

Town of Parker Youth Inline Hockey Rules

USA Hockey rules will be used unless referenced below. The Parker athletics staff reserves the right to establish guidelines for any and all rules or infractions not covered in the above league rules.

The field staff will have complete authority to administer the program and make decisions and adjustments as they see fit for this recreational setting. His or her decisions are final.

The Game:

- I. Games will consist of two, 20 minute halves. The clock will stop for time-outs and injuries only. The clock will stop inside one minute of the second half in a one goal game.
- II. There will be a 3 minute break between halves.
- III. Each team will receive one, 1 minute time-out per game. Time-outs are not cumulative.
- IV. Teams will switch goals at half time.
- V. The penalty time will run continuously similar to the game clock.
- VI. The clock will stop in the last 2 minutes of the game if the score is tied or there is a 1 goal difference. If the difference in goals is two or greater the clock will run.

Players and Substitutions:

- I. All participants are required to play at least half of each game or equal time, whichever is greater.
- II. All age groups will play 4 versus 4 with a goalie (5 total).
- III. Substitutions may be made during time-outs, during any break in the action caused by an officials whistle, or on the fly.
- IV. All players must play in the appropriate age division. Participants must be within the age range listed *on the final day* of the program. Divisions have a four year fluctuation.
 - A. 8 and under – players between the ages of five and eight
 - B. 10 and under – players between the ages of seven and ten
 - C. 12 and under – players between the ages of nine and twelve
 - D. 14 and under – players between the ages of eleven and fourteen
 - E. 17 and under – players between the ages of fourteen and seventeen – Starting Spring 2018
 - F. *Exception – Starting Spring 2018, females will be able to play one division lower of their age. For example, a 13 year old female will be able to play in the 12 and under division. Once the female is 14, she will be required to play in the 14 and under division.*
- V. Only players enrolled in the inline hockey program are allowed to participate during practices or games.
 - A. Substitute Players (players from other teams adding to a different team) – Players may sub for a different team in the same age division they are

registered for with the approval of the opposing coach. This is to ensure there are adequate subs for each team, not to give any team an advantage.

Equipment:

- I. **All players are required to wear full equipment for both practices and games. A practice will be considered in session at the beginning of the scheduled time or when a coach is on the rink with any team member, whichever comes first.**
- II. Equipment includes:
 - A. Helmet with face guard
 - B. Gloves
 - C. Elbow, knee and shin pads
 - D. Skates
 - E. Stick
 - a. The length of the stick may reach from the ground to the player's nose, when standing on his/her skates. All sticks must have knob at the top end.
 - F. Mouthpiece
 - G. Shoulder pads are optional, but recommended.
 - H. It is the coach's responsibility to assure all team members are wearing mandatory equipment.
- III. Goalie equipment will be provided for practices and games.
- IV. All players must wear their official team uniform during games.
- V. Ages 6 to 14 will use a puck provided Parker Rec.

Scoring:

- I. Teams receive 1 point for each goal.
- II. No league standings will be kept and the score will only be kept for the teams.
- III. Goals must be scored by the stick. Deflections off of any offensive players hand, leg or skate will not count.
 - A. Deflections off of any defensive players hand, leg or skate will count.
- IV. In case of a tie, a 3 goal shoot out will take place. In the event the score is still tied at the end of the shoot out, the game will end in a tie.

Mercy Rule (All Divisions)

To reduce the imbalance between two teams, the following mercy rules will apply:

- When the losing team is behind by 4 or more goals, they can add 1 player to the rink for every 4 goal deficit (up to 8 goals).
 - 4 goals = 1 player
 - 8 goals = 2 players
- If a team is losing by more than 8 goals, the score will not continue to be displayed.

Starting Play:

- I. Play begins with a face-off at center rink to begin the game.

- A. Face offs are also used at the beginning of the second half, after each goal, after an injury time-out or if the puck goes out of bounds near center rink.
- II. Play begins with a face-off near each goal if the goalie freezes the puck while in the crease or if the puck goes out of bounds near the goal.
- III. The puck will be put in play at the nearest face-off spot where the puck was blown dead prior to a time out.

Stoppage of Play:

- I. Penalties: Play will resume with a face-off at nearest circle of infraction.
- II. Goals: Following a goal, the puck is put in play with a face-off at center rink.
- III. Injured player: The puck is put in play with a face-off at center rink.
- IV. Offensive team entering the defensive crease or defensive team entering their own crease: Puck will be put in play with a face-off at center rink.

Minor Penalties: (2 minute in Penalty Box)

*** Delayed penalties will be called for all age groups***

- I. Illegal Contact: A player checks or bumps an opponent.
- II. Slashing: A player strikes an opponent with his/her stick.
- III. Hooking: A player impedes progress of an opposing player with his/her stick.
- IV. Holding: A player holds their opponent.
- V. Tripping: A player trips an opponent.
- VI. High Sticking: A player plays with their stick above their own shoulder.
- VII. Interference: Offensive player interferes with goalie or another player so they cannot defend their goal.
- VIII. Cross Checking: Checking opponent with the stick.
- IX. Throwing the stick.
- X. Elbowing: A player checks a player with the elbow.
- XI. Unsportsmanlike Conduct: Inappropriate behavior toward an official, another player, coach or spectator. If the penalty is on the goalie, the coach will designate another player to serve the penalty.
- XII. Goalie freezing the puck when the goalie is not in the crease: The coach will designate a player, other than the goalie, to serve the penalty.
 - A. The first violation will result in a warning and a face-off
 - B. A goalie must have at least one foot in the crease to freeze the puck without a penalty.
- XIII. Sliding-Intentionally: Leaving your feet and throwing your body in front of the ball to block a shot.
- XIV. After one warning on bench, bench minors may be assessed on players, coaches or spectators.
 - A. A third bench minor will result in forfeit.

Note: When a team scores during a power play in which the opposing team has players in the penalty box, once the score is made the players in the penalty box may enter the game. If the team that scores has players in the penalty box, those players must serve their entire time. If both teams have one player in the penalty box, neither player will reenter the game on a goal.

Major Penalties:

The offending player will be ejected from the game and an additional 2 minute penalty will be assessed on one of the remaining players, as designated by the coach.

- I. Fighting.
- II. Blatant play resulting in injury or intent to cause injury.
- III. Foul language toward official, player, coach or spectator.

Miscellaneous:

- I. An ejected player may be subject to any of the following consequences pending review from the league coordinator.
 - A. Suspension from one or more future games.
 - B. Suspension for the rest of the season.
 - C. No future penalty.
 - D. A player ejected will automatically be suspended from their next game.
- II. The referee is considered part of the rink.
- III. If a team does not have enough players at game time, they may borrow players from another team within the same division, borrow players from the opposing team or play short.
 - A. If a team is forced to play short, the opposing team must also play short.
 - B. **There are no forfeits.**
- IV. Please arrive at least 15 minutes early so goalies can get dressed and games can begin on time.
- V. Coaches may call off practice due to weather. Games will be cancelled by game coordinator only.
- VI. Make-up games may be played on Sundays.

Coaches:

- I. Coaches may coach from the sidelines in front of their bench only. Coaches are not allowed on the rink while the clock is running.
- II. Coaches may address an official for clarification of a call, but at no time may be disrespectful toward an official concerning his judgment.
- III. Coaches may not yell in a disrespectful manner at their own players, teammates, opposing coaches or spectators.
- IV. It is the coach's responsibility to control their team members and parents during the game.

ELASTIC POWER:

The Parker Sport staff reserves the right to establish guidelines for any and all rules or infractions not covered in the league rules and to refuse participation to any individual or coach if they do not obey the rules and regulations and keep within the spirit of sportsmanship.