

PLAYING RULES AT A GLANCE

**FOR A COMPLETE RULE BOOK VISIT USAROLLERSPORTS.ORG AND CLICK ON THE
INLINE HOCKEY LINK**

(If there is ever a conflict in rules, this sheet will take effect over the rule book.)

Teams Four (4) players on a playing surface plus one (1) goalkeeper.

Mandatory Equipment

Wheeled Skates (goalies are encouraged to wear skates, but may wear shoes)
Helmet designed for Hockey
(Full-face mask, designed for hockey, required for 17 and under)
Elbow pads
Gloves designed for Hockey
Knee and shin protection
Any other equipment designed for hockey is optional.

Minor Penalty A two (2) minute penalty will be served by the offending player. Teams cannot be reduced to less than two (2) players plus one (1) goalkeeper.

Major Penalty A five (5), or ten (10) minute penalty will be served by the offending player.

Game Misconduct Penalty

Player or Coach is suspended for the balance of the game and may be subject to further disciplinary action.

Body Checking No intentional body contact allowed at any level.

Face-Offs Take place at face off spots only.

Fighting Fighting will NOT be tolerated. Major + Game Misconduct + Mandatory one (1) game suspension. Players engaging in fighting may be subject to further disciplinary action from the league.

Hand Pass Are permitted, only in the Defending Zone.

Icing/Off-sides No such rules.

Length of Game Three (3) periods, fifteen (15) minutes in duration each, running time. The clock will stop in the last two (2) minutes when score is within one (1) goal for play stoppage.

Tied Game A regular season tied game will be followed by a 3-man shoot out (Home team to choose to shoot first or second). If the result of the shootout is a tie, the shootout will continue, sudden-death, until a winner is determined. All eligible skaters must shoot before shooters may repeat.
A playoff game (in the Championship bracket), will have a 5-minute overtime period. (Consolation bracket will go directly to a shootout.) If still tied at the completion of the OT period, the period will be followed by a three (3) man shootout, if necessary the shootout will continue, sudden death, until a winner is determined. All eligible skaters must shoot before shooters may repeat.

Time-Out Each team is permitted two (2) time-outs per game, however, only one (1) time-out is permitted per period. Time outs will last one (1) minute. The game clock shall stop during a time-out. A team MAY call their time out immediately after the opposing team without play having resumed.

Early Termination

A game shall be terminated if the leading team is ahead by twelve (12) goals anytime beyond the completion of the second period.

Multiple Penalties Three (3) penalties committed by one player in the course of the same game will result in a ten (10) minute misconduct penalty (not an ejection). A fourth penalty will result in a game misconduct and possible further disciplinary action. Three (3) stick related penalties (hook, slash, high stick, tripping with stick, or anything of that regard) will result in a game misconduct and possible further disciplinary action.

Abusive Conduct Abusing the officials will NOT be tolerated. At their discretion, the referees may call misconduct penalties. Offending player's team will be assessed a two (2) minute unsportsmanlike misconduct minor, in addition to the player's misconduct. Repeated abuse can carry ejection from the game and possible further disciplinary action from the league.