

The Official Rules of Inline Hockey

USA Roller Sports Inline Hockey Rule Book



Recognized by:



USA ROLLER SPORTS INLINE HOCKEY RULEBOOK

INTRODUCTION

The organization of USA roller inline hockey programs in the United States of America is conducted under the program identification and logo of USA Roller Sports, which is the National Governing Body for roller inline hockey in the United States under the auspices of the USA Olympic Committee. Many of the USARS inline hockey competitions at the grass-roots level are organized and conducted under auspices of USARS' association with the Amateur Athletic Union (AAU). These competitions are made up of three national-level divisions, which use standard ice hockey-style equipment: Elite Puck, Club Puck and Ball Hockey, and Junior Olympic Puck and Ball Hockey. This publication contains the rules and guideline for Elite Puck Hockey, Club Hockey and Junior Olympic Hockey, both puck and ball, allowing some flexibility for management of smaller club events.

Beyond the United States, USARS Elite Inline Hockey program is designated for international and world competitions conducted under the direction of the International Federation of Roller Sports (FIRS) and the Committee International de Roller In-Line Hockey (CIRILH). USARS Inline Hockey is designated as a participant sport in the Pan American Games and IWGA World Games, which are conducted supervised and sanctioned by the International Olympic Committee.

USA Roller Sports has through its By-laws and General Rules conformed with the requirements of a NGB under the National Sports Act of the United States Congress which mandate the rules and policies for governance of roller inline hockey programs. These administrative regulations can be found on the USARS website: www.usarollersports.org. It is suggested that you thoroughly familiarize yourself with these rules and policies, as well as the Official USARS Inline Hockey playing rules contained within this publication, so as to better acquaint yourself with the game of inline hockey and to insure that you will not inadvertently jeopardize your standing as a competitor and in so doing more fully appreciate this sport.

An Official Publication of
USA Roller Sports (USARS)

Incorporated as
 United States Amateur Confederation of Roller Skating

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SECTION 1 – THE RINK

Rule 1.01 – THE PLAYING SURFACE

- (a) Inline hockey shall be played on wood, asphalt, cement, sport tiled rinks, or any appropriate rink in good condition.
- (b) The rink shall be marked according to the diagram included with these rules, taking into consideration the dimensions indicated herein. A center red line should be marked on the rink to distinguish between the defensive zone and the attacking zone.
- (c) The dimensions of the rink may vary between 65 and 100 feet in width. Length may vary between 130 and 200 feet. As much as possible, an attempt should be made to maintain a width-to-length ratio of 1:2.
- (d) If such a rink will be used as venue for a national competition, in fairness to the participants, its dimensions must be included with the information sent out to invited clubs or teams.

NOTE: USARS / AAU Rules do not divide the skating rink into zones marked by blue lines. Therefore, no penalties or play interruptions exist in these rules pertaining to shots crossing multiple zones or players being “off-sides,” other than the required team line-up on face-offs as denoted in Rule 6.11

Rule 1.02 – GOAL CAGES

- (a) The goal cage consists of an iron pipe cage with a rectangular face opening with inside dimension height of 48 inches and inside width of 72 inches, which are the dimensions of a standard ice hockey goal cage.
- (b) The front or facing frame must be made with iron galvanized pipe 3 inches in diameter. The top and base supports and the back brace shall consist of iron pipe 2 inches in diameter. The top, posts, and internal face of the goal cage must be covered with very resistant netting, which has yarn dense enough to resist the strongest shots, and closely woven so as not to permit passage of the puck through the netting. Metallic netting will not be allowed.
- (c) The posts and front bar must be painted red, while all other framing parts should be painted white. It is required that the bottom rail of the goal cage and the back center brace be padded to resist having the puck bounce back out of the cage after a hard shot.
- (d) The goal cages are placed opposite at each end of the rink with the openings facing each other. The distance from the goal line to the extreme end of the rink is 15 feet.

Rule 1.03 – GOAL CREASE

- (a) In front of each goal, a “Goal Crease” area shall be marked by a red line 2 inches wide. (See Rule 6.14 (a)).
- (b) This line shall extend at a right angle from a point on the goal line, 1 foot from the outside of each goal post for a distance of 4 feet. A line parallel to the goal line shall join the ends of these two lines. It shall be understood that the area covered by the goal crease on the rink shall extend above the crease to the ceiling.
- (c) The goaltender’s “PRIVILEGED AREA” is bounded in rear by the goal line, in front by an imaginary line connecting the end zone face-off spots, and on the sides by an imaginary line from the goal line to the end zone face-off spots.
- (d) An attacking player may be positioned within the goal crease, provided such position does not prevent the goaltender from performing the normal duties of tending the goal, and also provided no intentional contact with the goaltender occurs. For violation of this rule, a minor penalty for interference shall be assessed, and any goal shall be disallowed.

NOTE: The goal crease rule is intended to implicate a “no harm, no foul” standard. The rule is based on the premise that an attacking player’s position, whether inside or outside the crease, should not by itself determine whether a goal should be allowed or disallowed.

Rule 1.04 – FACE-OFF SPOTS

- (a) One face-off spot, 9 inches in diameter shall be placed at the exact center of the rink, surrounded by a circle 15 feet in radius. The game will be started with a face-off from this spot, as will the beginning of the second half of the game, after each scored goal, and before any overtime period.
- (b) In each end zone, two face-off spots 9 inches in diameter will be placed, located 20 feet out from each goal line and 22 feet from the exact center of the rink’s width, along an imaginary line parallel to the goal line. This would make the spots 44 feet apart from each other. A circle 15 feet in radius shall be drawn around each spot.
- (c) The rink will be marked with a total of five (5) recognized face-off spots.

Rule 1.05 – PLAYERS’ BENCHES

- (a) Each rink should have seats or a bench for the use of each team, to be known as the “Players’ Benches.” Each players’ bench shall accommodate at least sixteen (16) persons and shall be placed immediately alongside the playing surface in the neutral zone, as near as possible to the center of the rink and convenient to the dressing rooms.
- (b) Where the benches are not clearly marked, the Home team shall have choice of bench.
- (c) Only players in complete uniform, coaches, and trainers shall be permitted to occupy the players’ benches.
- (d) During the game, coaches and trainers shall be restricted to the use of the area the length of the players’ benches, including their team gate. Penalty for violation of this rule is a Bench minor penalty.
- (e) Teams are allowed a maximum of no more than a total of three (3) officials (coaches and trainers) on the bench for each game and all must be properly certified and registered with USARS/ AAU for the current season.

Rule 1.06 – PENALTY BOX

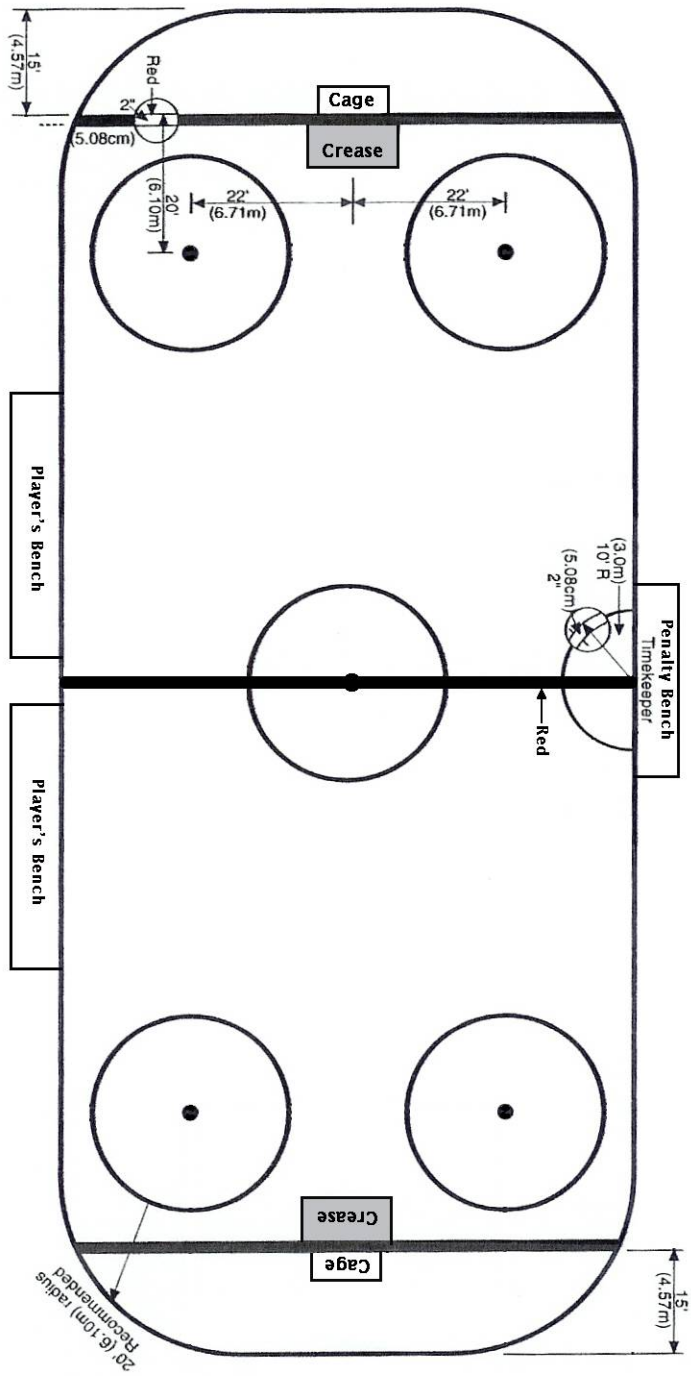
- (a) Each rink will have seats or benches to be known as the "Penalty Box." It is to be used for the seating of penalized players, the Penalty Time-keeper, Game Time-keeper, and Official Scorer. The Penalty Box should be located a substantial distance from the players' benches, preferably on the opposite side of the rink.

Rule 1.07 – REFEREE'S CREASE

- (a) A line in the shape of a semi-circle and with a radius of 10 feet shall be marked on the rink immediately in front of the Penalty Time-keeper's bench. Players are restricted from entering this area during stoppage of play without permission from the Referee. Violation of this shall result in a penalty for unsportsmanlike conduct.

Rule 1.08 – SIGNAL AND TIMING DEVICE

- (a) Each rink must have a suitable sound device to be used by the Game Time-keeper. An electric timing device shall be provided for the purpose of keeping participants informed as to the various timed elements of the game. The timing display shall indicate the time remaining to be played and penalty time to be served.



SECTION 2 – TEAMS

Rule 2.01 – COMPOSITION OF TEAM

- (a) A team on the rink shall not consist of more than five (5) players, including the goaltender.
- (b) Each player and each goaltender listed in the line-up of each team shall wear an individual identifying number at least 8 inches (20 cm) in height on the back of the jersey.
- (c) Team rosters will consist of a minimum of four (4) rink players and one (1) goaltender and a maximum of fourteen (14) rink players and two (2) goaltenders.
- (d) Players' game numbers must remain consistent on both the dark and light uniform jerseys throughout the tournament. If a jersey is rendered unusable and must be replaced, the team captain will report this to the Referee, noting both the previous number used in the tournament as well as the new number on the substitute jersey.

Rule 2.02 – TEAM CAPTAIN

- (a) One Captain shall be appointed by each team. That player alone shall have the privilege of discussing with the Referee any question relating to interpretation of rules which may arise during the progress of a game. The Captain shall wear the letter "C," approximately 3 inches in height and in contrasting color, in a conspicuous position on the front of the jersey.
- (b) Each team should have a Captain on the rink at all times. If the Captain is not on the rink, Alternate Captains (no more than three) shall be accorded the privileges of Captain. Alternate Captains shall wear the letter "A," approximately 3 inches in height and in a contrasting color, in a conspicuous place on the front of their jerseys.
- (c) The Referee or Official Scorer shall be advised, prior to the start of each game, the name of the Captain of the team, as well as the names of the players who will serve as Alternate Captains when the Captain is off the rink.
- (d) No goaltender shall be entitled to exercise the privileges of Captain or Alternate Captain on the rink.
- (e) Only the Captain or Alternate Captains on the rink at the time of the stoppage of play (but not more than one) shall have the privilege of discussing with the Referee any point relating to the interpretation of rules. Any Captain, Alternate Captain, or player who comes off the bench and makes any protest or intervention with the Referee for any purpose shall be assessed a misconduct penalty.
- (f) A complaint about a penalty is not a matter relating to the "Interpretation of the Rules" and a minor penalty for unsportsmanlike conduct shall be imposed against any Captain, Alternate Captain, or other players making such a complaint. For violation of this rule by a coach or team official, a bench minor penalty shall be assessed.
- (g) The Captain and/or coach must sign all score sheets after each game to verify the accuracy of the tally.

Rule 2.03 – UNIFORMED PLAYERS

- (a) At the beginning of each game, the manager or coach of each team shall list the players and goaltenders that shall be eligible to play in the game.
- (b) A list of the names and numbers of eligible players entered into that game must be handed to the Referee or Official Scorer before the start of the game. These players' names must be contained on the original team roster submitted at the beginning of the game. No change in the game list or additions thereto shall be permitted after the commencement of the game, except when a goaltender has been injured or becomes ill. The name of another goaltender may be designated on the list in substitution for the injured or ill goaltender; however, such substitution can only be made by a player already on the list.
- (c) Each team shall be allowed one goaltender on the rink at one time. The goaltender may be removed and another "player" substituted. Such substitute shall not be permitted the privileges of the goaltender.
- (d) Any substitute goaltender entering the game for any reason shall not be permitted a warm-up.
- (e) If both teams are on the rink during pre-game warm-up, players shall be restricted to their half of the rink.
- (f) No player under suspension may participate in pre-game warm-up or occupy a spot on the players' bench.

Rule 2.04 – STARTING LINE-UP

- (a) Prior to the start of the game, the manager or coach of each team is required to name the starting line-up to the Referee or the Official Scorer.
- (b) To start a game, a team must have a goaltender and four skaters on the rink at the Referee's whistle to start the game. If this requirement cannot be met, a forfeit shall be declared by the Referee against the team not able to field a goaltender and four skaters.

Rule 2.05 – CHANGE OF PLAYERS

- (a) When play is in progress, not more than five players (including a goaltender) are permitted on the playing surface at any one time.
- (b) Players may be substituted at any time from the players' benches, provided that the player or players leaving the rink shall be within 10 feet of their players' bench before any change is made.

- (c) Players on the Penalty Bench, who are to be substituted after the penalty has expired, must proceed by way of the playing surface and be at their own players' bench before any substitution can be made. For violation of this rule, a Bench minor for Too Many Men shall be assessed.
- (d) A team shall be required to place the correct number of players on the rink when requested to do so by the Referee. The visiting team must be first to place any playing line-up on the rink to commence play at all times. Each team is allowed only one change of players during a stoppage of the play.
- (e) If in the course of making a substitution, either the player entering the game or leaving the game intentionally plays the puck with their stick, skates, or hands, or makes physical contact with an opposing player while the player (either leaving or entering the game) is actually on the rink, a bench minor penalty for Too Many Men shall be assessed. However, in the course of leaving or entering the game, a player is accidentally struck by the puck, no penalty shall be assessed and play shall not be stopped.
- (f) When a goaltender leaves the goal area and proceeds to the players' bench, legal substitution must be done within 10 feet of the players' bench. For violation while the offending team has possession of the puck in the attacking zone, the Referee shall stop play immediately and a face-off will take place at the center face-off spot. For violation while the offending team has possession of the puck in the defensive zone, the face-off shall take place at the last-play location. For violation while the offending team is not in possession of the puck, the Referee shall assess a Minor penalty.
- (g) For player changes during stoppages of play, the Referee not conducting the face-off will assume the Referee's normal position for the ensuing face-off and then shall allow up to five seconds for the visiting team to make a change. The Referee shall then raise the non-whistle arm to indicate that the visiting team may no longer change any players and shall then allow the home team up to five seconds to make a change of players (if they have not already done so) and then shall drop the arm. This will indicate that the home team may no longer change any player(s). The referee conducting the face-off will then blow his/her whistle, and the centers shall have five seconds to position themselves correctly for the face-off. When a team attempts to make a player change after the allotted time intervals, the Referee shall send the player(s) back to their bench, and the offending team's center shall be waived from the face-off. Any subsequent infraction of this procedure shall result in a bench minor for Delay of Game.
- (h) When a DELIBERATE illegal substitution of players occurs in the last two minutes of regulation (or at any time during overtime) a Penalty Shot shall be awarded to the non-offending team.
- (i) A bench minor penalty shall be assessed for violation of any section of Rule 2.05 not explicitly covered otherwise.

Rule 2.06 – INJURED PLAYERS

- (a) When a player, other than a goaltender, warrants a stoppage of play due to injury, the player must retire from the game and be replaced by a substitute. The injured player not participate further in the game until the completion of the ensuing face-off.
- (b) If a goaltender sustains an injury or becomes ill, the goaltender must be ready to resume play immediately or be replaced by a substitute goaltender and NO additional time shall be allowed by the Referee for the purpose of enabling the injured or ill goaltender to resume position. No warm-up shall be given to the replacement goaltender.
- (c) The Referee shall report any disciplinary action for delay in making a goaltender substitution. The substitute goaltender shall be subject to the regular rules governing goaltenders and shall be entitled to the same privileges.
- (d) When a substitution for the regular goaltender has been made, such regular goaltender shall not return to the game until the first stoppage of play thereafter.
- (e) If an injured player receives a minor penalty, the penalized team shall place a substitute player on the Penalty Box before the penalty expires and no other replacement for the penalized player shall be permitted to enter the game except from the Penalty Box. For violation of this rule, a bench minor penalty shall be imposed.
The penalized player who has been replaced on the Penalty Box shall not be eligible to play until that penalty has expired.
- (f) When a player is injured so that he/she cannot continue play or go to the players' bench, the play shall not be stopped until the injured player's team has secured possession of the puck. If the player's team is in possession of the puck at the time of injury, play shall be stopped immediately, unless the injured player's team is in an obvious scoring position. If the stoppage occurs while the puck is in the injured player's attacking zone, the ensuing face-off shall occur at the center face-off dot.
- (g) In a case where it is obvious that a player has sustained a serious injury, the Referee may stop the play immediately, regardless of who is in possession of the puck.

SECTION 3 – EQUIPMENT

Rule 3.01 – STICKS

- (a) The sticks shall be made of wood or other approved material and must not have any projections. Adhesive tape of any color may be wrapped around the blade for the purpose of reinforcement or to improve control of the puck.
- (b) No stick shall exceed 63 inches in length from the heel to the end of the shaft, nor be more than 12 ½ inches from the heel to the end of the blade. The curvature of the blade of the stick shall not be restricted. The blade of the rink players' stick must be a minimum of 2 inches and may not exceed 3 ½ inches in width at any point. If a player's or goaltender's stick has been cut, shaved, or altered, and as a result pointed or sharp corners exist which could cause serious injury, these pointed and or sharp corners must be rounded by filing or sanding before the stick in question is deemed legal. It must also still meet the legal stick measurements listed in paragraphs (b) & (c).
- (c) The blade of the goaltender's stick may not exceed 3 ½ inches in width at any point, except at the heel where it must not exceed 4 ½ inches in width; nor shall the goaltender's stick exceed 15 ½ inches in length from the heel to the end of the blade.
- (d) The widened portion of the goaltender's stick extending up the shaft of the blade shall not extend more than 26 inches from the heel and shall not exceed 3 ½ inches in width.
- (e) A minor penalty shall be assessed to any player, including the goaltender, for using a stick that does not conform to the provisions of this rule.

Rule 3.02 – SKATES

- (a) Skates must be inline skates and may consist of either three, four, or five wheels. All wheels must be situated under the boot and may not protrude either front or back. All wheel bolts and axles must be recessed and even with the frame or covered with protective material so as not to injure other players. Quad or conventional skates are not permitted. No skates that are detachable from the boot will be permitted. No skates with stoppers or brakes will be allowed.
- (b) All axle openings MUST contain an axle and a wheel. Example: A four-wheel frame must contain four axles and four wheels. If a player loses a wheel during play, they must proceed directly to the players' bench or play shall be stopped when the offending team gains possession. No time penalty shall be assessed.
- (c) Any player taking the rink in violation of the above rule will receive a minor penalty and may not return to play until the fault is corrected.

Rule 3.03 – GOALTENDER'S EQUIPMENT

- (a) With the exception of skates and sticks, all equipment worn by the goaltender must be constructed solely for the protection of the head or body, and must not include any garment or contrivance that would give the goaltender undue assistance in keeping goal.
NOTE: The lacing or webbing or other material joining the thumb and index finger of the goaltender's glove or any cage, pocket or pouch created by this material, must not exceed the minimum amount of material necessary to fill the gap between the thumb and the index finger when they are fully extended and spread.
 - 1) Protective padding attached to the back of, or forming part of, the goaltender's gloves shall not exceed 8 ½ inches in width nor 16 inches in length.
 - 2) Abdominal aprons extending down the thighs or the outside of the pants are prohibited.
- (b) Goaltender's pads when new shall not exceed 12 inches in extreme width as measured on the goaltender, and shall not be altered in any way.
- (c) A minor penalty shall be assessed to a goaltender guilty of using or wearing illegal equipment. (Refer to Rule 4.02)
- (d) All goaltenders will be required to wear HECC/CSA approved helmets and cages. "Cats Eye" cages may not be worn by players under the age of 18.

Rule 3.04 – PROTECTIVE EQUIPMENT

- (a) Each participant is personally responsible to wear protective equipment for all games, warm-ups, and practices. Recommended equipment for all players is: hip pads, padded hockey pants, protective cup or pelvic protector, chest protection, shoulder pads, and throat protection. All protective equipment except gloves, helmets, or goaltender leg pads must be entirely under the uniform.
- (b) Eye and full facial protection is strongly recommended for players 18 and over playing in an 18 and over age division. Eyeglass wearers must use plastic, not glass lenses.
- (c) Mandatory protective equipment for players under the age of 18 (and 18 year-olds playing in the 18 and under age division) includes: a HECC approved helmet designed for hockey with helmet strap properly fastened, HECC approved full face cage or full shield designed for hockey with a chin cup, colored (non-clear) internal mouth guard, elbow pads, gloves designed for hockey, and knee and shin protection designed for hockey.
- (d) Mandatory protective equipment for players 18 and over (playing in an 18 and over division) includes: a HECC approved helmet designed for hockey with helmet strap properly fastened, elbow pads, gloves designed for hockey, and knee and shin guard designed for hockey.
- (e) If any injury occurs while a player is not wearing any of the above-mentioned mandatory equipment, the insurance carrier may not be responsible for the claim.
- (f) Any player who attempts to participate without proper mandatory equipment shall be sent off the playing surface by the Referee and not allowed to return until such equipment has been replaced. For second violation of this rule by the same player, the Referee shall assess a misconduct penalty to the offending player.

Rule 3.05 – DANGEROUS EQUIPMENT

- (a) The use of pads or protectors made of metal or any other material likely to cause injury to a player is prohibited.
NOTE: All elbow pads which do not have a soft protective covering of sponge rubber or a similar material at least ½ inch thick shall be considered dangerous equipment.
- (b) A glove from which all or part of the palm has been removed or cut to permit the use of bare fingers shall be considered illegal equipment. If any player wears such a glove in play, a minor penalty shall be imposed on that player.
- (c) The wearing of casts or splints made of hard or unyielding materials is prohibited, unless directed in writing by a licensed medical physician. Such casts or splints must be covered on all exterior rinks with no less than ½ inch thick, high-density, closed cell polyurethane or alternate material of the same minimum thickness and similar physical properties, to protect opponents from injury.

Rule 3.06 – PUCK

- (a) The puck approved for Regional, National, and Junior Olympic Championships is the IDS brand puck. The home team or host shall be responsible for providing an adequate supply of official pucks. This supply of pucks shall be kept at the Penalty Bench under the control of one of the regular minor officials or a special attendant.

Rule 3.07 – UNIFORMS

- (a) Players are required to wear identical long-sleeve shirts and full-length pants. Goaltender jerseys will be the same color and design as other team members. Player numbers will be required only on the backs of the jerseys with whole numbers only from 00 to 99 and at least 8 inches in height.
- (b) No two members of the same team will be assigned or permitted to wear the same number. Individual player's numbers may not be changed or substituted after the preliminary team registration without the written approval of the Tournament Director. One team Captain and no more than three Alternate Captains shall have a small "C" or "A" on the right shoulder of their jersey.
- (c) It will be the responsibility of the visiting team to change its jerseys if the colors of the competing teams conflict. The decision in this matter shall be left to the Referee in charge of the game. The home team is recommended to wear a predominately light colored jersey.
- (d) The entire team uniform: "jersey and pants" must match for each player in both style and color.

Rule 3.08 – UNIFORM INSPECTION

- (a) The officials in charge of the game shall perform equipment inspection prior to the start of the game. No penalty shall be charged to a player before the start of the game for wearing equipment not in conformity with the rules. Wearing of illegal or dangerous equipment after the start of the game shall be corrected according to the rules.

SECTION 4 – PENALTIES

Rule 4.01 – PENALTY CLASSIFICATIONS

- (a) Penalties shall be actual playing time and shall be divided into the following classes:
- 1) Minor Penalties
 - 2) Bench Minor Penalties
 - 3) Major Penalties
 - 4) Misconduct Penalties
 - 5) Game Ejection Penalties
 - 6) Game Misconduct Penalties
 - 7) Match Penalties
 - 8) Penalty Shots
- (b) Coincidental Minor/Major Penalties are penalties that do not change the on-rink numerical strength of either team, and occur when player(s) from both teams receive penalties of equal length at the same stoppage of play. When coincident penalties are assessed, the penalized players take their places on their respective Penalty Benches, and both teams are able to make immediate substitutions for these penalized players. The penalized players are required to serve the full amount of assessed time and must remain in the Penalty Bench until the first stoppage of play after the expiration of time.
- (c) Players may not leave the Penalty Bench until their penalty has expired, except between periods or at the end of the game. Any overtime period shall be considered part of the game and all unexpired penalties shall remain in effect.
- (d) When play is not in progress and an offense is committed by any player, the same penalty shall apply as though play were in progress.
- (e) When a penalized player's time has expired, that player must return to the rink prior to being substituted for.

Rule 4.02 – MINOR PENALTIES

- (a) For a Minor Penalty, any player, other than a goaltender, shall be ruled off the rink to the Penalty Bench for two minutes, during which time no substitute shall be permitted. For an exception, see Coincident Penalty above.
- (b) A "Bench Minor" penalty involves the removal from the rink of one player of the team against which the penalty is awarded for a period of two minutes. Any player on the team may be designated to serve the penalty by the manager or coach through the playing Captain and such player shall take a place on the Penalty Bench promptly and serve the penalty as if it was a minor penalty imposed upon that player.
- (c) If while a team is "short-handed" by one or more minor or bench minor penalties the opposing team scores a goal, the first of such penalties shall automatically terminate. Penalties shall not reduce the on-rink strength of the teams below three on-rink players. Such penalties shall become delayed until such time as they can be served.
NOTE: "Short-handed" means that the team must be below the numerical strength of its opponents on the rink at the time the goal is scored. The minor or bench minor penalty which terminates automatically when the team is scored against is the one which initially caused the team to be "short-handed" (first penalty). However, coincident minor penalties to both teams do NOT cause either side to be "short-handed," because although each team has a player in the Penalty Bench, the number of rink players is not affected. Therefore, the penalty time awarded for coincidental penalties is never shortened by a goal being scored. This rule shall also apply when a goal is scored on a penalty shot, which was awarded in lieu of another penalty.
- (d) When a player receives a major penalty and a minor penalty at the same time, the major penalty shall be served first by the penalized player except under Rule 4.10 in which case the minor penalty will be recorded and served first.
NOTE: This applies to the case where BOTH penalties are imposed on the SAME player. (See also note to Rule 4.10)
- (e) A coincidental penalty shall not deprive a team of its player advantage during the final minutes of the game when an opposing team has only two (2) rink players eligible for play (not including the goaltender). Should such an opposing team provoke a coincidental penalty that cannot be fully served because of insufficient time remaining in the game, the other team will retain its player advantage. Rule 4.10 states that a team shall not receive more than two simultaneous penalties, which would give the short-sided team incentive for provoking a concurrent penalty during the final minutes of play, with only the strong-sided team eligible to lose a player. A player on the short-sided team who creates such a penalty situation must leave the game, to be replaced by a teammate.

Rule 4.03 – MAJOR PENALTIES

- (a) For the first Major penalty in any one game, the offender, except the goaltender, shall be ruled off the rink to the Penalty Bench for five minutes, during which time no substitutes shall be permitted. A goal scored does not terminate this penalty.
- (b) For the second major penalty to the same player in the same game, including the goaltender, the player shall receive a five-minute major penalty and an automatic game misconduct. One player from the offending team must be placed in the Penalty Bench to serve the major penalty.

- (c) When coincident major penalties are imposed against an equal number of players on each team, the penalized players shall all take their places on the Penalty Benches and such penalized players shall not leave the Penalty Bench until the first stoppage of play following the expiration of their respective penalties. Immediate substitutions shall be made for the players so penalized, and their penalties shall not be taken into account for the purpose of the delayed penalty, under Rule 4.10.
- (d) When coincident penalties of equal duration including a major penalty are imposed upon a player of each team, the penalized players shall take their places on the Penalty Bench and such players shall not leave the Penalty Bench until the first stoppage of play following the expiration of their respective penalties. Immediate substitution shall be made for the players so penalized and their penalties shall not be taken into account for the purpose of the delayed penalty, under Rule 4.10.
- (e) When coincident penalties of unequal duration (each including one major penalty) are imposed upon a player of each team, the penalized players shall take their places on the Penalty Bench and such players shall not leave the Penalty Bench until the first stoppage of play following the expiration of their respective penalties.
The penalties which created the disparity in total penalty time between the players penalized shall be served first in the normal way by the players penalized. Immediate substitution shall be permitted for the major penalties of each player.
- (f) Account shall be taken of the penalties which create the disparity in the total penalty time awarded to the players affected for the purpose of the delayed penalty, Rule 4.10 and for 4.02(c) (goal scored against a short-handed team).

Rule 4.04 – MISCONDUCT PENALTIES

- (a) Misconduct Penalties to all players except the goaltender involve removal from the game for a period of ten minutes each. A substitute player is permitted to immediately replace a player serving a misconduct penalty. A player whose misconduct penalty has expired shall remain in the Penalty Bench until the next stoppage of play. When a player receives a minor penalty and a misconduct penalty at the same time, the penalized team shall immediately put a substitute player on the Penalty Bench and the substitute shall serve the minor penalty without charge.
- (b) When a player receives a major penalty and a misconduct penalty at the same time, the penalized team shall place a substitute player on the Penalty Bench and no replacement for the penalized player shall be permitted to enter the game except from the Penalty Bench. Any violation of this provision shall be treated as an illegal substitution under Rule 2.05 calling for a bench minor penalty.

Rule 4.05 – GAME EJECTION PENALTIES

- (a) A Game Ejection Penalty involves the removal of a player or coach for the balance of the game and may be assessed for persisting in unsportsmanlike conduct for which a Minor, Bench minor, or Misconduct penalty has already been assessed. A substitute is permitted to replace immediately the player so removed. This penalty shall carry no additional suspension.
- (b) Any player that receives three (3) penalties, minors or majors, (exceptions: Misconduct penalties) in a single game shall be assessed a Game Ejection.
- (c) A second Game Ejection to a player or coach in the same tournament shall result in an automatic Game Misconduct penalty.
- (d) For all Game Ejection penalties, regardless of when imposed, a total of ten minutes shall be charged in the records against the offending players.

Rule 4.06 – GAME MISCONDUCT PENALTIES

- (a) A Game Misconduct Penalty involves the removal of a player or coach for the balance of the game. A substitute is permitted to replace immediately the player so removed. This penalty shall be reported to the USARS / AAU tournament or league director, which shall have full power to impose further discipline as deemed fitting.
- (b) A Game Misconduct to a player shall result in an automatic one game suspension (immediate next game).
- (c) A second Game Misconduct to a player in the same tournament or season shall result in an automatic match penalty.
- (d) For all Game Misconduct penalties, regardless of when imposed, a total of ten minutes shall be charged in the records against the offending players.

Rule 4.07 – MATCH PENALTIES

- (a) A "Match Penalty" involves the suspension of a player or team official for the balance of the game, and the offender shall be ordered to the dressing room immediately. A substituted player must be placed on the Penalty Bench to serve a five-minute penalty and may not return onto the rink regardless of goals scored.
NOTE: Regulations regarding additional penalties and substitutions are specifically covered in Section 6; any additional penalty shall be served by a player designated by the manager or coach of the offending team through the playing captain.
NOTE: When a match penalty has been imposed to a player on both teams, the rules covering coincidental penalties will not be applicable.
- (b) For all match penalties, regardless of when imposed, a total of ten minutes shall be charged in the records against the offending player or team official.
- (c) A player or team official incurring a match penalty shall be suspended from all USARS / AAU sanctioned games or

practices until the case has been dealt with by the proper USARS Tournament or League Director. Such decision shall be rendered within 30 days of the incident. If extenuating circumstances exist and no decision is made within 30 days of the incident, the player or team official shall be immediately reinstated

- (d) For all match penalties, the Referee(s) must file a written report to the District Referee-in-Chief and proper USARS / AAU league authorities immediately following the game.

Rule 4.08 – PENALTY SHOT

- (a) When an infraction of the rules calls for a “Penalty Shot”, it shall be taken as follows:
The Referee shall cause to be announced over the public address system the name of the player designated by the Referee or selected by the team entitled to take the shot (as appropriate) and shall then place the puck on the center face-off spot and the player taking the shot will, on the whistle of the Referee, play the puck from there and shall attempt to score on the goaltender. The goaltender must stay in the crease until the Referee sounds the whistle. The player taking the shot must keep the puck in motion towards the opponent’s goal line and once it is shot the play shall be considered complete. No goal can be scored on a rebound of any kind and any time the puck crosses the goal line the shot shall be considered complete.
- (b) The goaltender may attempt to stop the shot in any manner except by throwing a stick or any other object, in which case a goal shall be awarded. NOTE: See Rule 6.33.
- (c) In cases where a penalty shot has been awarded under Rule 6.22(h) (for illegal entry into the game), under Rule 6.33(a) (for throwing a stick), and under Rule 6.36 (for fouling from behind), the Referee shall designate the player who has been fouled as the player who takes the penalty shot.
- (d) In cases where a penalty shot has been awarded under Rule 6.12 (falling on the puck in the crease), or Rule 6.15(d) (picking up the puck from the crease area), the penalty shot shall be taken by a player selected by the Captain of the non-offending team from the players on the rink at the time when the foul was committed. Such selection shall be reported to the Referee and cannot be changed.
If by reason of injury the player designated by the Referee to take the penalty shot is unable to do so within a reasonable time, the shot may be taken by a player selected by the Captain of the non-offending team from the players on the rink when the foul was committed. Such selection shall be reported to the Referee and cannot be changed.
- (e) Should the player to whom a penalty shot has been awarded, also have committed a foul in connection with the same play or circumstances, either before or after the penalty has been awarded, and is designated to take the shot, the player shall first be permitted to do so before being sent to the Penalty Bench to serve the penalty.
If at the time a penalty shot is awarded and the goaltender of the penalized team has been removed from the rink to substitute another player, the goaltender shall be permitted to return to the rink before the penalty shot is taken, except in the case of Rule 6.09(b) or 6.33(a).
- (f) If a goal is scored from a penalty shot, the puck shall be faced at the center face-off spot. If a goal is not scored, the ensuing face-off shall be at either of the end face-off spots in the zone in which the penalty shot has been tried.
- (g) Should a goal be scored from a penalty shot, a further penalty to the offending player shall not be applied unless the offense for which the penalty shot was awarded was such as to incur a major or match penalty, in which case the penalty prescribed, for the particular offense, shall be imposed.
If the offense for which the penalty shot was awarded was such as would normally incur a minor penalty, then regardless of whether the penalty shot results in a goal or not, no further minor penalty shall be served.
- (h) If the foul upon which the penalty shot is based occurs during actual playing time the penalty shot shall be awarded and taken immediately in the usual manner notwithstanding any delay occasioned by a slow whistle by the Referee to permit the play to be completed which delay results in the expiration of the regular playing time in any period.
- (i) All players, except player taking penalty shot, must go to the players’ bench.
- (j) If an opposing player other than the goaltender interferes with a player taking a penalty shot, a goal will be automatically awarded whether or not goal was made.
- (k) The time required for the taking of a penalty shot will not be included in the regular playing time.

Rule 4.09 – GOALTENDER PENALTIES

- (a) A goaltender shall not be sent to the Penalty Bench for an offense which incurs a minor, major, or misconduct penalty, but instead the penalty shall be served by a player to be designated by the coach or captain of the offending team and such substitute shall not be changed.
- (b) Should a goaltender incur a game misconduct or match penalty, the goaltender’s place will be taken by a team member, or by a regular substitute goaltender who is available, and such player will be allowed the goaltender’s full equipment. No additional time shall be allowed for this change. Any time penalties shall be served in full by a substitute designated by the coach or captain of the offending team and such substitute shall not be changed.
- (c) When a goaltender leaves the immediate vicinity of the goal crease and takes part in any altercation, the goaltender shall be given a game misconduct penalty.
NOTE: All penalties imposed on a goaltender regardless of who serves the penalty or any substitution, shall be charged in the records against the goaltender.
- (c) If a goaltender participates in the play in any manner, when the goaltender is beyond the center line, a minor penalty shall be imposed.

Rule 4.10 – DELAYED PENALTIES

- (a) If a third player of any team shall be penalized while two players of the same team are serving penalties, the penalty time of the third player shall not commence until the penalty time of one of the two players already penalized shall have elapsed. Nevertheless, the third player penalized must, at once, proceed to the Penalty Bench but may be replaced by a substitute until such time as the penalty time of the penalized player shall commence.
- (b) When any team shall have three players serving penalties at the same time and because of the delayed penalty rule, a substitute for the third offender is on the rink, none of the three penalized players on the Penalty Bench may return to the rink until play has been stopped. When play has been stopped, the player whose full penalty has expired may return to the play.
However, the Penalty Timekeeper shall permit the return to the rink in the order of expiration of their penalties, of a player or players by reason of the expiration of their penalties and, the penalized team is entitled to have more than four players on the rink.
- (c) In the case of delayed penalties, the Referee shall instruct the Penalty Timekeeper that penalized players whose penalties have expired shall only be allowed to return to the rink when there is a stoppage of play. When the penalties of two players of the same team will expire at the same time the Captain of that team will designate to the Referee which of such players will return to the rink first, and the Referee will instruct the Penalty Timekeeper accordingly. When a major and a minor penalty are imposed at the same time on players of the same team the Penalty Timekeeper will record the minor as being the first of such penalties.
NOTE: This applies to the case where the two penalties are imposed on DIFFERENT players of the same team (see also NOTE to Rule 4.02).
- (d) When a delayed penalty is in the process of being assessed to a team that is already shorthanded due to a minor or bench minor penalty and the non-offending team scores a goal, the non-coincidental minor or bench minor penalty with the least time remaining is terminated and the delayed penalty is assessed to the offending team.
- (e) When a delayed penalty is in the process of being assessed and the non-offending team scores, the penalty is terminated but must still be recorded on the score sheet.

Rule 4.11 – CALLING OF PENALTIES

- (a) Should an infraction of the rules that would call for a minor, major, misconduct or match penalty be committed by a player of the team in possession of the puck, the Referee shall immediately stop play and assign the penalty.
The resulting face-off shall be made at the face-off spot nearest where the play stopped or at center rink so as not to disadvantage the non-offending team.
- (b) Should an infraction of the rules which call for a minor, major, or match penalty be committed by a player of the team not in possession of the puck, the Referee shall signify the calling of a delayed penalty by using a raised non-whistle arm straight above the head and, on completion of the play by the team in possession or the loss of possession to the defending team, the Referee will immediately blow the whistle and assess the penalty to the offending player.
The resulting face-off shall be made at the nearest face-off spot to where the play stopped or at center rink so as not to disadvantage the non-offending team.
- (c) Should an infraction of the rules which calls for a misconduct penalty be committed by a player, coach or team official of the team not in possession of the puck, the Referee shall not signal a delayed penalty. But on the completion of the play by the team in possession or the loss of possession to the defending team, the Referee will immediately blow the whistle and assess the penalty to the offending player, coach or team official.
- (d) If the penalty to be imposed is a minor penalty, and a goal is scored on the play by the non-offending team the minor penalty shall not be imposed, but major and match penalties shall be imposed in the normal manner regardless of whether a goal is scored or not. (The penalty shall be recorded by the scorekeeper.)
NOTE: "Completion of the play by the team in possession." This rule means that the puck must have come into the possession and control of an opposing player or has been "frozen." This does not mean a rebound off the goaltender, the goal cage or any accidental contact with the body or equipment of an opposing player.
NOTE: If after the Referee has signaled a penalty but before the whistle has been blown the puck shall enter the goal of the non-offending team as the direct result of the action of a player of that team, the goal shall be allowed and the penalty signaled shall be imposed in the normal manner.
NOTE: If when a team is "short-handed" by reason of one or more minor or bench minor penalties the Referee signals a further minor penalty against the "short-handed" team and a goal is scored by the non-offending side before the whistle is blown then the delayed penalty shall be served and the first of the minor penalties already being served shall automatically terminate under Rule 4.02(c).
- (e) Should the same offending player commit other fouls on the same play either before or after the Referee has blown the whistle, the offending player shall serve such penalties consecutively.
- (f) If a team has a delayed minor penalty and that team is scored upon during the delayed penalty, the penalty shall not be assessed, but it shall be so recorded and count in the offending player's penalty total. If the delayed penalty is a major, then that penalty will be assessed.

SECTION 5 – OFFICIALS

Rule 5.01 – APPOINTMENT OF OFFICIALS

- (a) All Referees and competition officials must be treated with courtesy at all times by all players and team officials. Any infraction of this rule will be reported to the league or USARS / AAU Tournament or League Director which may assess such penalties as the infraction warrants.
- (c) Two Referees will be used in all games, one of which will be named as the Chief Referee. They shall have similar duties, but in areas of controversy the decision of the Chief Referee will be final.
- (d) During championship or playoff series a Linesman maybe used to assist the referees in their duties. Their primary role will be conducting face-offs. The Linesman may also assist with major or match penalty decisions.
- (c) A Chief Referee shall have full authority and final decision in all matters of dispute. The Chief Referee's decision shall be final on all questions of fact and not subject to appeal.
- (d) All Referees must be certified by USARS / AAU to officiate any sanctioned game.
NOTE: All letters of recommendation for Referees must be forwarded to the USARS / AAU Tournament or League Director for approval.
NOTE: All Referees operating within the jurisdiction of the USARS / AAU Tournament or League Director must be affiliated with the USA Roller Sports Inline Hockey Officiating Program and have a valid inline hockey Referee certification card.

Rule 5.02 – REFEREE

- (a) The Referees are the official representatives of USARS / AAU. They shall be in full control of players on and off the rink. Minor officials and the officials connected with the competing teams. Referees will be backed to the limit in all legitimate circumstances.
- (b) The Referees shall see that the teams are called to the rink at the appointed time for the commencement of each game, and at the start of each regulation and overtime period. The Referees shall remain on the rink at the conclusion of each period, and any overtime, until the players have proceeded to their benches or dressing room.
- (c) The Referees shall check the equipment worn by any player when requested to do so by the manager or coach of either team.
- (d) The Referees shall assess all penalties as prescribed by the rules for the infractions thereof.
- (e) The Chief Referee shall have the final decision on all goals, disputed or not, and may consult with the other Referee and goal judge (if used) before giving the final decision.
- (f) Before starting the game, the Referees shall see that the appointed game timekeeper, penalty timekeeper, official scorer, and goal judges are in their respective places.
- (g) The Referees shall report to the official scorer the duration and type of the penalties and the rule infractions involved, and also to whom the goals and assists are to be credited.
- (h) After each game, the Referees shall check and sign the official game report, secure signatures of both team captains and/or team officials, and return it to the official scorer.
- (i) If a Referee cannot appear for the game, another Referee may be appointed by the league or tournament director.
- (j) If the regularly scheduled appointed officials appear during the progress of the game they may or may not replace the substituted officials, which shall be a decision made by the Tournament or League Director.
- (k) The Referees in charge shall be a thoroughly disinterested party.
- (l) All Referees shall be wear dark black trousers, a black hockey helmet, and an official's sweater with the current USARS / AAU crest on the left chest. It is recommended that a Referee number be affixed to the back of the official's sweater. All referees shall be equipped with a metal finger whistle

Rule 5.03 – GOAL JUDGES (optional)

- (a) There shall be one goal judge behind each goal. They shall not be members of either competing team nor shall they be replaced during the progress of the game unless it becomes apparent that either goal judge on account of partisanship or any other cause is guilty of giving unjust decisions. In such cases the Chief Referee may appoint another goal judge to act in that person's place.
- (b) Each goal judge must be stationed in the designated area behind the goal and off the playing surface for the duration of the game and shall not change ends at any time after the games begins. Their jurisdiction is limited to that game only.
- (c) In the event of a goal being claimed, the goal judge of that goal shall decide whether or not the puck has passed between the goal posts and entirely over the goal line. The decision will simply be goal or no goal.
NOTE: See Rule 5.02(e).
- (d) The use of goal judges and their positioning will be at the discretion of tournament director.

Rule 5.04 – PENALTY TIMEKEEPER

- (a) The penalty timekeeper shall keep the time served by each penalized player during the game and upon request inform the penalized player of the unfinished penalty time.
- (b) If a player leaves the Penalty Box before the penalty time has expired, the penalty timekeeper shall note the time and signal the Referee who will stop the play when that player's team gains control and possession of the puck.
- (c) Where public address systems are used, the penalty timekeeper shall announce or have announced the name of each penalized player, the nature of the offense and the penalty assessed.

Rule 5.05 – OFFICIAL SCORER

- (a) The official scorer shall enter into the official game report a correct record of the goals scored, who scored, and to whom credit is given for assists, if any. The scorer shall also keep a correct record of all penalties assessed stating the names and numbers of the penalized players, the duration of each penalty, the infraction and the time the penalty was assessed.
- (b) At the completion of each game, the official scorer shall sign the official game report and have the Referee and each team captain and/or team official sign it. This official scorer shall then forward the game report to the designated USARS/ AAU tournament or league director.
- (c) Prior to the start of the game, the official scorer shall obtain from the manager or coach of each team the complete line-up, verified and signed by the team official in charge. The Captains/Alternate Captains of each team shall be duly noted on the official game report.
- (d) The official scorer shall submit the complete line-up of the competing teams to the Referee prior to the start of the game, and shall draw to the Referee's attention any circumstance which the official scorer believes does not comply with the rules.
- (e) The official scorer shall advise the Referee when the same player has received a third penalty or a second misconduct penalty in the same game.
- (f) Where a public address system is used, the official scorer shall announce, or have announced, immediately following the scoring of each goal, the name of the player who scored the goal, and the name of each player who received an assist.

Rule 5.06 – GAME TIMEKEEPER

- (a) The game timekeeper shall record the time of the starting and finishing of each game, and all actual playing time during the game.
- (b) The game timekeeper shall signal the Referee for the commencement of the game, the start of the second period, and for each overtime period.
If the rink is not equipped with an automatic buzzer or siren, or if this equipment should fail to operate, the game timekeeper shall, by means of a whistle, signal the end of each period, each overtime period, and the end of the game.
- (c) The game timekeeper shall announce or have announced when TWO MINUTES of actual playing time remains in each regulation or overtime period.
- (d) The game timekeeper shall record the time of scores and penalties.

SECTION 6 – PLAYING RULES

Rule 6.01 – ABUSE OF OFFICIALS AND UNSPORTSMANLIKE CONDUCT

- (a) A minor penalty for unsportsmanlike conduct shall be assessed to any player who challenges or disputes the ruling of a referee or shows disrespect toward an official during the game.
- (b) A minor penalty for unsportsmanlike conduct shall be assessed to any player that incites or attempts to incite an opponent during a game. This includes creating a disturbance during the game.
- (c) A bench minor penalty for unsportsmanlike conduct shall be assessed to any coach or team official that challenges or disputes the ruling of a referee or shows disrespect toward an official during the game.
- (d) A bench minor for unsportsmanlike conduct shall be assess to any player using profane, obscene or abusive language in the vicinity of the players bench.
- (e) A misconduct penalty shall be imposed on any player who persists in using obscene, profane, or abusive language or gestures to any person or who persists in disputing or shows disrespect for the ruling of any official during a game or who intentionally knocks or shoots the puck out of the reach of an official who is retrieving it. NOTE: See Rule 6.25.
- (f) A misconduct penalty shall be imposed on players who bang the boards with their sticks or any other equipment at any time.
- (g) A misconduct penalty shall be imposed on a penalized player who does not proceed directly and immediately to the Penalty Box and take the required place on the Penalty Box.
Any player who fails to proceed immediately to the Penalty Bench, or who persists in continuing or attempting to continue an altercation, or who resists a Referee in the discharge of the Referee's duties shall incur a game misconduct penalty.
- (h) A game misconduct penalty shall be imposed on any player who, after warning by the Referee, persists in any course of conduct (including threatening or abusive language or gestures or similar actions) designed to incite an

- opponent into incurring a penalty.
- (i) A game misconduct penalty shall be assessed to any coach or team official who, after warning by the Referee, persists in any course of conduct (including threatening or abusive language or gestures or similar actions) designed to incite an opponent.
 - (j) A game misconduct penalty shall be assessed to any coach or team official who, after a warning by the Referee, persist to challenges or disputes an officials ruling or shows disrespect toward an official before, during or after the game.
 - (k) In the case of any coach, manager, team official or trainer being guilty of such misconduct, that person is to be removed from the building and the incident reported to the USARS / AAU Tournament or League Director.
 - (l) If any manager, coach, or trainer is removed from the bench by order of the Referee, that person must not sit near the team bench, have any contact with the team, nor in any way direct or attempt to direct the play of the team.
 - (m) A game misconduct penalty shall be imposed against the offending team if any player, manager, coach, or trainer in throws anything on the rink during the progress of the game or during a stoppage of play.
 - (n) A game misconduct penalty shall be imposed against the offending team if any player, manager, coach or trainer interferes in any manner with any game official including Referee, timekeeper, or goal judge in the performance of their duties.
- NOTE: The Referee may assess further penalties under this rule or Rule 4.02(b) if deemed warranted.
- (o) A misconduct penalty shall be imposed on any player or players who, except for the purpose of taking their positions on the Penalty Box, enter or remain in the Referee's Crease while the Referee is reporting to or consulting with any game official, including timekeeper, penalty timekeeper, official scorer, or announcer.

Rule 6.02 – ADJUSTMENT TO CLOTHING AND EQUIPMENT

- (a) Play shall not be stopped, nor the game delayed by reason of adjustment of clothing or equipment.
- (b) For an infringement of this rule, a minor penalty for Delay of Game shall be given.
- (c) The responsibility of maintaining clothing and equipment in proper condition shall be upon the player. If adjustments are required, the player shall retire from the rink and play shall continue without interruption using a substitute.
NOTE: In the event a player in an 18-and-Over division loses a helmet in the "process of a play," that player will be allowed to continue "that play" but immediately following "that play" the player must retrieve that helmet and immediately fasten that helmet onto his or her head. A violation will result in a two-minute minor penalty for improper equipment.
- (d) However, a goaltender, after a stoppage of play, with the permission of the Referee, may be allowed to make adjustments or repairs to clothing or equipment. Goaltenders may also be permitted by the Referee to replace their goaltender masks, but no time shall be allowed for repair or fitting a mask.
- (e) For an infraction of a rule by a goaltender, a minor penalty shall be imposed.

Rule 6.03 – ATTEMPT TO INJURE

- (a) A match penalty shall be imposed on any player or team official who deliberately injures or attempts to injure an opponent, team official, or game official in any manner and the circumstances shall be reported to the USARS / AAU Tournament or League Director for further action.

Rule 6.04 – BOARDING

- (a) A minor, major, or major plus a game misconduct penalty, at the discretion of the Referee, shall be imposed on any player who body checks, cross checks, elbows, charges or trips an opponent in such a manner that caused the opponent to be thrown violently into the boards.
NOTE: Any unnecessary contact with a player carrying the puck which results in that player being knocked into the side boards is "boarding" and must be penalized as such. In other instances where there is no contact with the boards, it should be treated as "charging."
"Rolling" an opponent (if that player is the puck carrier) along the boards where the player is endeavoring to go through too small an opening is not boarding. However, if the opponent is not the puck carrier, then such action should be penalized as boarding, charging, interference, or roughing

Rule 6.05 – BROKEN STICK

- (a) A player whose stick is broken may participate in the game provided the player immediately drops this stick. A minor penalty shall be imposed for an infraction of this rule.
- (b) A goaltender may continue to play with the paddle portion of a broken stick until stoppage of play or until the goaltender has been legally provided with a stick.
- (c) A player whose stick is broken may not receive a stick thrown on the rink from any part of the rink, but must obtain one from the players' bench. A goaltender whose stick is broken may not receive a stick thrown on the rink from any part of the rink but may receive a stick from a teammate without proceeding to the team bench. A bench minor penalty shall be imposed on the offending team under this rule.

NOTE: A broken stick is one which, in the opinion of the Referee, is unfit for normal play.

Rule 6.06 – CHARGING

- (a) A minor, major, or major plus a game misconduct penalty shall be imposed on a player who runs, jumps into, or charges an opponent.
- (b) A major or major plus a game misconduct penalty shall be imposed on a player who charges a goaltender while the goaltender is within the goal crease. If the charging player makes physical contact with the goaltender, which in the opinion of the Referee interferes with normal defense of the goal, any goal scored before or after such contact shall be disallowed.

NOTE: A goaltender is NOT “fair game” just because the goaltender is outside the goal crease area. A penalty for interference or charging (minor or major) should be called in every case where an opposing player makes unnecessary contact with a goaltender outside of the goal crease.

Rule 6.07 – CHECKING FROM BEHIND

- (a) A minor plus a misconduct, major, or major plus a game misconduct shall be assessed to any player who intentionally pushes, body-checks, or hits an opposing player from behind. When an injury occurs, a major plus a game misconduct must be assessed.
- (b) A major plus a game misconduct shall be assessed to any player who pushes, body checks, or hits an opposing player from behind head first into the boards or the goal frame.
- (c) Checking From Behind may also be treated as a Match Penalty for Attempt to Injure under Rule 6.03.

NOTE: Referees are instructed not to substitute other penalties when a player is checked from behind in any manner. This rule MUST be strictly enforced.

Rule 6.08 – CROSS-CHECKING

- (a) A minor, major, or major plus a game misconduct penalty at the discretion of the Referee shall be imposed on a player who crosschecks an opponent.
NOTE: “Cross-checking” shall mean a check delivered with both hands on the stick with no part of the stick on the playing surface
- (b) A major penalty shall be imposed on a player who crosschecks a goaltender while the goaltender is within the goal crease.
- (c) A major plus a game misconduct penalty shall be imposed on any player who injures an opponent by cross-checking.
- (d) Crosschecking may also be treated as a Match Penalty for Attempt to Injure under Rule 6.03.

Rule 6.09 – DELAYING THE GAME

- (a) The Referee shall impose a minor penalty, immediately and without warning, against any player or goaltender who deliberately shooting or batting the puck outside the playing area.
- (b) The Referee shall impose a minor penalty on a goaltender that shoots or bats the puck directly outside the playing area. (Exception for where there is no protective glass. Example: players bench)
- (c) When any player (including goaltender) deliberately displaces the goal post, a minor penalty shall be assessed. When such infraction occurs to prevent a breakaway or a clear scoring opportunity by the opposing team, a penalty shot shall be awarded to the non-offending team. If the infraction takes place while the goaltender has been removed, an automatic goal shall be awarded to the non-offending team.
- (d) A bench minor penalty shall be imposed upon any team which, after warning by the Referee to its Captain or Alternate Captain to place the correct number of players on the rink and commence play, fails to comply with the Referee’s direction and thereby causes any delay by making additional substitution, or in any other manner.

Rule 6.10 – ELBOWING AND KNEEING

- (a) A minor or major penalty shall be imposed on any player who uses an elbow or knee in such a manner as to in any way foul an opponent.
- (b) A major plus a game misconduct penalty shall be imposed on any player who injures an opponent as the result of a foul committed by using the elbows or knees.

Rule 6.11 – FACE-OFFS

- (a) Players facing-off will stand facing their opponent’s end of the rink approximately one stick length apart with the full blade of their stick on the rink. All other players must be at least ten feet away from the players facing-off and they must be on-side (their goal side of the face off spot).
- (b) In the conduct of any face-off anywhere on the playing surface, players shall not make any physical contact with an opponent’s body by means of their own body or by their sticks except in the course of playing the puck after the face-off has been completed.

For violation of this rule the Referee shall impose a minor penalty or penalties on the player(s) whose action(s) caused the physical contact.

NOTE: “Conduct of any face-off” commences when the Referee designates the place of the face-off and the puck is dropped.

- (c) If a player facing-off fails to take a proper position immediately when directed by the official, the official may order

- that player replaced for that face-off by any teammate then on the rink.
- (d) A second violation of any of the provisions or sub-selection(s) hereof during the same face-off may be penalized with a minor Delay of Game penalty to the player who commits the second violation of the rule.
 - (e) When an infringement of a rule has been committed or a stoppage of play has been caused by any player of the attacking side, the ensuing face-off shall be made on the center face-off spot.
NOTE: This includes stoppage of play caused by a player of the attacking side shooting the puck on to the back of the defending team's net without any intervening action by the defending team.
 - (f) When an infringement of a rule has been committed by players of both sides in the play resulting in the stoppage, the ensuing face-off will be made at the place of such infringement or at the place where play is stopped in cases where play is permitted to be completed unless otherwise expressly provided by these rules.
 - (g) When stoppage occurs between the end of face-off spots and near the end of the rink the puck shall be faced-off at the end face-off spot on the side where the stoppage occurs unless otherwise expressly provided by these rules.
 - (h) Players must keep their sticks flat on the line for the face-off.
 - (i) When a goal is illegally scored as a result of the puck being deflected off the Referee directly into the net, the face-off shall be at either of the face-off spots in that zone.
 - (j) When the game is stopped for any reason not specifically covered in the official rules the puck must be faced-off where it was last played.
 - (k) The Referee is under no obligation to wait for the players to get to the face-off spot. It is the players' responsibility to get there as quickly as possible. If one team is lined up and the other team is procrastinating the Referee can start the play by dropping the puck.
NOTE: Once a team is in face-off position, the puck could be put into play within five seconds.

Rule 6.12 – FALLING ON PUCK

- (a) A minor penalty shall be imposed on a player other than the goaltender who deliberately falls on or gathers a puck into the body.
NOTE: A defensive player who drop to their knees to block shots should not be penalized if the puck is shot under them or becomes lodged in their clothing or equipment but any use of the hands to make the puck unplayable should be penalized promptly.
- (b) A minor penalty shall be imposed on a goaltender who (when the goaltender's body is entirely outside the boundaries of the goal crease area and when the puck is behind the goal line) deliberately falls on or gathers the puck to the body or who holds or places the puck against the boards.
- (c) No defending player except the goaltender will be permitted to fall on the puck or hold the puck or gather the puck into the body or hands when the puck is within the goal crease.
For infringement of this rule, play shall immediately be stopped and a penalty shot shall be awarded to the non-offending team.
NOTE: This rule shall be interpreted so that a penalty shot will be awarded only when the puck is in the crease at the time the puck is covered. However, in cases where the puck is outside the crease, Rule 6.12(a) may still apply and a minor penalty may be imposed.

Rule 6.13 – FIGHTING

- (a) A major and game misconduct penalty shall be imposed on any player who engages in fighting.
- (b) A minor penalty shall be imposed on a player who, after having been struck, shall retaliate with a blow or attempted blow. However, at the discretion of the Referee, a major or double minor penalty may be imposed if that player continues the altercation.
NOTE: The Referee is provided very wide latitude in the penalties which the Referee may impose under this rule. This is done intentionally to enable the Referee to differentiate between the obvious degrees of responsibility of the participants either for starting the fighting or persisting in continuing the fighting. The discretion provided should be exercised realistically.
NOTE: Referees are directed to employ every means provided by these rules to stop "brawling" and should use Rule 6.01(g) for this purpose unless the coincidental major penalty rule is involved.
- (c) A game misconduct penalty shall be imposed on any player involved in fighting off the playing surface or with another player who is off the playing surface, before, during, or after the game.
- (d) A game misconduct penalty shall be imposed on any player or goaltender who is the first to intervene in an altercation in progress.
- (e) A game misconduct penalty shall be imposed on any player who leaves the players' bench during an altercation.
- (f) An additional minor penalty shall be assessed to any player who starts or instigates the fight.

Rule 6.14 – GOALS AND ASSISTS

- (a) A goal shall be scored when the puck has been put between the goal posts by the stick of a player of the attacking side from in front, and below the cross bar and entirely across the goal line the width of the diameter of the goal posts drawn on the rink from one goal post to the other.
- (b) A goal shall be scored if the puck is put into the goal in any way by a player of the defending side. The player of the attacking side who last played the puck shall be credited with the goal but no assist shall be awarded.
- (c) If an attacking player kicks the puck, or intentionally directs the puck with the skate, and the puck goes directly into the goal or it is deflected into the goal by any player, including the goaltender, the goal shall be disallowed and the ensuing face-off shall be at the center spot.
- (d) If the puck has been deflected into the goal by a shot of an attacking player by striking any part of the person or a

player of the same side, a goal shall be allowed. The player who deflected the puck shall be credited with the goal. The goal shall not be allowed if the puck has been kicked, thrown, or otherwise deliberately directed into the goal by any means other than a stick.

- (e) If a goal is scored as a result of a puck being deflected directly into the net from an official, the goal shall not be allowed.
- (g) Any goal scored other than as covered by the official rules shall not be allowed. When an attacking player makes contact with a goaltender who is within the goal crease, and in the opinion of the Referee thus interferes with normal defense of the goal, any goal scored before or after such contact shall be disallowed and a minor penalty assessed.
- (h) A goal shall be credited in the scoring records to a player who shall have propelled the puck into the opponent's goal.
- (i) **Mercy Rule – (Tournament Only)** Should there be an eight (8) goal differential at any point, the game shall be ended immediately. Individual statistics for the game shall count as a completed game. This goal differential may be altered for a tournament, but must be put in writing prior to the start of the tournament.
- (j) There shall only be one (1) assist credited per goal.

Rule 6.15 – HANDLING PUCK WITH HANDS

- (a) If a player, except the goaltender, closes their hand or glove intentionally on the puck, the play shall be stopped and a minor penalty shall be imposed on that player. (If the puck is dropped immediately no penalty is to be assessed) A goaltender who holds the puck with the hands for longer than three seconds may be given a minor penalty, if there are no attacking players in the immediate vicinity.
- (b) A goaltender shall not deliberately hold the puck in any manner which in the opinion of the Referee causes a stoppage of play, nor deliberately drop the puck into the goaltender pads or onto the goal net, nor deliberately pile up obstacles at or near the net, that in the opinion of the Referee would tend to prevent the scoring of a goal.
NOTE: The object of this rule is to keep the puck moving continuously and any action taken by the goaltender, which causes an unnecessary stoppage, must be penalized without warning.
- (c) The penalty for infringement of this rule by the goaltender shall be a minor penalty.
NOTE: In the case of a puck thrown forward by the goaltender being taken by an opponent, the Referee shall allow the resulting play to be completed. However, should the throw be received by a teammate, the play shall be stopped for a forward hand pass by the goaltender with a face-off resulting.
- (d) A minor penalty shall be imposed on a player, except the goaltender who, while play is in progress, picks up the puck by hand from the rink.
- (e) If a player, except the goaltender, uses hands to pick up the puck from the rink in the goal crease area while play is in progress, the play shall be stopped immediately and a penalty shot shall be awarded to the non-offending team.
- (f) A player shall be permitted to stop or "bat" a puck in the air with an open hand, or push it along the rink by hand, and the play shall not be stopped unless in the opinion of the Referee the player has deliberately directed the puck to a teammate, in the offensive zone. Play shall then be stopped and the puck faced-off at center.
NOTE: Hand passes in the Defensive Zone must be initiated and completed in the defensive zone.
NOTE: The object of this rule is to ensure continuous action and the Referee should NOT stop play unless the Referee is satisfied that the directing of the puck to a teammate was in fact DELIBERATE.
The puck may not be batted with the hand directly into the net at any time, but a goal shall be allowed when the puck has been legally batted and is deflected into the goal off a defending player except the goaltender.

Rule 6.16 – HIGH STICKS

- (a) The carrying of the blade of the stick above the normal height of the shoulders is prohibited. A minor penalty, at the discretion of the Referee, shall be assessed any player who makes contact with or intimidates an opponent while carrying the stick blade above the shoulders of an opponent. If injury results, a major penalty plus game misconduct penalty shall be assessed. When a stick is swung above the shoulders at a puck near another player, that player shall be called for high sticking and a minor penalty assessed
- (b) When a player carries or holds any part of the stick above the height of the shoulders so that injury to the face or head of an opposing player results, the Referee shall have no alternative but to impose a major penalty plus a game misconduct penalty on the offending player.
- (c) A goal scored from a stick carried above the height of the cross bar of the goal cage shall not be allowed, except by a player of the defending team.
- (d) Using the stick to bat the puck above the normal height of the shoulders is prohibited and when it occurs there shall be a whistle and ensuing face-off at the end-zone face-off spot of the offending team:
 - 1) The defending player batted the puck to an opponent in which case the play shall continue, or
 - 2) A player of the defending side batted the puck into his or her own goal in which case the goal shall be allowed.
- (e) If the blade of a stick is swung above shoulder height near an opponent, whether to intimidate or to attempt to injure the player, this will result in a major penalty. Injury to an opponent under such circumstances is to be both a major and a game misconduct penalty. NOTE: This may also be treated as a Match Penalty for Attempt to Injure.

NOTE: No contact to an opponent need occur to call a high sticking penalty, however an opposing player must be in the immediate vicinity to justify a penalty being called.

Rule 6.17 – HOLDING

- (a) A minor penalty shall be imposed on a player who holds an opponent with hands, legs, feet, or stick or in any other way.
- (b) A major plus a game misconduct penalty shall be imposed on any player who injures an opponent by holding.
- (c) A major penalty shall be imposed for holding the facemask of an opponent.

Rule 6.18 – HOOKING

- (a) A minor penalty shall be imposed on a player who impedes or seeks to impede the progress of an opponent by hooking with either end of the stick.
- (b) A major plus a game misconduct penalty shall be imposed on any player who injures an opponent by hooking.
NOTE: When a player is checking another in such a way that there is only stick-to-stick contact, such action is NOT either hooking or holding.

Rule 6.19 – INTERFERENCE

- (a) A minor penalty shall be imposed on a player who interferes with or impedes the progress of an opponent who is not in possession of the puck, or who deliberately knocks a stick out of an opponent's hand, or who prevents a player who has dropped a stick or other piece of equipment from retrieving it, or who knocks or shoots any abandoned or broken stick or illegal puck or other debris towards an opposing puck carrier in a manner that could cause that player to be distracted.

NOTE: The last player to touch the puck, other than a goaltender, shall be considered the player in possession. In interpreting this rule the Referee should make sure which of the players is the one creating the interference. Often it is the action and movement of the attacking player which causes the interference since the defending players are entitled to "stand their ground" or "shadow" the attacking players. Players of the side in possession shall not be allowed to "run" deliberate interference for the puck carrier.

- (b) A minor penalty shall be imposed if any player on the Players' Bench or on the Penalty Bench, who by means of a hockey stick or parts of the body, interferes with the movement of the puck or of any opponent on the rink during the progress of play.
- (c) A minor penalty shall be imposed on a player who, by means of a hockey stick or body, interferes with or impedes the movements of the goaltender by actual physical contact, while the goaltender is in the crease area.
- (d) If when the goaltender has been removed from the rink, any member of the same team not legally on the rink including the manager, coach, or trainer interferes by means of body or stick or any other object with the movement of the puck or an opposing player, the Referee shall immediately award a goal to the non-offending team.

NOTE: A penalty for interference should be called in every case where an opposing player makes unnecessary contact with the player in possession.

NOTE: The attention of Referees is directed particularly to three types of offensive interference which should be penalized:

- 1) When the defending team secures possession of the puck in its own end and the other players of that team run interference for the puck carrier by forming a protective screen against fore checkers;
- 2) When a player facing-off obstructs the player's opposite number after the face-off when the opponent is not in possession of the puck;
- 3) When the puck carrier makes a drop pass and follows through so as to make bodily contact with an opposing player.

NOTE: All offensive or defensive players may attempt to establish positional territory in front of either goal. The incidental contact that occurs in so doing shall not be considered interference or unnecessary roughness. However, should a player from either team run at an opponent, or make a body check, it is at the discretion of the Referee, to assess a minor penalty for interference, charging, or roughing.

Rule 6.20 – INTERFERENCE BY SPECTATORS

- (a) In the event of a player being held or interfered with by a spectator, the Referee shall blow the whistle and play shall be stopped, unless the team of the player interfered with is in possession of the puck at the time, then the play shall be allowed to be completed before blowing the whistle, and the puck shall be faced-off at the spot where last played at the stoppage.

NOTE: The Referee shall report to the league for possible disciplinary action, all cases in which a player becomes involved in an altercation with a spectator but no penalty should be imposed.

- (b) In the event that objects are thrown on the rink which interfere with the progress of the game the Referee shall blow the whistle and stop the play, and the puck shall be faced-off at the spot the play is stopped.

Rule 6.21 – KICKING

- (a) A major or a major plus a game misconduct shall be assessed to any player that kicks or attempts to kick an opponent. NOTE: This may also be treated as a Match Penalty for Attempt to Injure. (Rule 6.03)
- (b) Kicking the puck shall be permitted in all zones, but a goal may not be scored by the kick of an attacking player.

Rule 6.22 – LEAVING THE PLAYERS' OR PENALTY BENCHES

- (a) No player may leave the players' bench at any time to enter an altercation, but substitutions shall be permitted

provided the player so substituted does not enter the altercation.

Likewise no player on or near the Penalty Bench (not on the rink) shall participate in any fight or other altercation with any opposing player on the rink.

- (b) A game misconduct penalty shall be imposed on each player violating the rule. The Referee shall report all such infractions to the Tournament or League Director, which shall have full power to impose such further penalty as deemed fitting.
- (c) Except at the end of each period, or on expiration of penalty, no player may at any time leave the Penalty Bench.
- (d) A penalized player who leaves the Penalty Bench before the player's penalty has expired, whether play is in progress or not, but does not enter an altercation, shall incur an additional minor penalty, after serving the player's unexpired time.
- (e) If a player leaves the Penalty Bench before the player's penalty is fully served, the penalty timekeeper shall note the time and signal the Referee who will immediately stop the play.
- (f) In the case of a player returning to the rink before the player's time has expired through an error by the penalty timekeeper, that player is not to serve an additional penalty, but must serve the player's unexpired time.
- (g) If a player of an attacking side in possession of the puck shall be in such a position as to have no opposition between that player and the opposing goaltender, and while in such position that player shall be interfered with by a player of the opposing side who shall have illegally entered the game, the Referee shall award a penalty shot against the side to which the offending player belongs. If the goaltender has been removed, a goal shall be awarded to the non-offending team
- (h) Any coach or team official who enters the playing surface after the start of the game without permission of the Referee shall automatically be assessed a game misconduct.
- (i) If a penalized player returns to the rink from the Penalty Bench before the player's penalty has expired by the player's own error or the error of the penalty timekeeper, any goal scored by the player's own team while that player is illegally on the rink shall be disallowed, but all penalties imposed on either team shall be served as regular penalties.
- (j) If a player illegally enters the game from the player's own players' bench, any goal scored by the player's own team while that player is illegally on the rink shall be disallowed, but all penalties imposed against either team shall be served as regular penalties.

Rule 6.23 – PHYSICAL ABUSE OF OFFICIALS

- (a) Any player or team official who touches, holds, or interferes with a Referee or any game official, shall automatically receive a game misconduct penalty. A match penalty may also be assessed, at the Referee's discretion.
- (b) Any player or team official who strikes an official shall be assessed a match penalty, and such incident shall immediately be reported to the USARS / AAU Tournament or League Director.

Rule 6.24 – PROFANE OR OBSCENE LANGUAGE OR GESTURES

- (a) Players shall not use obscene or profane language or gestures on the rink or anywhere in the rink. For violation of this rule, a misconduct penalty shall be imposed except when the violation occurs in the vicinity of the players' bench in which case a bench minor penalty shall be imposed.
- (b) Team officials shall not use obscene or profane language or gestures anywhere in the rink. For violation of this rule, a bench minor penalty shall be imposed.

Rule 6.25 – PUCK MUST BE KEPT IN MOTION

- (a) The puck must be kept in motion at all times. A player is allowed to stand behind their goal up to 5 seconds before they must move the puck. If after 5 seconds and verbal encouragement from the official to "move the puck", a player does not move the puck, the official will blow the whistle to stop play and conduct a face-off at the nearest end-zone spot of the offending team. If the same team violates the rule again during the same game, the official will assess a minor penalty for delay of game. The ONLY time it is acceptable to stand behind the goal for more than 5 seconds is while shorthanded or a defending player is pressuring (standing in the slot) of the offensive team.
- (b) With the exception of being able to carry the puck behind its own goal one time, a team in its own defense area which is in possession of the puck shall always advance the puck toward the opposing goal, except when prevented from doing so by players of the opposing side or if that team in possession is short-handed.
For the first infraction of this rule play shall be stopped and a face-off will be taken at the spot adjacent to the goal of the team causing the stoppage and the Referee shall warn the Captain or Alternate Captain or the offending team of the reason for the face-off. For a second violation by any player of the same team in the same period a minor penalty shall be imposed on the player violating the rule.
- (c) A minor penalty shall also be imposed on any player who deliberately holds the puck against the boards in a manner unless the player is being checked by an opponent.
- (d) For an infringement of this rule the face-off shall be at the nearest end face-off spot adjacent to the offender's goal.

Rule 6.26 – PUCK OUT OF BOUNDS OR UNPLAYABLE

- (a) The Referee shall stop play when the puck goes outside the playing area to either end, or either side of the rink or strikes any obstacles above the playing surface other than the boards, glass or wire it shall be faced-off from where it was shot or deflected, unless otherwise expressly provided in these rules.
- (b) When the puck becomes lodged in the netting on the outside of either goal so as to make it unplayable, or if it is frozen between opposing players intentionally or otherwise, the Referee shall stop the play and face-off the puck at either of the adjacent face-off spots unless in the opinion of the Referee, the stoppage was caused by a player of the attacking team, in which case the resulting face-off shall be conducted at the nearest face-off spot adjacent to the

goal of the offending player or center line face-off spots.

NOTE: This includes stoppage of play caused by the player of the attacking side shooting the puck onto the back of the defending team's net without any intervening action by the defending team.

The defending team and/or the attacking team may play the puck off the net at any time. However should the puck remain on the net for longer than three seconds play shall be stopped and a face-off shall take place in the end face-off zone except when the stoppage is caused by the attacking team, then the face-off shall take place on the face-off spot at the center circle.

- (c) A minor penalty shall be imposed on a goaltender who deliberately drops the puck on the goal netting to cause a stoppage of play.
- (d) If the puck comes to rest on top of the boards surrounding the playing area it shall be considered to be in play and may be played legally by hand or stick.

Rule 6.27 – PUCK OUT OF SIGHT AND ILLEGAL PUCK

- (a) Should a scramble take place or a player accidentally falls on the puck and the puck become out of sight of the Referee, the Referee shall immediately blow the whistle and stop play. There will be a face-off at the nearest face-off spot.
- (b) If at any time while play is in progress a puck other than the one legally in play shall appear on the playing surface the play shall not be stopped but shall continue with the legal puck until the play in progress is completed by change of possession.
At the Referee's discretion if the legal puck is interfered with during play, the Referee shall stop the play immediately.

Rule 6.28 – REFUSING TO START PLAY AND FORFEITURE

- (a) If when both teams are on the rink, one team for any reason shall refuse to play when ordered to do so by the Referee, the Referee shall warn the Captain or Alternate Captain and allow the team so refusing fifteen seconds within which to begin the game or resume play. If at the end of that time the team shall still refuse to play the Referee shall impose a two-minute penalty on a player of the offending team to be designated by the manager or coach of that team through the Captain. Should there be a repetition of the same incident the Referee shall have no alternative but to declare that the game be forfeited to the non-offending team and the case shall be reported to the Tournament or League Director.
- (b) If a team when ordered to do so by the Referee through its manager or coach fails to go on the rink and start within five minutes, the game shall be forfeited and the case shall be reported to the Tournament or League Director.
- (c) A forfeiture of a game shall be declared for the following reasons:
 - 1) At the start of a game (Referee's whistle to put puck in play) a team does not have four skaters and a goaltender on the rink in full and required uniform.
 - 2) By the team captain submitting in writing and accepted by Tournament or League Director that the team will not be able to play a particular game. In this event the opposing team does not need to suit up or make appearance at the game, but shall still be awarded the victory.
 - 3) Due to injury or illness during the game a team cannot field (when at full strength) four skaters and a goaltender to continue this game.
- (d) The forfeiting team shall be awarded a loss for the game. The score of the game shall be recorded as 1 to 0.

Rule 6.29 – ROUGHING AND BODYCHECKING

- (a) At the discretion of the Referee, a minor or double minor penalty may be imposed on any player deemed guilty of unnecessary roughness or body checking
- (b) A major plus a game misconduct penalty shall be assessed if the action of roughing or body checking results in an injury to the player being roughed or body checked.
NOTE: It is not intended that there be no body contact between two opposing players who are actively in pursuit of the puck. The act of riding an opponent off the puck, or meeting the opponent head-on, WHILE ATTEMPTING TO PLAY THE PUCK, shall not be considered roughing. However, this does not imply that players NOT in possession of the puck may throw their bodies into an opponent in order to achieve possession.
NOTE: A penalty for roughing should be called in every case when an opposing player makes unnecessary contact with the player in possession.

Rule 6.30 – SLASHING

- (a) A minor or major penalty at the discretion of the Referee shall be imposed on any player who impedes or seeks to impede the progress of an opponent by "slashing" with the player's stick. Any stick to body contact enacted by the pursuing player will be considered slashing. No matter how hard the stick to body contact is, it shall be considered a minor penalty.
- (b) A minor penalty shall be assessed on any player who breaks the stick of an opponent with a slash.
- (c) A major penalty and a game misconduct penalty shall be imposed on any player who injures an opponent by slashing. When a major penalty is imposed under this rule for a foul resulting in injury to the face or head of an opponent, an automatic game misconduct penalty shall be imposed. NOTE: A Match penalty and a game misconduct may also be assessed in cases of injury or attempted injury at the discretion of the Referee. See Attempt to Injure Rule 6.03
NOTE: Referees should penalize as slashing any player who swings the player's stick at any opposing player (whether in or out of range) without actually striking that player, or where a player on the pretext of playing the puck

- makes a wild swing at the puck with the object of intimidating an opponent.
- (d) Any player who swings the player's stick at another player in the course of any altercation shall be assessed a Match Penalty.
 - (e) Any player not in possession of the puck who makes stick contact upon the goaltender will be assessed a slashing penalty.

Rule 6.31 – SPEARING AND BUTT-ENDING

- (a) A double-minor penalty shall be imposed on a player who attempts to spear or butt-end an opponent.
NOTE: "Attempt to spear or butt-end" shall include all cases where a spearing or butt-ending gesture is made regardless of whether bodily contact is made or not.
- (b) A major plus a game misconduct penalty shall be imposed on a player who spears or butt-ends an opponent.
- (c) A Match Penalty shall be imposed on any player who injures an opponent by spearing or butt-ending.

NOTE: "Spearing" shall mean striking an opponent with the point of the stick blade while the stick is being carried with one hand or both hands. "Butt-ending" shall mean striking an opponent with the upper end of the stick, while the stick is being carried with one hand or both hands.

Rule 6.32 – START OF GAME AND PERIODS

- (a) The game shall be commenced at the time scheduled by a "face-off" in the center of the rink and shall be renewed promptly at the conclusion of each intermission in the same manner.
No delay shall be permitted by reason of any ceremony, exhibition, demonstration or presentation unless consented to reasonably in advance by the Tournament or League Director.
- (b) Home teams shall have the choice of goals to defend at the start of the game. Where both players' benches are on the same side of the rink, the home team shall start the game using that bench farthest from its starting goal in a two half game. The home team shall start the game at the bench closest to its starting goal in a three period game. The team will not change benches for a new period.
- (c) During the pre-game warm-up and before the commencement of play in any period, each team shall confine its activity to its own end of the rink.
- (d) All players must be in full uniform to take the rink for warm-ups.

Rule 6.33 – THROWING THE STICK

- (a) When any player, including the goaltender, deliberately throws a stick or any other object at the puck in the player's defending zone, the Referee shall allow the play to be completed and if a goal is not scored, a penalty shot shall be awarded to the non-offending side. The shot shall be taken by the player designated by the Referee as the player fouled. If, however, the goaltender has been removed, a goal shall be awarded to the non-offending team.
- (b) A misconduct penalty shall be imposed on any player who throws the player's stick, or any part thereof, outside the playing area. In the case where such action is in protest of a Referee's decision, a game misconduct penalty shall be assessed.

The Referee shall report to the USARS / AAU Tournament or League Director every case where a stick or any part thereof is thrown outside the playing area.

Rule 6.34 – TIME OF GAME AND TIME OUTS

- (a) The game shall be played in two or three 10 - 20 minute periods with a one-minute rest permitted between each period, after which the teams shall change ends. For games where a tie is not desirable, at the conclusion of the tied game, a one-minute rest will be allowed, and the teams will begin a sudden death overtime period. If no team has scored after ten (10) minutes, the teams will be given a one-minute rest, change ends and begin another ten (10) minute period. This shall continue until a winner is determined.
- (b) Any overtime period shall be considered a part of the game and all unexpired penalties shall remain in force
- (c) One time-out of one-minute duration for each team per game will be available. The Referee may call a game time out at any time during the game.
- (d) Only the Captain or Alternate Captain may call a time-out. They are permitted to call the time out only during a stoppage of play.
- (e) When there is a time-out, the teams may go to the players' bench.

Rule 6.35 – TIED GAMES

- (a) If, at the end of the game, the score is tied, the game shall be called a "TIE" and each team shall be credited with one point in the standings. In games where ties are not desirable Rule 6.34(a) will be used.

Rule 6.36 – TRIPPING

- (a) A minor penalty shall be imposed on any player who shall place the player's stick, knee, foot, arm, hand or elbow in such a manner that it shall cause the player's opponent to trip or fall.
NOTE: If in the opinion of the Referee, a player is unquestionably hook-checking the puck, and obtains possession of

it thereby tripping the puck carrier, no penalty shall be imposed.

- (b) When a player, in control of the puck in the attacking zone, and having no other opponent to pass than the goaltender, is tripped, hooked, or otherwise fouled from behind preventing a reasonable scoring opportunity, a penalty shot shall be awarded to the non-offending side.

NOTE: The intention of this rule is to restore a reasonable scoring opportunity which has been lost by reason of a foul from behind when the foul is committed in the attacking zone. "Control of the puck" means the act of propelling the puck in a desired direction. If, while being propelled, the puck is touched by another player or hits the goal or goes free, the player shall no longer be considered to be "in control of the puck."

- (c) If, when the opposing goaltender has been removed from the rink, a player in control of the puck is tripped or otherwise fouled from behind, with no opposition between that player and the opposing goal, thus preventing a reasonable scoring opportunity, the Referee shall immediately stop the play and award a goal to the attacking team.

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GOAL AWARDED TO NON-OFFENDING TEAM

Open Goal with Illegal Opposing Team Interference	Rule 6.22(g)
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Open Goal with goal cage deliberately displaced	Rule 6.09(b)
Opposing Player Interferes with Penalty Shot	Rule 4.08(j)

USARS Standard of Enforcement

The principles of this new enforcement standard include the following:

- The use of the stick will be limited to only playing the puck.
- The stick will not be allowed to in any way impede a player's progress.
- The use of a free hand/arm will not be allowed to grab or impede a player's progress.
- Players who use their physical skills and/or anticipation and have a positional advantage shall not lose that advantage as a result of illegal acts by the opponent.
- Players will be held accountable for acts of an intimidating or dangerous nature.

HOOKING

- A player cannot use his/her stick against an opponent's body (puck carrier or non-puck carrier) to gain a positional advantage.
- Placing the stick in front of the opponent's body and locking on – impeding the opponent's progress or causing a loss of balance.
- Stick on the hand/arm that takes away the ability for the opponent to pass or shoot the puck with a normal amount of force

TRIPPING

- A player cannot use his/her stick on the legs or feet of an opponent in a manner that would cause a loss of balance or for them to trip or fall.
 - Examples include:
 - Placing the stick in front of the opponent's legs for the purpose of impeding progress, even if on the surface, with no effort to legally play the puck
 - Placing the stick between the legs of the opponent (can opener/corkscrew) that causes a loss of balance or impedes the progress of the opponent.

HOLDING

- A player cannot wrap his/her arms around an opponent or use a free hand to clutch, grab or hold the stick, jersey or body on the opponent in a manner that impedes their progress.
 - Examples include:
 - Wrapping one or both arms around the opponent along the boards in a manner that pins them against the boards and prevents them from playing the puck or skating
 - Grabbing the opponent's body, stick or sweater with one or both hands
 - Using a free arm/hand to restrain or impede the opponent's progress

INTERFERENCE

- A player cannot use his/her body ("pick" or "block") to impede the progress of an opponent with no effort to play the puck, maintain normal foot speed or established skating lane.
 - Examples include:
 - Intentionally playing the body of an opponent who does not have possession or possession and control of the puck.
 - Using the body to establish a "pick" or "block" that prevents an opponent from being able to chase a puck carrier
 - Reducing foot speed or changing an established skating lane for the purpose of impeding an opponent from being able to chase a puck carrier

Allowed Actions

- A player is entitled to the space he/she occupies as long as they are able to maintain their own foot speed and body position between opponent and puck
- Players are allowed to compete for body position using their strength and balance in front of the goal or along the boards

SLASHING

- The use of the stick will be limited to only playing the puck. Any stick contact, as a result of a slashing motion, to the hands/ arms or body of the opponent will be strictly penalized.

- In addition, hard slashes to the upper portion of the stick (just below the hands) of an opponent, with no attempt to legally play the puck, shall also be penalized.

RULES FOR USARS ROLLER INLINE HOCKEY CHAMPIONSHIPS

PART I - GOVERNING AUTHORITY

Rules and regulations for conducting national and international roller inline hockey championships have been established through the USARS Roller In-Line Hockey Committee, in cooperation with the guidelines of the International Federation of Roller Sports (FIRS).

USA Roller Sports is recognized by FIRS as a National Federation in good standing and has been granted permission to reproduce and distribute these rules as a means to accomplish the promotion of FIRS inline roller hockey programs throughout the world. There have been some slight modifications of the FIRS rules by USA Roller Sports to adapt them to playing conditions in the United States, and these are duly noted in the following text.

PART II - GENERAL COMPETITION ADMINISTRATION

1. Eligibility of Teams and Players

Age Classification by Competitive Division (Effective 2004-2005 Season)

MALES

6-and-under
8-and-under
10-and-under
12-and-under
14-and-under
16-and-under
18-and-under
Juniors (21U)
Men's Gold Division
Men's Silver Division
Men's Bronze Division (25-and-under)
Master's Division (35-and-older)

FEMALES

10-and-under
12-and-under
14-and-under
17-and-under
Juniors (21U)
Women's Gold Division
Women's Silver Division

- A. Girls and women 20 years of age and younger playing on a boys team, must conform to the boys age restriction, however, they shall be allowed in the 6u, 8u, and 10u divisions to have one additional year of eligibility. In the 12u, 14u, 16u, 18u and 21u divisions (including any other age divisions above 12U) a female player will receive two additional years of eligibility. i.e. A 11-year-old girl can play down in the 10u division, but a 12-year-old girl cannot play down in the 10u division. A 14-year-old girl can play in 12u division but a 15-year-old girl cannot
- B. To promote standardization and consistency of the playing rules between leagues nationwide, sanctioned leagues must utilize the following age determination date: Players' ages are to be computed as of January 1 for each Calendar Year.
- C. In all USARS / AAU Inline Hockey events, players shall have the option to play up one division, provided such players skill level and physical ability and maturity is of similarity to other participants in the age division.
- D. Allowing players to play down an age division is prohibited, except girls and women as listed in (1) above.

2. Team Size

- A. At no time shall any team have more than five players on the floor during a game. To officially start the game a team must have four (4) skaters and one (1) goalie on the floor ready to play. (See Rule Nine)

- B. Team rosters will consist of a minimum of four (4) floor players and one (1) goalie and a maximum of 14 floor players and 2 goalies. Once the championship has begun, no roster substitutions or the addition of players is permitted without the written permission of the championship tournament director.

3. Rink Condition

- A. The USA National Championship will be played on a surface as close as possible to the maximum size allowed of 30 X 60 meters. The surface shall have rounded corners to facilitate keeping the puck in play. The playing surface must be kept clean and in good repair.
- B. Inline Hockey National Championships shall be played on an appropriate surface, with markings as approved by USARS.
- C. There are no blue line markings required on the playing surface for roller inline hockey, where the entire floor is in play for either team, without imposition of off-side or icing penalties. (See Rule One). However, a center red line should be marked on the floor to distinguish the defensive zone and the attacking zone. (See Rules Seventy-One and Seventy-Four)

4. Duration of Games

- A. The length of each championship game will consist of two (2) halves, 16-20 minutes in duration each (running time or stop time). The time of each period will be predetermined for each age group and skill level. If running time is played there will be a stoppage of play in the last minute when the score is within 1 goal or is tied.
- B. Regulation World Championship games will be played in two periods of twenty (20) minutes each, stop clock, with a five (5) minute rest at half time.
- C. Each team is granted one time-out of one-minute duration per game. The game clock stops during a time-out.

5. Forfeiture

A forfeiture of a game shall be declared for the following reasons:

- A. If a team when ordered to do so by the Referee, through its manager or coach, fails to go on the floor and commence play within five minutes, the game shall be forfeited.
- B. At the start of a game (referee's whistle to put puck in play) a team does not have four skaters and a goalie on the floor, in required uniform.
- C. Due to injury or illness during the game, a team cannot field (when at full strength) four skaters and a goalie to continue this game.
- D. A team may forfeit one game during the round-robin portion of the tournament without disqualification of that team for the entire tournament. If the same team forfeits a second game at a tournament, that team shall be disqualified for the remainder of all tournament games. Any single forfeiture occurring after completion of round-robin games, involving either the medal play or the placement games, will also cause a team to be disqualified for the remainder of the tournament.
- E. In the event of a forfeit, then the following scoring statistics shall be awarded:
- i. The score of the game shall be recorded as 1 to 0, with the forfeiting team awarded a loss for the game and the opposing team shall be awarded two points (a victory for the game).
 - ii. The forfeiting team (loser), while still admitted to round-robin play, is penalized a minus 2 points (-2) for that game, which must be deducted from their accumulated points total for the round robin. (See Rule Sixty-Seven)

6. Structure of Regional and National Championships

- A. National entry fees and rosters are due in the publicized USARS National Championship Registrar a minimum of 30 days prior to the beginning of the National Championships or seven days after the completion of the respective Regional Championships, WHICHEVER COMES FIRST.
- B. Athletes qualifying for National or Junior Olympic competition must have competed at a Regional or National

qualifier to be eligible in the Competitive or Recreation Division.

Example: Roster turned in at the regional list (12) twelve athletes but only (9) nine played. These nine athletes are eligible. The three athletes who did not compete may be added as pick-up players, however, the team will be classified as an Elite Team.

Further Example: If a team roster has 15 athletes listed and eight have competed in one regional and seven in another regional, the team is not allowed to add the two rosters together. A team must qualify with all athletes at one qualifier or league play. Exception is the three-player pick-up rule for the Elite Division.

- C. All Regional and National Championships for roller inline hockey shall begin with pool play (round-robin) in which all participating teams shall qualify for order and selection to participate in the Championship medal games. Pool play may consist of one or more groups in which every team assigned to the group plays all other teams in that group. A predetermined number of teams finishing highest in the group will go on to play in the Championship medal games and the non-qualifying teams will compete for the final places remaining.
- D. The Championship medal games shall be conducted as single elimination matches, with winners advancing and the losing teams playing placement games to determine their final championship positioning. No ties are permitted in medal competitions and shall be determined by sudden death (first team to score wins) overtime periods.
- E. **SKILLS COMPETITION** - A "Skills Competition" will be held at the National Championships for both the Club and Junior Olympic disciplines.
- F. **PUCK** - Regional, National, and Junior Olympic Championships shall be played with the IDS puck, the official puck of USARS / AAU Inline Hockey.

7. Round-robin Pool Play

FORMULA FOR TOURNAMENT POOL PLAY FOR CLUB HOCKEY TEAMS AT REGIONAL & NATIONAL CHAMPIONSHIPS BASED ON TEAM PERFORMANCE

Number of Teams	Number of Pools/ Teams Involved	Number Advancing to Single Elimination Finals	Pool Games	Play Games	Final Games	Total
2	1				3	
3	1	6 (play round robin twice)			6	
4	1	12 (round robin twice)			12	
5	1		10	2	12	
6	1		15	2	17	
7	1		21	2	23	
8	2 pools of 4 each	Top 3 each into 6 team playoff	12	6	18	
9	2 pools of 4 & 5	"	16	6	22	
10	2 pools of 5 each	"	20	6	26	
11	2 pools of 5 & 6	"	25	6	31	
12	4 pools of 3 each	Top 3 each into 12-team playoff	12	12	24	
13	4 pools/4-3-3-3	"	15	12	27	
14	4 pools//4-4-3-3-	"	18	12	30	
15	4 pools/4-4-4-3	"	21	12	33	
16	4 pools of 4 each	"	24	12	36	
17	4 pools/5-4-4-4	"	28	12	40	
18	4 pools/5-5-4-4	"	32	12	44	
19	4 pools/5-5-5-4	"	36	12	48	
20	4 pools of 5 each	"	40	12	52	
21	4 pools of 6-5-5-5	"	45	12	57	
22	pools of 6-6-5-5	"	50	12	62	
23	4 pools of 6-6-6-5	"	55	12	67	
24	8 pools of 3 each	Top 3 each into 24 team playoff	24	24	48	
25	8 pools of 4-3-3-3-3-3-3-3	"	27	24	51	

26	8 pools of 4-4-3-3-3-3-3-3 "	30	24	54
27	8 pools of 4-4-4-3-3-3-3-3 "	33	24	57

VERIFY SCORE SHEET FOLLOWING GAME. In all games at Regional and National Championships, the referees and the competing teams coach or captain must sign all score sheets after each game.

8. Seeding of Teams

Because of time limitations, it may be necessary to use a modified "round robin" as described below:

- A. Seed the teams into two or more groups so that each group has "equal" strength based on placement at the previous national championship. For example, assume that 12 teams are returning. They would be grouped as shown if placements were as shown:

Group 1	Group 2	Group 3
1st	2nd	3rd
6th	5th	4th
7th	8th	9th
12th	11th	10th

- B. Use new teams and "ties for placement" so that as few teams as possible from the same area of the country play in the same group.
- C. Each group should play an "elimination round robin" with placement being determined as previously described in Rule 2.
- D. If there are two groups, the top three teams from each group will qualify for finals. Three or more groups will only qualify the top two teams for finals.
- E. Determination of finalist teams in tournament play at the Regional and National Championships will be decided by a team's performance in the previous round, not by their earlier seed or a decision of the tournament director.
- Because of time limitations, it may be necessary to use a modified "Round Robin" format, in place of a true "Round Robin".
- F. **POOL PLAY (Modified Round Robin)** - Team will be divided into groups based on the number of entries, with a maximum of four groups or pools using seeding judgments so as to minimize the number of teams from the same area of the country playing in the same group.

9. Round-Robin Game Scoring and Tie Breakers

- A. In compiling the results of pool play, games within the pool that finish tied, shall remain tied and points for each game awarded as follows:

Two (2) points to the game winner
 One (1) point for a tie game
 Zero (0) points to the loser
 Minus (-2) points for a forfeit

- B. The placement of teams within each pool shall be according to the **most number of points accumulated** in round-robin play. If after addition of points, two or more teams are determined to possess an equal amount of points during pool play, the team's position is determined as follows:
- C. The **vector of the head-to-head competition** in round-robins shall be awarded the higher placement position.
- D. If a tie still results, the team with the **lowest total number of goals-allowed** for the entire play-off round shall be used to determine position for the tied teams.
- E. If a tie remains, the **lowest total of goals-allowed in common wins** during all games in the group competition, among the tied teams will determine the group positions.
- F. If a tie still results, the **highest total of goals scored in common losses** among the tied teams will determine their positions.

G. If teams are tied after applying the above criteria, **a shoot-out will take place** as defined in Rule 73(c).

10. Medal Round Competition

- A. **Single Elimination:** The pre-quarter finals (if required), quarterfinals, semi finals and final games of medal round competition will be conducted as single elimination matches. If a team loses a game in the pre-quarter finals or quarter finals, they are eliminated from any further advancement in Medal Play. Ties are to be decided by sudden death overtime according to provisions of Rule 73b. The two semi finals losing teams will play for the Bronze Medal; and the semi-final winners for the Gold Medal. The loser of the finals receives the Silver Medal.
- B. **Direct to Quarter Finals from One or Two Pools:** When championship play consists of 16 or fewer teams, the top eight teams will be placed in the quarter finals bracket according to the seeding determined by round-robin play. With single pool round-robin play, the first place finisher plays the last qualifying place, and so on through the remaining qualifiers. When round-robin play consists of two pools, the top seed in pool A will play the bottom qualifying seed in pool B, and so on, matching first place in one pool with last place in the other.

11. Game Officials

- A. There will be two referees used in each game at the National Championship. They will share responsibilities; however, the first one listed on the game sheet will be designated Chief Referee to be final authority on violations that may involve controversy. Other required officials include a time keeper, scorekeeper and a penalty box attendant that will be responsible for notifying the players of the expiration of their penalty time.
- B. **CHIEF REFEREE** - A certified USARS / AAU National Referee, who shall be in complete charge of the game, players, all other officials, spectators and venue, responsible only to the jurisdictional authority of the USARS/ AAU Tournament or League Director, and the Chief Referee's game decisions shall be final.
- C. **REFEREE** - A certified USARS / AAU National Referee appointed to assist the Chief Referee.
- D. **GOAL JUDGE** - Shall call only goals and carry out any other duties as assigned by the Chief Referee. This official is optional and such use during medal round matches shall be determined by the Tournament Director.

12. Protests

- A. A protest made to the referee will not be valid unless made on the rink by the captain of the protesting team, and the referee will immediately inform the captain of the opposing team. Once the referee in charge of the match has ruled on an incident occurring during the course of play, this decision will stand unless an official letter of protest seeking to overturn this ruling is filed with USARS / AAU, along with a protest fee of \$US100. Only if it is upheld, will the fee will be returned in full to the complainant.
- B. For administrative protests (bad condition of the rink, player's equipment, unqualified players, etc.), only those made to the referee BEFORE the start of a game are valid. The referee will then advise the captains of both teams that the match is being played under protest. All protests must be confirmed by official letter addressed to the USARS / AAU, accompanied by the necessary fee, within one and a half (1-1/2) hours of the end of the game. The Tournament Director is empowered to act if sufficient time exists prior to the start of a game for settlement of such administrative protests.
- C. Only participating teams have the right to lodge protests against incidents which may arise during the course of the Championships. For a protest to be valid, it must be written and presented to the Tournament Director, not later than three (3) hours after the incident.
- D. All appeals (described in A. above) of the referee's decision must be filed in writing and submitted no later than three hours after the incident to the USARS / AAU Tournament or League Director, along with an appeal fee of US \$100.

