

## **Rules for Adult Indoor Inline Hockey**

### **GENERAL RULES**

-Individuals utilizing the facility do so at their own risk. The property owner(s), league operators, officers and owners, and staff of the Sportsplex at Metuchen assume no liability for any injuries or accidents which may occur.

-Conduct within the facility and on the rink should be approached in the spirit of good sportsmanship.

-No food, drinks, chewing tobacco, chewing gum, or metal cleats permitted on the playing surface. No sunflower seeds or similar type products are permitted in the facility, as well.

-No glass containers on the rink or in the player boxes.

-The Sportsplex at Metuchen reserves the right to refuse play or service to anyone.

-Any fighting will result in permanent banishment from facility.

-Inline Hockey rules govern play with modified house rules where needed.

-IDS Pro Puck will be supplied by the official: Red or Black.

-Non-checking, No icing, and No offsides.

-Games are three 15 minute periods.

-Each team will get 1 time out per game.

-4 vs. 4 plus goalie.

-Goalie can play on feet in lowest level only.

-Rosters are to be submitted online to the Sportsplex at Metuchen one week prior to the first game--NO EXCEPTIONS.

-League play overtime will be 5 minutes of sudden death with 3 skaters and a goalie. If tied after this, it remains a tie. Playoff overtime will be 5 minutes of sudden death with 3 skaters and a goalie. Second tie-breaker is a sudden death shoot-out of 3 players.

### **Rules from USA Inline:**

#### **Goal Posts and Nets:**

-The rules state that if the goal post becomes dislodged and can be replaced without affecting play, the referees shall allow play to continue. If replacing, it would affect play, the referee shall stop play immediately.

#### **Delay of Game:**

-Only Goalkeepers, not players, while in the defending zone that shoots the puck outside of the playing area (non-deflected) shall be assessed a minor penalty. It does not matter if it was intentional or accidental. However, if the puck leaves an area that is not protected by screen or glass (i.e. player's bench), no penalty shall be assessed.

#### **Face-offs:**

-Face-offs will now take place at the imaginary line connecting the end zone face-off spots along the sides of the rink as opposed to only at the face-off spots.

#### **Sign Up Guidelines and Fees:**

-Teams sign up on a first come, first served basis.

-To guarantee your team spot, a deposit will be required prior to the league start date. Teams will not be placed on the schedule until a deposit has been received.

-Deposits will only be refunded if the Sportsplex does not have a league spot available for your team.

-If you register multiple teams, you will receive a \$75 discount on each team. You must notify the Sportsplex to receive this discount, it is not applied automatically. If you fail to notify the Sportsplex of this discount, the discount is forfeited and does not carry over to future sessions.

-Full payment is due by your first game; if full payment is not received a late fee of \$10 per every \$100 the team owes will be charged. (IE if I team owes \$110 then there will be a late fee in the amount of \$20)

-No individual will be allowed to participate in any league games, practice session, tournament, clinic, open pick-up game, or other activities until an official Sportsplex at Metuchen roster/waiver has been signed or submitted online. The player ID card will suffice for this, as a waiver is signed when the player receives the ID card.

-Playing sports can be a hazardous activity and unfortunate things can happen. You are contractually agreeing that you have signed our liability release and that you are waiving your rights to file a lawsuit against us. You accept the conditions of the fields, courts, and other surfaces, and also any unforeseen situations that may occur. If you are uncomfortable with any of these conditions, you can choose not to play or participate in our leagues or other activities.

-Individuals that sign up will be placed in the Sportsplex at Metuchen database where other teams may contact you to recruit you for their team. The Sportsplex may, also, place individuals together to form teams for the league.

#### **Numbered Jerseys:**

-Players are required to have a jersey with a number. The referee has the right to not start the game until at least 4 players have numbered jerseys. Any player who does not have a numbered jersey will not be allowed to play.

-In the event of a color conflict, the home team must change jerseys. The Sportsplex at Metuchen will not be responsible for providing pennies or alternate jerseys. Failure to bring an alternate jersey will result in a forfeit. The Sportsplex at Metuchen can supply pennies as long as they are in stock. In order to use the pennies, you must provide a drivers license. Tip: You can purchase jerseys at [www.Hockeyshed.com](http://www.Hockeyshed.com).

#### **Player Rosters:**

-All rosters must be submitted online by the roster due date. You may still add players up to the third game, but your roster must be submitted by the specified date.

-Players may only be added after the 3rd game, if a player is injured and removed from the roster for the remainder of the session. Proof of injury must be provided. Acceptable proof shall be a doctor's note. At the discretion of management, a team may claim hardship and add one player after the third game. Any player on a roster that is found to be illegal will forfeit all the games for the team during that season. It is the responsibility of the manager to know which players are legal or illegal. Management reserves the right to check the identifications of any player on a player roster to check and see if they are legal players under management guidelines. Any changes in players or jersey numbers must be submitted to the scorekeeper. It is the captain's responsibility to notify the scorekeeper of any changes.

**Non-Rostered Goalies:**

-Teams may use a non-rostered, league registered goalie at any time during the regular season, as long as they are within their division or lower. During the playoffs all teams must use only rostered goalies that have played 2 games.

-Playoff Eligibility: Non-rostered players are ineligible for all playoff games.

-Adult League: The Sportsplex at Metuchen reserves the right to veto any goaltender who has not played at least 2 of a team's scheduled games as a goalie. This prevents experienced goalies from "playing out" all year and playing in net for the playoffs. If your team wins its division two times in a row, you will be asked to move up a division unless you remove dominate players.

**Adult Divisions:**

-The Sportsplex's Adult League is divided into a maximum of four different skill levels (Recreational Draft, Bronze, Silver and Gold) with a minimum of four teams per division each season. The Sportsplex reserves the right to combine two similar skill level leagues if not enough teams register for all four levels.

-We strive to create equally balanced teams to make fair and competitive divisions. Therefore, we reserve the right to move teams to the appropriate skill division based on the players rostered on their team. We do not allow any team to participate in a division where they will be viewed as disproportionate with regards to the talent level of their players. The Sportsplex at Metuchen has the final decision regarding all team placements.

**Individual Players:**

-At the beginning of each season, there will be an adult evaluation night. This allows players who are not sure where they belong to skate with players in our league and determine what level is the best match for their skills. It helps facilitate matching individual players with teams who need players. Teams who need players should attend the evaluation to scout for players and submit a request for a player to be added to their roster.

**Bronze Division:**

-The Bronze Division is designed for advanced beginner/low intermediate inline hockey players who possess an average sense of the game and are gaining confidence in their skating, puck handling, and shooting skills. Play at this division is faster and more competitive than the Recreational Division. Bronze teams may consist of no more than two Silver rated players. Gold and Platinum rated players are not permitted to play in this division.

**Silver Division:**

-The Silver Division is designed for the true intermediate inline hockey player who possesses a good sense of the game and is confident in their skating, puck handling, and shooting skills. Play at this division is faster and more competitive than the Bronze Division, yet still a fair amount slower than the Gold Division. Teams in this division must remain balanced and competitive at the Silver level. If players of higher skill levels are added to Silver rosters, the entire team will be moved to a more competitive division. Silver Division teams may consist of no more than two Gold rated players. Platinum rated players are not permitted to play in this division.

**Gold Division:**

-The Gold Division is designed for advanced intermediate inline hockey players who possess an excellent sense of the game and team play. Players in this division are confident in their skating, puck handling, and shooting skills. Play at this division is very fast paced and very competitive. Gold Division teams may consist of no more than three Platinum Division players. The Gold and Platinum divisions are often combined to allow for a large variety of competition.

**Platinum Division:**

-The Platinum Division is designed for highly skilled and truly advanced skilled inline hockey players who possess an excellent sense of the game and team play. Players in this division are confident in their skating, puck handling, and shooting skills. Play at this division is very fast paced and very competitive.

**Roster Cards:**

-Permanent Rosters must be submitted online by the roster due date. This roster must include the names and numbers of every permanent player on your team. The numbers you put on the permanent roster must match the jersey numbers on the field. If a player is not uniformed with the same number on the permanent roster, your team may forfeit that game. If a player's number is different because he forgot his jersey number, that player must inform the referee prior to the game or risk forfeiting that game. Referees will track penalties based upon jersey number and not based upon player's names. It is the responsibility of each team to ensure that the numbers match the names.

-Referees or management may at any time check the names and numbers of players prior to the start of any game or after a game. If a player is caught with a different number than the one on the roster card, that game may be forfeited. This decision will be at the referee's discretion.

**Membership Tags:**

-Each player must have a Sportsplex at Metuchen Membership Tag in order to play. If you are caught playing without your tag being turned into the scorekeeper, then you will be subjected to a one game suspension. Tags can be obtained at the front desk for \$10.00. Scorekeepers will collect the tags at the beginning of each game and hand them back to the team at the end of each game. If a player is ejected during or after a game, that player's tag will be confiscated and held in the front office until the player has served their suspension time. The card will then be given back to the player. Players under the age of 18 may request an tag, but must go through a waiver process. The General Manager and the Adult Leagues Manager must meet with the player and their parent, and the parent must sign a waiver for their child to play. The Sportsplex at Metuchen has the right to deny any player a tag.

### **Equipment:**

- Helmet with chinstrap
- Elbow pads
- Gloves
- Protective cup and supporter
- Knee and Shinguards
- Inline skates with brake removed
- No "grinders" or "speed" skates.
- Stick
- Jersey & Pants to cover all pads

All of the below items are optional but highly recommended.

"Girdle": Provides thigh, hip, and tailbone protection.

Mouthpieces for adults: Provides shock protection in collisions.

Visors or facemasks for adults: Provides additional facial protection.

Inline pants: Made to withstand the grind of the game.

Skates: Brakes are not allowed at any time, at any level.

### **Goalkeepers Equipment:**

-Adds a blocker glove, catching glove, leg guards, and padded hockey pants, all designed for hockey goalkeepers, as mandatory equipment. Without all mandatory equipment a player may not have goalkeeper's privileges.

### **Protective Equipment:**

-Requires HECC approved helmets for all players and goalkeepers. Requires HECC approved facemasks for all players currently required to wear facemasks.

**Uniforms:**

-Players shall be uniformly dressed in approved hockey apparel or pants and long sleeves, whenever possible; but no game shall be prevented from being played, and no player prevented from playing, due to lack of matching uniforms. Players shall, however, make every effort to dress uniformly and have a number. Players must not wear the same numbers, but no player shall be prevented from playing because of it. Referees may also make a particular player change jersey if it conflicts with opposing team's colors, and keep the player off surface until that player changes jersey to a contrasting color. No delay shall be allowed for this purpose. It is the player's responsibility to change jerseys.

**Official Games:**

-A game is considered "official" after two completed halves of play. If there is an injury or other unforeseen circumstance, the current score will stand as official once two halves have been played.

**The Rink:**

- The official rink size is 180 X 80 feet.
- Play will be 5 VS 5 (4 skaters and 1 goalie).
- Play will be dead when the puck hits any part of the retaining net.
- Placement of the face-off will follow USA Inline guidelines (see USA Inline Rule Book).

**Forfeits & Make-Up Games:**

-A team has 5 minutes from the start time to have at least 3 skaters and a goalie or 4 skaters and no goalie for a game to be officially played. After the 5 minutes have passed, a game will be considered a forfeit.

-No games will be rescheduled due to cancellation because of weather. If a league game is cancelled one night of a two night league, any league games that are played that week will not count toward the schedule to keep standings equal. Every game needs to be played in a given week for a given league in order for those played games to count toward the schedule. There are no refunds or credits.

-If a team is unable to play a scheduled game, the opposing team may choose to accept a 3-0 forfeit. The Sportsplex at Metuchen is not responsible for teams that neglect this rule and fail to notify the opposing team that they are not going to make a scheduled game.

-Follow these steps in the event you cannot make a game time:

**Forfeits:**

-\$50 forfeit fine to the inline hockey rules for all forfeits not called in 24 hrs in advance. Teams must call the opposing team to inform them of the forfeit. Call the Sportsplex for the phone number of the opposing team. The Sportsplex at Metuchen is not responsible for teams that neglect this rule and fail to notify the opposing team that they are not going to make a scheduled game. If a team shows up to play and the opposing team does not show up, then the team present will win by forfeit. Furthermore, the team that fails to show up for the scheduled game will be charged a forfeit fee that will be passed onto the team that was present for the game, as long as the fee is collected.

-Failure to do so will result in the game being forfeited. Furthermore, if the rescheduling or forfeit procedures are not followed then the offending team will be charged according to the forfeit penalty schedule listed.

**Forfeitures/Penalty Schedule**

A team forfeiting a game during any one session will be subject to the following fines:

First Forfeit- Warning

Second Forfeit- \$50 fine

Third Forfeit- Termination of team participation from the session and the loss of any re-registration priority.

-Fines for forfeitures must be paid prior to a team continuing the session schedule. Forfeiture will be incurred if a team has failed to field the minimum number of players (4 player minimum) within ten minutes from the start of the game clock. Teams incurring forfeitures during a session shall not be eligible for a registration discount in the following session. Any team no show will result in a 3-0 victory for opposing team, and no rescheduled game will be given.

-Failure to do so will result in the game being forfeited. Furthermore if the rescheduling or forfeit procedures are not followed then the offending team will be charged according to the forfeit penalty schedule listed.

**Sportsmanship:**

-Individuals are expected to play under control and within the rules of the game, and to the best of their ability to avoid causing injury to themselves and other persons using the facility.

**Referees:**

-Referees appointed to officiate each game have complete authority on the field of play, and their decisions on points of fact connected with the game are final. Officiating will be monitored and assessed periodically, and management will always try to provide quality officiating at the

facility. Constructive comments regarding the officiating are welcome and encouraged. Please submit any such comments in writing. Complaints regarding officials should be submitted in writing, contain points of fact, and have your name and the name of your team at the top. Teams may not discuss the officiating in a game immediately following their game. Teams may fill out a referee complaint form and turn it over to the commissioner of the league. The commissioner will take seriously all complaints written on a complaint form and turned in 24 hours after a game. The commissioner will not take seriously complaints directed at him immediately following a game, verbal or written. The commissioner will not overturn any calls made by the referee during the course of a game. If a team suspects an illegal player or other illegal activity associated with other team, they should inform the commissioner immediately. If this activity is discovered after the game is completed, the team should file a formal protest to the commissioner. Please read our rules below to understand how to file a formal protest. Do not discuss officiating or the officials with the facility staff during or immediately after your game.

### **Penalties/Fighting:**

-The Sportsplex at Metuchen has a ZERO TOLERANCE POLICY on fighting, physical and verbal abuse towards employees, referees, players and patrons. Crossing this boundary will most certainly lead to an indefinite suspension and possible banishment from the facility.

-A player or coach sent off in (or after) a game by a referee will automatically be suspended from the next game in the session. In addition, a player will be banned from playing on any other team until the suspension has been served. If a player is ejected in the last game of a session he/she will be prohibited from playing in the first game after he/she registers for another session. Suspension lengths for fighting will be determined on a case-by-case basis.

-A player or coach ejected from the facility for the offense of "violent conduct" (including, but not limited to: spitting, threatening, continued rough play, etc.) will be suspended as outlined above and, in addition, will be suspended for one additional game and subject to further disciplinary action as decided by the facility management.

-Excessive Penalties in a Single Game: Three penalties in a game from a player shall cause the player to be ejected for the remainder of the game.

-If a player has a game letter in the day they are not allowed to play in that game.

-Mercy Rule: If there is an 8 goal differential or greater in the score, the scoreboard shall reflect an 8 goal difference.

-Suspension of Game: During the course of a game, if one or both of the teams create an atmosphere that is dangerous (excessive or flagrant penalties) to the other players, the referees will stop the game and warn both teams that the game may be suspended. If the problem continues, the referee will suspend the game.

-The League Director will make all final determinations about any extenuating circumstances resulting in forfeits (traffic, etc.). A make-up game may be permitted, and team or teams may be responsible for any additional rink or referee cost incurred. Make-up games are at the sole discretion of the league, and are only permissible in cases of extenuating circumstances.

-A \$100 bond will be required from any team involved in an altercation where more than one player is involved in a fight. Should a bond be placed against a team, the bond must be paid prior to the team's next game, or that game will be forfeited. The terms of the bond will be given in writing to the team. Should the team fail to adhere to the terms, the bond will be forfeited to the arena and the team's participation will be terminated. If the team adheres to the terms of the bond, then the team will receive the \$100 bond at the end of the session.

-It is the responsibility of each player and the player's team representative to be aware of the total status of their player's infractions. Failure to comply may result in further disciplinary measures which may include suspension of the coach/rep. and forfeiture of games in which that player participated.

-All penalties will follow USA INLINE Rule Book.

-Any player ejected from a game will automatically serve a one-week suspension pending review by the commissioner.

### **Protesting a Game:**

-Intention to file a protest must be noted in writing immediately following the game. A formal written protest with a \$20 fee (refundable if upheld) must be submitted to the Metuchen Sportsplex within 48 hours after the end of a game. The league commissioner will review and have the final authority on all protests. ALL DECISIONS MADE BY THE COMMITTEE ARE FINAL. Only violations of the laws of the game, rules or guidelines of the facility as published are matters for protest. Any protests regarding fielding of illegal players must be brought to the attention of the game officials prior to the suspected player(s) leaving the surface of play.