaches will be required to refrain from excessive shouting from the bench. The shouting of any negative comments about players or in general will be strictly prohibited. Coaches shall demonstrate a calm demeanor at all times during the games.

USA In-Line Hockey Rules will govern this league unless otherwise noted in these "house rules".

EQUIPMENT
1. All coaches wearing roller blades must wear all the required equipment.
2. It shall be the coach’s responsibility to ensure their players are wearing the required equipment.
3. All players are required to wear the following equipment at all times while on the skating surface:
   - HOCKEY PANTS WITH HIP PROTECTION
   - HOCKEY HELMET (HECC APPROVED) WITH CAGE/SHELl, WITH ALL STRAPS FASTENED
   - COLORED MOUTH GUARD (OPTIONAL FOR 18+)
   - ELBOW PADS, KNEE & SHIN PADS, HOCKEY GLOVES
   - ATHLETIC SUPPORT WITH CUP
   - BUTT AT END OF STICK
4. Remember to never move a player after an injury unless you have determined it is not a head, neck or back injury.
5. If a player is found not having the proper equipment during a game, a 2-minute penalty shall be imposed.
6. If a player is found not having the proper equipment during a practice, he/she will be removed from the rink for the remainder of the day.

GENERAL RULES
1. Roller hockey pucks will be used for all of the age divisions.
2. Horseplay prior/during/after practices and/or games, while on City of Boca Raton/Greater Boca Raton Beach & Park District property, will not be tolerated. League officials will review all incidents, and depending on the severity of the incident, an ejection/suspension may result and may be set for a “finite period” which may exceed the listed penalties.
3. Any act committed maliciously with the stick (for example but not limited to; hitting someone with their stick), while on City of Boca Raton/Greater Boca Raton Beach & Park District property, will be reviewed by league officials and based on the severity of the incident, an ejection/suspension may result and may be set for a “finite period” which may exceed the listed penalties.
4. Any act committed maliciously prior/during/after practices and/or games, while on City of Boca Raton/Greater Boca Raton Beach & Park District property, will be reviewed by league officials and based on the severity of the incident, an ejection/suspension may result and may be set for a “finite period” which may exceed the listed penalties.
5. All ejection’s and major incidents prior/during/after practices and/or games, while on City of Boca Raton/Greater Boca Raton Beach & Park District property, will be reviewed by league officials and based on the severity of the incident, an ejection/suspension may result and may be set for a “finite period” which may exceed the listed penalties.

6. A physical or verbal threat to any league official or fighting with a player and/or official (throwing a punch and/or making physical contact while engaged in any form of unsportsmanlike conduct) prior/during/after practices and/or games, will result in at least an immediate suspension for anyone involved. The suspension will be for the remainder of the teams games. If a suspended player is involved in more than one league, the suspension will carry over and be those involved from every league. If a player is ejected during his/her last 3 games of the season, the incident will be reviewed by league officials to determine if the player will serve a suspension for a portion of their next season.
   - A) Any player that intentionally drops their gloves in anticipation of fighting will be ejected for that game and the teams’ next game.
   - B) A player who joins in on a “fight”, without throwing punches, that person will be suspended for 1 game. It is up to the officials to break up an altercation. If the league determines that the said player was simply trying to break up the altercation, no penalty will be imposed
   - C) When a player/coach is suspended or ejected from a league/game, that person is not permitted to be in the playing area (i.e., field, dugout, player’s bench), during practices and games, for the duration of the suspension.
   - D) Any player given a game misconduct penalty (ejection from the game) is required to leave the rink immediately and will be suspended at least for the teams next game.
   - D) Aggressive behavior or verbal abuse prior, during or after a game/practice, will result in at least the removal from the game and possible suspension from the league for those involved. Anyone ejected from a game for any form of unsportsmanlike conduct (verbal/aggressive behavior, foul language, etc....) will be suspended for:
     1) 1st ejection: game ejection and the teams next game played.
     2) 2nd ejection: game ejected from and the teams next two games.
     3) 3rd ejection: suspension from the remainder of the league

7. Children other than the players are not allowed in the bench area during practices and/or games. Parents should not be in the player’s bench areas during practices.

8. Jewelry is not allowed to be worn during practices/games

9. Participants not on the team roster are not allowed to participate in practices or games. A suspension of the coach will result if this occurs.

10. The Recreation Services Department has the right to move players (youth) up or down an age division as deemed necessary.

11. Scrimmages during practices may only occur during the last 15 minutes of the practice.

**GENERAL GAME RULES**

1. There will be no checking, only incidental contact.

2. No icing

3. No off sides

4. Faceoffs after the line changes shall occur at the nearest face-off location where play ceased. New Rule

5. Games will consist of three 14-minute periods (running time). The last 2 minutes of the final period will be stop time (if the goal difference is 3 or less). The 6-8 age group plays 12 minute periods.

6. Each team will play with 5 skaters and one goalie unless directed otherwise. The 5-8 age division may have historically played 4 on 4. Shifts will occur approximately every 2 minutes for the 5-8 & 9-12 divisions. Shift changes for the 16 & under division can occur at any time and will be at the discretion of the coach.

7. Players must have equal playing time. When a shift change occurs, the next five players that have sat out the longest must be put into the game. Players should play the same amount of shifts each game. If proper substitution does not occur, a 2-minute team unsportsmanlike conduct penalty may be called.

8. Shift charts are required to be completed for each game. These charts, which will be provided by the league, shall be handed in after each game. This shift chart will help ensuring the equal playing time is achieved.

9. If a coach is found to be dishonest in completing the player shift form, the coach in question may be subject to a one game suspension.

10. Any penalty done intentionally is a major penalty. Any penalty done with the intent to injure will result in a minimum of a game misconduct penalty (further action may be taken depending on the severity of the incident). The player is out for the rest of that game and the entire next game.

11. If an official’s time out is taken due to an injury, the injured player must leave the game at least until the next whistle.
12. If a player is called for 4 penalties during a game that player will be ejected from the game. A players’ first occurrence of this will not result in any further suspension unless the league determines malicious intent. If it occurs more than once during a season, the following action will be taken:
   1) 2nd Penalty ejection: game ejected from and the teams’ next game.
   2) 3rd Penalty ejection: game ejected from and the teams’ next two games.
   3) 4th Penalty ejection: suspension from the remainder of the league.

13. If possible, please have one parent (no children) inside your penalty box to assist your players from entering and exiting the area during a penalty.

14. If a team is winning by 5 or more goals, only players who have not scored will be allowed to score. If a player scores under this rule it will be deemed an “excessive goal” and the goal does not count. A penalty shot will also be awarded to the opposing team. The coach of the penalty shot team shall pick the player to take the penalty shot.

15. If a player has scored 3 goals in a game that player shall not be allowed to score another goal if their team is winning by 3 or more goals. If a player scores under this rule it will be deemed an “excessive goal”. When this happens, not only does the goal not count, but also a penalty shot will be awarded to the opposing team. The coach of the penalty shot team shall pick the player to take the penalty shot.

16. A goalie must be in at all times until 2:00 minutes left in the game.

17. If a teams’ goalie is not in goal by game time, the game will begin at game time without the goalie. The team that does not have a goalie in goal will be allowed to have an additional skater. Goalie “protectors” will not be used.

18. If a team does not have a goalie in goal, a skater is not allowed to be in the crease and act as a goalie due.

19. Each team has one time-out per game. The time out cannot be used prior to the start of the game.

20. Coaches are required to stay in the players bench at all times once the game begins, unless there is a player injured. If a coach has to attend to an injured player, they are not allowed to discuss the game with the official unless approached by the official. The penalty may range from a bench minor to an ejection, depending on the severity of the situation.

21. If play stops during a penalty, the clock will stop until play resumes. This will ensure that the full penalty time is served.

22. A misconduct or game misconduct penalty may be assessed when a player/coach intentionally bangs/hits the boards, fence, or goal with their stick or hands, at any time.

23. A misconduct penalty may be assessed to a penalized player who does not proceed directly to the penalty bench when ordered so by the referee.

24. No more than 3 coaches/parents allowed in the players bench area during games.

25. Penalties: 2 minutes for minor penalties; 5 minutes for major penalties. If a goal is scored on a minor penalty, the penalized player returns to the game. If a goal is scored on a major penalty the penalized player remains in the penalty box until the full time is served.

26. Teams are allowed to start the game 1 skater down.

27. Yelling or any unsportsmanlike behavior from a team bench will not be tolerated. A bench minor may be called by the official and if it continues the offender may be ejected from the game and further possible suspensions may occur.

**Penalties**

Penalties shall be decided in the following categories:

- a) Minor penalties
- b) Major penalties
- c) Misconduct penalties
- d) Match penalty
- e) penalty shot
- f) goalkeeper penalties
- g) calling of penalties
- h) supplementary

**Minor penalties:**

1) For a minor penalty, the offending player shall be removed from play for 2 minutes from the time the puck is dropped to restart play. His/her team will then play one player short.

2) For a bench minor penalty (this is an infraction by the team, not an individual player) the coach of the offending team will assign a player to serve the 2 minute penalty.

3) If the opposing team scores a goal while a team is shorthanded by one or more minor penalties, the shorthanded team shall be permitted to immediately release the first player penalized.

4) If a player receives a major and minor penalty, the major penalty shall be served first. When two players on the same team receive penalties (one minor and one major) the minor penalty shall be served first.
Minor and major penalties shall be imposed for the following: (the severity of the infraction shall be at the referee’s discretion).

1) **UNSPORTSMANLIKE CONDUCT:**
   - Challenging or disputing the decision of the official
   - Creating a disturbance
   - Shooting the puck/ball after the whistle is blown
   - Delaying game by shooting/throwing ball outside the playing area
   - Deliberately displacing goal net
   - Obscene or abusive language
   - Interfering in any way with the game official
   - Interference of play from the bench
   - Making physical contact with an opposing player after the whistle has blown
   - Abuse of officials (verbally or physically)
   - Not immediately following decisions of the official after a penalty is called
   - Throwing anything into the playing area

2) **EXCESSIVE VIOLENCE:**
   - Any deliberate body checking
   - Running, jumping or charging an opponent
   - Cross checking
   - Unnecessary roughness
   - Use of forearms or hands to check an opponent above the opponent’s shoulder

3) **INJURY OR ATTEMPTS TO INJURY:**
   - Slashing or attempting to slash
   - Butt ending or attempting to

4) **OBSTRUCTION:**
   - Elbowing or kneeling
   - Holding an opponent or their stick which impedes them from playing
   - Tripping
   - Goalkeeper smothering the puck/ball outside his/her privileged area.
   - Impeding the progress of an opponent who does not have the puck/ball or knocking his/her stick from his/her hands or preventing him/her from getting it back.

5) **TECHNICAL VIOLATIONS:**
   - User of the stick not conforming to the rules.
   - Leaving the penalty bench prior to expiration.
   - Throwing stick in the direction of the puck/ball.

6) **DELAYING THE GAME:**
   - Failing to maintain proper face-off position.
   - Deliberately holding the puck/ball against the surface structure.
   - Exceeding the maximum of players in play.
   - Excessive clearing (referee discretionary decision)

**ZERO TOLERANCE RULE:**

1) If an official on the surface (or off; i.e. scorekeeper) hears either a player on the surface or on the bench use profane language, the official will stop the game and issue a “first” warning to the individual who used the profane language and then to the bench and coaches of their team. The second offense warrants a 2-minute unsportsmanlike penalty.

2) If the on surface official (or off surface official) hears profane language and feels that the public (fans, family, etc.) also can hear the profane language, a 2 minute unsportsmanlike conduct penalty will be assessed to the offending team without warning and the team will play one surface player short.
3) If the on surface official (or off surface official) hears profane language a second time from the team, bench or coach, and feels that the public in the surrounding area can also hear the abusive language, a 5 minute bench penalty will be assessed, an on surface player will serve the penalty, with the team playing one player short for the duration.

4) If the team can still not be controlled; they are jeopardizing the integrity of the team, the integrity of the location at which they play, and the integrity of the league. As a result of their behavior the team in question will immediately forfeit the game.

**MAJOR PENALTIES:**

1) For the first major penalty assessed to a player in any one game, he/she shall be removed from the surface for 5 minutes (goalkeeper excluded).

2) For a second major penalty assessed to a player in one game, a game misconduct penalty in addition to the major penalty will be given. The player shall also be suspended from playing the remainder of the game.

3) A number of infractions result in a major penalty:
   a) Injuring an opponent by cross-checking or hooking.
   b) Injuring an opponent by deliberate use of knee or elbow.
   c) Grabbing or holding the facemask of an opponent.
   d) Injuring an opponent by slashing.
   e) Deliberate intent to injury of an opponent.
   f) Wild swinging at an opponent or at the puck/ball to intimidate the opponent is considered a major penalty.

A team cannot have less than three players on the rink plus a goalkeeper. If there are two or more penalties given to one team they will run consecutively. All offending players will be required to sit in the penalty bench until their penalty is served. This is known as a delayed penalty.

**MISCONDUCT PENALTIES**

A number of violations for which misconduct penalties (and in some cases additional penalties imposed) are:
   1. Abuse of officials.
   2. An aggressive dispute, by a player, with an official, after a penalty.
   3. Using obscene or abusive language.
   4. Intentionally shooting or knocking the puck/ball out of reach of an official trying to retrieve it.
   5. Deliberately throwing a puck/ball or equipment onto the playing surface.
   6. Entering the referee’s crease while the referee is consulting with the game officials.
   7. Touching or holding a game official in any fashion.
   8. Spearing, attempting to spear, or making spearing gestures at a player.
   9. Fighting is an automatic game misconduct.
   10. Behaving in any matter in which the referee or game officials find is detrimental to the conduct of the game or makes a travesty of the game.

A game misconduct penalty involves the suspension of a player or team official for the remainder of the game. His/her team may replace him/her with another player immediately after his/her removal.

**F) GOALKEEPER’S PENALTIES**

1) A goalkeeper shall not be removed from is/her net for a minor or major penalty. Another team member shall serve this penalty.

**HOCKEY TERMS**

**BODY CHECK:** Slowing or stopping an opponent with the puck by using hip or shoulder. This is illegal. and calls for a penalty.

**CROSS-CHECKING:** To hit an opponent with both hands on the stick and no part of the stick on the ice. Illegal and calls for a penalty.

**HIGH STICKING:** To illegally strike an opponent with stick above shoulder level, it calls for a penalty. The action of the player raising the stick above the normal height of the waist. No goal can be scored with a high stick.

**HOLDING:** To use your hands to grasp an opponent or his equipment. Illegal and calls for a penalty.

**PENALTY SHOT:** A penalty shot is a one-on-one show down between the offensive player and the goalie. Penalty shots are called when a player is fouled from behind and denied a breakaway scoring chance. They’re also called for deliberately displacing the goal post during a breakaway, or when a defending player other than the goalie covers the puck in the crease.

**POWER PLAY:** When a team has more players on the ice while one or more members of the opposing team are serving a penalties.

**SLASHING:** To strike an opponent with stick. Illegal and calls for a penalty, even if contact is not made.