

# PLAYING RULES AT A GLANCE



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<i>Age Divisions</i>	<i>Youth/Adult</i>	<i>Girls'/Women's</i>
8u	8-and-Under	8-and-Under
10u	10-and-Under	10-and-Under
12u	12-and-Under	12-and-Under
14u	14-and-Under	14-and-Under
16u	16-and-Under	16-and-Under
18u	18-and-Under	18-and-Under
High School	Enrolled in H.S.	Enrolled in H.S.
College Club	Enrolled in College	Enrolled in College
Adults	18-and-Over	18-and-Over

*(Note 1) Girls/Women, 18 years of age and younger, playing on a Youth/Adult team must conform to the Youth/ Adult age restrictions, in all ways with the exception that they may play down one birth year (not one age division).*

*(Note 2) To promote the standardization and consistency of the playing rules between leagues nationwide, sanctioned leagues must utilize the following age determination date(s):*

*2009-10 Membership Registration Season: (Sept. 1, 2009-Aug. 31, 2010) – Player's age on Dec. 31, 2009*

*2010-11 Membership Registration Season: (Sept. 1, 2010-Aug. 31, 2011) – Player's age on Dec. 31, 2010*

*(Note 3) Leagues shall have the option of allowing players to play up, provided such a player's skill level and physical maturity is of similarity to other participants in the age division.*

*It is recommended that youth player(s) not play up more than one age division and players under the age of 18 should not participate in any Adult Age Division.*

*(Note 4) Allowing players to play down an age division is prohibited, except Girls/Women as listed in Note 1.*

<b>Rule</b>	<b>Description</b>
<b>Rink</b>	Size is 145-185 feet long and 65-85 feet wide. Temporary and permanent both acceptable.
<b>Teams</b>	4 players on playing surface plus 1 goalkeeper (smaller rinks may play with 3 players plus 1 goalkeeper).
<b>Roster</b>	Maximum of 15 players plus 2 goalkeepers.

### **Mandatory Equipment**

*High School Age Division and below  
(including the 18U Age Division)*

Inline skates

H.E.C.C.-approved helmet

H.E.C.C.-approved full face mask

Colored (non-clear) internal mouth guard

Elbow pads

Gloves designed for hockey

Knee and shin protection

*18-and-Over Age Division and above*

Same, except no facial protection or internal mouthguard required. Wearing a full face mask or ½ face shield and internal mouthguard is highly recommended. H.E.C.C.-approved helmets are recommended but not required.

**Puck/Ball** Puck or Ball may be used. It is preferred that a puck be used when a rink has boards that are 40 inches or more in height and adequate spectator screen protection. For a rink that does not have boards that are at least 40 inches in height and does not have adequate spectator screen protection, only a ball may be used. Regional and National Championships shall be played with a puck.

**Major Penalties** Carry an automatic game misconduct penalty to the offending player.

**Minor Penalties** Team cannot be reduced to less than two players plus a goalkeeper.

**Game Misconduct Penalties** Player or Coach is suspended for the balance of that game.

**Referees** Standard two man system using current USA Hockey InLine registered referees.

**Body-Checking** No intentional body-checking allowed at any level. This includes the intentional use of the hip, shoulder or forearm.

**Face-Offs** Take place at face-off spots or along the imaginary lines on each side connecting the end zone face-off spots.

**Fighting** Fighting will not be tolerated. Major plus a Game Misconduct plus 1-game suspension.

**Hand Pass to a Teammate** Permitted in Defending Zone.

**Slapshots** Legal in all age divisions.

**Illegal Clearing (Icing)** No such rule.

**Off-Sides** No such rule. Passes may be made to a teammate anywhere on the rink.

**Player Out of Bounds** Minor penalty for intentionally jumping out of bounds, unless doing so to avoid an injury (temporary rinks only).

**Length of Game** 2 halves, 12-25 minutes in duration each (Running time or stop time). If running time is played: Stoppage of play in the last two minutes when score is within 2 goals.

**Tied Game** Games shall end in a tie if no winner must be determined. If a winner must be determined: sudden death overtime periods, of regulation time, shall be played over and over until a winner is declared.

**Time-out** Each team is permitted 1 one-minute time-out per game. The game clock shall stop during a time-out.