



# Rollin' Ice Adult League Rules and Regulations

The Rollin' Ice roller hockey league was established in 1997 to:

- Promote the development of roller hockey
- Encourage good sportsmanship and camaraderie

Rollin' Ice follows the most current [USA Inline and USARS Rule Books](#) in all leagues at our facility. The Rollin' Ice High School League Rules and Regulations set forth in this document are supplemental to those rules. They have been implemented with the guidance and approval of Rollin' Ice Management and Staff, and will be enforced by Rollin' Ice uniformly and fairly. These Rules and Regulations are established for the safety of the players, they must be understood and carried out when playing at Rollin' Ice. All decisions made by the Rollin' Ice staff and management will be final.

## ADULT LEAGUE DIVISIONS

**D3:** Currently our highest division, you have to have played a lot of high level, tournament, or pro level hockey to play in this division. It is fast paced, and highly skilled. The games are very competitive as are most people who play in this division.

**D4:** Our Skilled division for those who used to play at a high level, and have not lost a lot of their skills. It is fast paced, but a little more relaxed as far as the competition goes. To play in this division, you should have many years of hockey under your belt, and be able to keep up with high speed and precision of play.

**D5:** Our mid level division. Usually people can skate pretty well in this division, but they might not shoot, or stickhandle as well as our two higher divisions. This is a division for those players who only play once or twice a week. Helps keep you in shape, while still giving you some competition to measure yourself against.

**D6:** This is a lower level division for players who have played hockey, but still need to hone their skills. The skating and skill in this division is going to be substantially lower than the higher divisions. Most beginning players make a stop here for a time on their way up to D5.

**D7:** This division consists of almost all beginning players. Most of the people in this division have not played for very long, and need to get a feel for how the game is played. It is more of a place where players can learn how to operate with other players, learn how to skate a little better, and to figure out the kinks in order to move up to higher divisions.

**35 and Better:** For all Coaches, Dad's and those 35+! NEW!!!! Multi League Discount. If you are a paying player rostered to a Rollin' Ice Adult team the +35 league fee is \$130.00. League includes 10 games plus playoffs. Also includes FREE team Jerseys and a lot of great times with a fun paced co-ed league.

**Adult Beginner:** Do you want to play roller hockey but don't know how or where to begin? Do you or have you played on one of the other leagues and feel it is too fast and furious for you? Ladies, don't be shy... If you've been intimidated by the lack of other women players, this is the league for you! All players must 18 years old by the ABL description.

**Adult Free Agent:** If you are new to Rollin' Ice and would like us to help you get on an Adult team please email us your contact information and a brief description of your past experience, if any.

## REQUIRED EQUIPMENT (NO EXCEPTIONS)

- H.E.C.C. approved helmet with full face cage (must have chin strap, ear caps, etc...)
- Mouthpiece
- Elbow, Knee/Shin Pads, and Gloves
- Stick (No black tape)
- Skates (No brakes allowed)

- Foster a steady increase in skill levels for all participants
- Provide a higher awareness of the sport throughout the community

**NOTE:** Proper number of components in equipment. If the skate's chassis are designed to hold 4 wheels, the chassis must **ALWAYS** have 4 wheels at all times.

## TEAM STRUCTURE

- 1) All teams are limited to a minimum of six (6) to a maximum of fourteen (14) skaters, and two (2) Goalies. No roster additions will be permitted after league play begins. All league fees are to be paid by Cash, Cashier's Check, or Money Order by **one (1) week** prior to the start of league play. **Only players who have a current Rollin' Ice Membership will be allowed to be rostered.** Rollin' Ice reserves the right to require additional forms, documents, or the like, at their discretion. No refunds after the roster have been frozen.
- 2) An official Rollin' Ice Roster must be submitted in its final form prior to the exhibition game, and considered locked after the second regular season game. Final rosters must be submitted on the official league form and include the following information. (Name, player or goalie, captain or alternate, jersey number, phone number, E-mail address, and team Captain's signature). The "Roster" is frozen after the second league game. A "Captain" may protest the use of a non-roster player. A "Written" protest must be filed within two (2) days to Rollin' Ice. If the protest is upheld, the offending team that used a non-roster player will forfeit that game and in addition the Captain will be automatically suspended for one (1) game. If protest is not upheld the protesting team will then forfeit the next game.
- 3) All teams must have two (2) sets matching jerseys, home team is light, and away team is dark. All players must wear the same number every game. Numbers, jerseys and players must match the original roster.

Teams may use their own jerseys and are subject to Rollin' Ice management approval. Rollin' Ice will supply "Rollin' Ice" jerseys to teams that have applied. If you order custom jerseys expect a delay in delivery. All players must have team jerseys or light(s) & dark(s) numbered to match the roster by the second regular season game. A team's failure to wear the light for the home team, or dark by the away team will be a forfeit (unless both teams' agree before the game). The team Captain will inform the scorekeeper the name and roster number and the substitute number for that game. Jerseys must have the same body color although shoulders and bottoms can be different. The body color must be the same for all skaters (excluding the goalie) (e.g. yellow, beige, or gray cannot be substituted for white. Shades of the same color are acceptable).

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- 4) Permanent numbers must be on the jerseys by the second regular season game. The league recommends the use of Helmet numbers in place of Jersey numbers, but must be consistent.
- 5) If a player is not using his rostered number the team Captain must report that player's temporary number before said player's first shift.
- 6) Every team must provide a team Captain's E-mail address by the end of the exhibition game to Manny Garcia, League Director: [manny@gotoplex.com](mailto:manny@gotoplex.com). This address will be the main method of communication for all league business.

#### GAME STRUCTURE

- 1) Prior to the start of each game, there will be a warm-up period for the teams that will be playing on the rink. No team shall enter the rink until instructed by a league official, teams will not enter the rink until five (5) minutes before game time. At the conclusion of the warm-up period, each team must have a minimum of five (5) fully dressed, equipped, and eligible players. Failure to comply with this rule shall result in a forfeit.
- 2) No team or player shall be in the players dressing area, at the ends of the rinks, or between the rinks until one (1) hour before their scheduled game start. Players will dress in their designated locker rooms adjacent to the home or away benches for the rink on which the game is to be played. Entrance and exit from the rink for games will always be through the door closest to the dressing area specified above.
- 3) Games will consist of three (3) fifteen (15) minute periods, with up to a one (1) minute break between periods. The clock will be stopped with the stoppage of play should there be a one (1) goal or less differential in the score, in the **final minute** of the game.
- 4) In the event of a **tie score** at the end of regulation play, there will be a three (3) minute **sudden death overtime** period, with teams skating three (3) on three (3), with the first team scoring a goal deemed the winner. During sudden death overtime, the clock shall run continuously unless stopped by a referred or league official. If, after this sudden death overtime period, the score remains tied, then there shall be a three (3) player **shoot out**. Prior to the start of the shoot out, each team shall select three (3) players and designate the order of play for each player. The team Captain shall inform the scorekeeper of the selected players and their order of play. The away team shall start the shoot out period, followed by the home team, alternating between away and home, the team with the most goals scored by the three (3) players will be declared the winner. In the event that the shoot out ends in a tie, the original three (3) players of each team will participate in a **sudden death shoot out**, with the first goal scored resulting in the winning team.
- 5) **Time out rule.** Only one (1) time out is allowed per game for each team. No additional time outs will be granted in a playoff sudden death. A time out can be used any time during regulation play and overtime. A time out cannot be used during a shoot out. A time out can be called by any player or coach.
- 6) **Mercy rule.** In the event that one team gains an ten (10) goal lead at any point of a game, the team with the ten (10) goal lead shall be declared the winner and play shall cease. **At such time both teams shall leave the rink.** Continued use of the rink by one or both teams shall be at the discretion of the League Director or floor Officials. The mercy rule applies only to D3-D4-D5 and D6.
- 7) At the conclusion of a game any team that doesn't clean the player's bench area and their penalty box immediately after the conclusion of their game will be assessed a one (1) game suspension to be served by the team Captain at their next game. In the event that the team Captain is not present, the first alternate captain will serve the penalty.

- 8) In the event of a forfeit, the following rules will be applied to the league statistics.
  - A. The game will be declared 1-0 final score. The winning team will gain one (1) goal to their goals for statistics, and the goal will be awarded to the team Captain.
  - B. The forfeiting team will incur a one (1) goal differential on their team statistics. Final goals for, and goals against, are not officially recorded in the Rollin' Ice web site. These statistics are maintained by the league statistician.
  - C. Goal tender statistics will be 0 goals and 0 shots for the game. Note: These rules are intended to encourage team participation and discourage forfeits.
  - D. The following web URL's are provided for game scores: <http://www.rollinice.com>

#### PLAYOFFS

- 1) Non-roster players are prohibited from the playoffs. Rollin' Ice reserves the right to stop play and issue a forfeit if a non-roster player is playing on the rink. This is a forfeit for regular season games also
- 2) Playoff format will be determine by league officials and Rollin' Ice management and published at by the 8<sup>th</sup> regulation game.
- 3) Tie breaker in regular season standings: In the event that the league ends with any two or more teams tied in total points, the following system shall be used to determine the order of finish:
- 4) Overall consideration is the web site. In event of ties:
  - A. Record among tied teams only (Win-Loss-Tie)
  - B. Winner in head-to-head competition.
  - C. Fewest goals against
  - D. Goal differential
  - E. Coin flip

**NOTE:** Accuracy of the website will be verified by the league statistician before final standings are posted.

#### GROUNDS FOR PENALTIES, SUSPENSION AND EXPULSION

- 1) The possession and/or use of any drugs or narcotics at the facility, shall be grounds for the immediate suspension from the facilities and may result in the expulsion from the league. There will be no exceptions to this rule and no refunds will be given should a player be suspended.
- 2) Only players in full uniform, and coaches, are allowed on the team benches during play, and between periods. Any violation of this rule may result in a minor penalty and/or the immediate suspension from the facilities and/or expulsion from the league.
- 3) If a player receives three (3) minor penalties in one game, regardless of how minor, or six total PIMS, the player will be ejected from the game.
- 4) If a player does any of the following: Intentionally bangs the boards, playing surface, protective glass or goal with a stick at any time, a 2:00 minor penalty for Abusive Conduct with an option of a "Misconduct" or "Game Misconduct" at the discretion of the referee will be assessed.
- 5) **Carry-over Suspensions** At the end of the season (regular or playoff) whereby a player receives a major penalty that results in a suspension. The suspension(s) will be "**carried over**" with the offending player to the next season until the suspension is served.
- 6) **Neff's Rule** If any player who accumulates 30 penalty minutes (PIM) during the season will be suspended for one game. Additionally, if said player collects another 15 minutes (PIM), the player is suspended for another two games. Fighting and/or Misconduct each carry a 5 minutes PIM (penalty in minutes) plus an additional 10 minutes, and ejection from the game.

- 7) **Player Conduct** (form will be signed by players) Any player, captain, found taunting another player, team representative, or League Official, either verbally or physically (with hand or other body gestures), shall, at the discretion of the referees, officials or Rollin' Ice Staff and Management, be subject to an unsportsmanlike (minor) penalty. Recurring taunting penalties by a player, or captain will subject the offending person(s) to a five (5) minute major and/or ten (10) minute misconduct penalty and the immediate suspension from a game and/or may result in the expulsion from the league. Any of the above mentioned conduct occurring off the rink, including but not limited to the parking lot, will result in the player, or captain being suspended for the remainder of the season including playoffs if applicable. If said conduct occurs and the player or coach can not be pointed out, the suspension will be served by any player at the choice of any Rollin' Ice High School League Official.
- 8) **Fan Conduct** If a team's fans get out of control, at the referee's discretion a two (2) minute Delay of Game penalty may be assessed to the team.
- 9) **Fighting** Rollin' Ice has chosen to adopt a ZERO TOLERANCE policy on fighting majors and gross misconduct penalties. Players, who, "in the opinion of on-floor officials", have engaged in a fight or have committed a gross misconduct towards another player, official, or the game, will be ejected from that game and suspended for a **minimum of two (2) games** or a maximum of the remainder of that season. If a player is struck or provoked by another player who is trying to start a fight, the player should skate away if possible, cover up if necessary BUT should not retaliate or take any actions that could be considered in any way as fighting. Players must not throw a punch, drop their gloves, kick, slash, or take any "fight" action towards another player. Any incident will be at the discretion of the on-floor officials and Rollin Ice management. There will be no exceptions to this rule and no refunds will be given should a player be suspended.
- 10) A **Match Penalty** will be assessed to a player who, "in the opinion of the on-floor officials", attempts to injure another player or official, or displays rude and inappropriate conduct towards another player or official, which **WILL** result in a suspension
- 11) **Suspension Notification:** The **team Captain** will be notified if they have a suspended player by the last Thursday before there next scheduled game. It is the **team Captain's responsibility** to contact the League Director by phone, at the league office if they

feel they have a player subject to suspension and are having technical problems with said method of communication. If the review of a pending suspension needs more time, the Captain will be notified of an indefinite suspension until such time that the League Director is confident in his/her ruling.

- 12) **Locker Room Rule** Any player or team official ejected from a game for any reason **must remain in the locker room for the remainder of the game.** Leaving the locker room will result in an automatic one game suspension.

#### SUSPENSION PRECEDENCE

##### **Fighting:**

Minimum two (2) games with future considerations.

##### **Hitting Referee (accidental or not):**

Minimum one (1) year suspension

##### **Injuring or Fighting League Official:**

Minimum one (1) year suspension

##### **Third Man into an Altercation:**

Minimum of three (3) game suspension.

##### **Intent to Injure:**

Season suspension with future considerations.

##### **Leaving the Players Box or Penalty Box during an Altercation:**

Minimum three (3) game suspension.

##### **Unsportsmanlike Conduct resulting in a Broken Tile:**

Minimum one (1) game, and the Player **will remain suspended** until the \$50 cost of tile replacement is paid.

#### SUSPENSION PROCEDURE:

**All suspensions are accumulative over the course of all seasons, and repeat offenders will be penalized as such.**

**Any and all suspensions and/or expulsions will be reviewed on a case-by-case basis. No assumptions on the length of suspension shall be made by players and or coaches based on similar prior incidents. Suspensions will be reviewed the League Director, Rollin' Ice Staff and Management. Considered will be, the referees report, game situation and circumstance, player's history, and severity of act (e.g. injury caused), etc.**

#### ALL DECISIONS ARE FINAL.

**THIS IS AN ADDENDUM TO, THE ROLLIN' ICE RULE BOOK 2000. ANY ITEM WITHIN THESE PAGES SUPERSEDES ANY WRITTEN MATERIAL BEFORE JUNE 25, 2008.** The League Administrators, and the Rollin' Ice Staff and Management reserve the right to make any changes, modifications or additions to these rules, as they deem necessary.

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