



Howard County Recreation & Parks Department In-Line Hockey League



RULES AND GAME FORMAT

- All leagues follow USA Hockey Inline rules (NO checking).
- The Howard County Recreation and Parks Hockey Leagues reserve the right to strengthen USA Hockey Inline rules for our leagues. Any USA Hockey Inline Rules that are altered by our league will be discussed at the pre-season meetings.
- Format: 4-on-4 player plus goalies, using a ball for the youth leagues and puck for the HS & Adult leagues
- Players may only be on one roster.
- Players may be added to an Adult team roster until the fourth scheduled game. No players may be added after this game.
- Roster size for the Adult league is unlimited.
- No player, except goalies, may play on more than one team. Goalies may play on teams only within the division in which they are registered.
- Two 20-minute, running halves per game (HS & Adult)
- Five-minute halftime (HS & Adult)
- All players under the age of 18 are required to have an HECC certified cage affixed to the helmet (no plastic).
- All players under the age of 18 MUST have a mouthpiece in at all times.
- Three 15-minute running periods (Youth)
- Three-minute intermission between each period (Youth)
- Minimum 3-minute warm-up before games (if time permits)
- All games have a one-hour time limit, including the 3-minute warm-up.
- Anytime a team is up by six (6) goals or more, the opposing team is allowed to skate with an "extra player" until the goal differential is within four (4). Once the goal differential is four (4) or less, teams will skate at even strength (unless there is player or players in the penalty box--in this case regular "power play" rules apply). If the differential goes back up to eight (8) goals, the "extra player" rule goes back into effect.
Penalties by the team in the lead "do not" negate the extra man rule. Therefore, it is possible that a losing team could have six (6) players on the rink while the winning team has four (4) players on the rink.
- Teams will play one five-minute sudden death overtime during the regular season.
- Teams will play successive five-minute sudden death overtime periods until a winner is determined during the playoffs.
- One time out per team, per game
- One referee (youth) and two referees (HS & Adult) provided by the league

Age Requirements

- Middle School (Grades 6-8)
- High School (Grades 9-12)
- Adult Leagues (Ages 18 and up)

Miscellaneous

- **NO SKATING ON TENNIS COURTS!!** Out of courtesy and respect for Howard County's Tennis Enthusiasts, ALL in-line skating on the tennis courts at Alpha Ridge Courts is strictly prohibited at all times!! Coaches, please do not schedule practices on the tennis courts!! In-line hockey league participants violating this policy are subject to removal from the program. Thank you for your cooperation!!

•UNSPORTSMANLIKE BEHAVIOR - PLEASE READ!!!

ANY UNSPORTSMANLIKE BEHAVIOR BY PLAYERS, COACHES, MANAGERS, PARENTS, AND/OR SPECTATORS THAT IS DEEMED DETREMENTAL TO THE HOWARD COUNTY IN-LINE HOCKEY LEAGUES BY THE PROGRAM COORDINATOR WILL RESULT IN DIRECT DISCIPLINARY MEASURES.

ANY PLAYER INVOLVED IN UNSPORTSMANLIKE BEHAVIOR RESULTING IN A GAME MISCONDUCT PENALTY WILL BE REMOVED FROM THE GAME IN PROGRESS AND SUSPENDED FROM A MINIMAL OF THE NEXT TWO GAMES PLAYED (Rainouts do not count as games played).

THE COACH OF THE PLAYER (S) INVOLVED WILL ALSO BE SUSPENDED FOR THE NEXT PLAYED GAME.

THESE DISCIPLINARY MEASURES ARE SUBJECT TO THE OFFICIAL (S) AND PROGRAM COORDINATORS DISCRETION.

THERE WILL BE NO APPEAL PROCESS.

Examples of unsportsmanlike behavior leading to expulsion include, but are not limited to:

- 1.Constant abusive language
- 2.Disregard for the safety of other participants
- 3.Flagrant Checking
- 4.Fighting
- 5.Bench, player or spectator taunting
- 6.Inciting negative bench, player or spectator behavior
- 7.Any of infraction of the rules laid out as seen by Game Officials or the Program Coordinator

COACHES, CAPTAINS AND OR MANAGERS ARE RESPONSIBLE FOR THE ACTIONS OF HIS/HER TEAM PLAYERS AND FANS, AND THEREFORE, ARE SUBJECT TO THE SAME IMPOSED SANCTIONS AS THE PLAYERS AND FANS THEY REPRESENT.

ANY ABOVE ACTIONS WILL "NOT BE TOLERATED!".
THE PROGRAM COORDINATOR WILL HAVE THE FINAL DECISION AS TO THE SEVERITY OF THE SANCTION IMPOSED.

PLEASE REMEMBER THAT THIS IS A "RECREATIONAL PROGRAM" WITH THE OVERRIDING PHILOSOPHY OF "FUN FOR ALL!"

