



## Howard County Inline Hockey League (HCIHL) Rule Sheet

### **Rules and Regulations**

USARS Inline Hockey rules and regulations govern the HCIHL. This game sheet contains amendments to those rules. For any ruling not addressed herein, USARS Hockey rules will apply along with the application of league discretion.

### **Playing Rules**

The age minimum for HCIHL is 18 years, 0 months.

Game Timing - Three 15:00 minute periods are used with 1:30 minute period breaks and a 5:00 minute pre-game warm-up period. Stop/start in the last 2 minutes if within 3 or fewer goals. No icing enforced. One (1) timeout per team, per game.

Skating Agreement - All players must be equipped with "inline" hockey skates. Goalies and Officials Exemption: Per HCIHL League commissioner approval.

D2 and lower EXEMPTION: Goalies and Officials may participate in HCIHL league play without inline skates, barring they are properly equipped with all other required equipment.

Tied regular season games will end in a 3-round shootout in lieu of a timed overtime period. Playoff or championship games excluded. Game is a tie after 5 shooters exhausted per side.

Playoff or championship games will use 15-minute sudden death overtime periods with a 1 minute break between periods.

Players who receive 8 minutes of minor penalty time will be given a game misconduct unless, in the referee's opinion, removal is not warranted for fun, fairness, and safety.

A player disqualified more than two (2) times in a season will be suspended for one (1) game. A player disqualified more than three (3) times will receive an additional one (1) game suspension and be subject to further league penalty. In the circumstances of a player being in two or more leagues, one (1) additional game ejection will be allowed. Any suspension shall apply to all league play until the end of the offending player's next game in the league in which the offense occurred.

Mercy Rule: The mercy rule is 12 or more goals. Once reached, teams may decide to continue play or discontinue play.

### **Rosters and Team**

Three (3) players and a goalie, or four (4) skaters (no goalie), are required to start a game.

During adult league games, coaches or non-equipped individuals are not permitted on the rink surface. Goaltenders may go to the bench during play with referee approval. Dark and light jerseys are required. Reversible jerseys are acceptable. Players whose jersey color, in the opinion of the referee, conflicts with the opposing team's jersey color will not be permitted to play until corrected.

## **Penalties**

When coincidental majors are assessed, no non-offending players will be required to serve penalty time.

The game timekeeper shall also serve as the penalty timekeeper and official scorer.

Intentionally striking the boards, playing surface, or glass may result in a minor or major penalty. Players causing damage will be held financially responsible and may not play until restitution is made.

Shooting the puck or ball out of play will not be delay of game unless the referee determines the action was intentional.

High-sticking that draws blood or causes injury does not automatically result in a major or game misconduct and will be assessed at the referee's discretion.

Any action or language intended to deliberately provoke another player shall result in a 2-minute unsportsmanlike conduct penalty.

Defensive positioning must be upright with no extended limbs. Violations may result in a minor, double minor, or major penalty.

Intentional minor penalties committed in the final two (2) minutes of play and intentional major penalties committed in the final five (5) minutes of play are subject to additional discipline and league review.

## **Equipment Requirements**

At a minimum, players are required to wear a properly fitted helmet secured at all times, inline hockey skates in safe playing condition with full wheel count, and hockey gloves.

A full face mask is strongly recommended but not required. Half shield strongly recommended. Additional protective equipment (shin guards, elbow pads, and mouthguard are strongly encouraged.

## **League Play Standards**

All HCIHL leagues are non-checking.

Full slap shots are permitted in all divisions

Cancellations, forfeits, or incomplete schedule related issues must be reported to the league manager