

Syracuse Inline Hockey Association Rules - 2009 Season

The following list is a summary of rules and penalties and is intended for a general application of the rules. Specific situations may require different applications. For exact language, please consult the USA Hockey InLine rulebook.

There are a few rule differences in the SIHA than stated in the 2007-09 Official Rules of USA Hockey Inline. This is a brief summary of the differences in our rules as compared to the USA Hockey InLine's rules.

Preface: Playing Rules at a Glance

1. We allow players that are 17 to play in the adult division(s) but require parent/guardian authorization and they must wear a cage for face protection.
2. Rink: the dimensions of our rink are 200' x 85'.
3. Length of game: we play three (3) 15-minute periods, running time.
4. Tied game: if a game is tied at the end of regulation, we play one (1) 5-minute 3-on-3 sudden death overtime period. Due to time constraints, during the playoffs, after the overtime period, we have a best-of-three shootout.
5. Time-out: there are no time-outs during overtime.

2009 Rule Update [Length of Game/Running Clock Rule]

Any team or player that calls to have the clock stopped at any point during the game will be charged a time-out. If that [player's] team has already used their single time-out during the game, the offending [player's] team will receive a two-minute bench minor penalty for delay of game. Any player may serve the penalty.

Rule 201 - Composition of a Team

A team is allowed to start with only three skaters and a goaltender. Any team failing to have this minimum number of skaters and goalie ready by game start time will forfeit. Forfeited games will be written as a loss with a score of 1-0. The game may be played after the result of the forfeiture by borrowing players from other teams, but the results and statistics from that game are void.

Rule 404 - Misconduct Penalties

All misconduct, game misconduct and match penalties are considered misconduct penalties. If a player is charged with a misconduct penalty the player will be immediately removed from the game, they will have a hearing with the league administration with possible suspension of the player. (Covered in our Six Minute Rule)

Syracuse Inline Hockey Association League Specific Rules

Six Minute Rule

Any player with six (6) minutes worth of penalties in a single game shall be removed from the game upon the play being whistled. The official will notify that player and/or the team captain after two minor penalties have been called on the player. (See the Delayed Penalty Clause). At that time, the player will be instructed to go to the dressing room. The penalized team will place any player in the penalty box to serve the penalty. [A double minor and a major each count as two minor penalties.]

Delayed Penalty Clause

If a delayed penalty was called on a player and that penalty was negated by a goal being scored by the opposition, the penalty time still counts towards the player's total penalty minutes. Also, if the referee indicates that the opposing team scores a goal during a delayed penalty situation with the penalty going to a player that has already incurred two other penalties, the goal will still count.

Intent to Injure Clause A player who receives a game misconduct penalty under the intent to injure clause will result in a minimum two-game suspensions or removal from the league pending review by league officials.

Team Misconduct Any team with a significant number of penalties in a single game will undergo a review by league officials.

Third Period Rule Any player who receives a game misconduct penalty after the start of the third period will be assessed a misconduct penalty and suspended for a minimum of one game.

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Section I – Equipment [304]

Mandatory Equipment for Players

H.E.C.C. approved helmet with chinstrap
Protective cage (*optional, recommended*)
Mouth guard (*optional, recommended*)
Hockey pants with padding
Knee and shin pads
Protective cup

Elbow pads
Hockey gloves
Stick
Skates with a complete set of wheels
Shoulder pads (*optional*)

Mandatory Equipment for Goaltenders

Full-face shielded mask
Leg pads
Short pants
Chest protector
Catching glove

Blocker
Skates
Goalie stick
Goalie cup
Neck or throat protection (*optional, recommended*)

Section II – Penalty Descriptions

Minor Penalties [402a] *Two minutes from the drop of the puck – to be served by offending player*

For a minor penalty the offending player, other than a goalkeeper, shall be removed from play for two minutes (running time) from the time the puck is dropped to restart play. That team will play with one less player. If the opposing team scores a goal while a team is short-handed by one or more minor penalties, the short-handed team shall be permitted to immediately release the first player who caused his/her team to be short handed.

NOTE: When two players on the same team receive penalties, one minor and one major, the minor penalty shall be served first.

Bench Minor Penalties [402b] *Two minutes from the drop of the puck – to be served by any player on the playing surface.*

For a bench minor penalty (this is an infraction by the team, not an individual player) the captain of the offending team will assign a player (either on or off the playing surface) to serve two minutes in the penalty area. His/Her team will play short one player.

Double Minor Penalties [402b] *Two consecutive minor penalties from the drop of the puck – to be served by offending player.*

For a double minor penalty, the offending player, other than a goalkeeper, shall be directed to the penalty box to serve two consecutive 2-minute penalties, during which time no substitute shall be permitted. If the opposing team scores a goal on the man advantage, during the first of the two penalties, the remaining time in that penalty will be negated. The second penalty will start at the next drop of the puck.

Major Penalties [403] *Five minutes from the drop of the puck*

For a major penalty, the offending player, other than a goalkeeper, will be directed to the penalty box and the offending team shall be short-handed for five minutes. If a goal is scored during the man advantage, the player shall remain in the penalty box until the penalty expires.

Misconduct Penalties [404] *Immediate removal from game with possible suspension and hearing with league administration*

A misconduct penalty involves the removal of a player, other than a goalkeeper, for the balance of the game. The offending player will be ordered to the dressing room immediately. The penalized team shall place a non-penalized player, other than a goalkeeper, in the penalty box to serve the five-minute time portion of the penalty and such player cannot be changed. This player shall also serve any additional minor or major penalty assessed to the offending player. In the SIHA, all misconduct, game misconduct and match penalties are considered misconduct penalties.

Penalty Shot [406] *As indicated by a referee by placing the puck at the center face-off spot.*

A penalty shot is awarded to a player when a team loses a clear scoring opportunity because of a foul committed by the opposing player. The player taking the shot shall attempt to score a goal without opposition from any defending players except the goaltender. Once the player taking the shot has touched the puck, it must be kept in motion towards the opponent's goal line and once it is shot and any time the puck crosses the goal line, the play shall be considered complete. No goal can be score on the rebound. The goaltender must remain in the crease until the player that is taking the shot has touched the puck. The goaltender may attempt to stop the shot in any manner except by throwing the stick or any other object, in which case a goal shall be awarded.

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Section III – Penalties

Minor Penalties *Two minutes from the drop of the puck*

Personal Fouls (Minor Penalty)

- [202] Leaving players bench to protest a call
- [301] Playing with more than one stick
- [601] Unsportsmanlike conduct
- [601] Shooting puck after whistle
- [611] Face-off interference
- [618] Holding
- [619] Hooking
- [621] Interference
- [621] Interference by player on bench
- [621] Interfering with a goaltender in crease
- [625] Leaving the penalty box early
- [633] Stick contact with the goalkeeper
- [639] Tripping

Delay of Game, Player or Goalkeeper

- [304] Deliberate removal of equipment
- [602] Adjustment of clothing or equipment
- [609] Shooting puck out of rink
- [609] Deliberate goal displacement
- [609] Face-off violations
- [609] Player picks puck up off surface with hand
- [611] Second face-off violation, same team
- [612] Deliberately falling on puck
- [628] Freezing puck along boards

Goaltender Infractions

- [303] Wearing illegal equipment
- [304] Deliberately removing facemask during play
- [407] Participating in play across center red line
- [407] Going to bench for stick at stoppage

Goaltender Infractions (continued)

- [612] Falling on puck outside privileged area
- [613] Leaving the crease during an altercation
- [616] Holding puck for more than three (3) seconds
- [616] Piling up obstacles in front of the goal
- [613] Leaving the crease during altercation

Stick and Equipment Violations

- [301] Playing with an illegal stick
- [304] Not wearing chinstrap
- [304] Playing without helmet or facemask
- [305] Playing with cut palm on glove
- [605] Playing with a broken stick
- [636] Throwing the stick

Bench Minors

- [109] Coach on surface during warm-ups
- [201] Not enough players to start game
- [203] Player not on roster
- [205] Too many players on the surface
- [205] Illegal entry from penalty box
- [205] Goaltender to bench at stoppage
- [306] Team requesting equipment check
- [308] Equipment measurement legal
- [308] Measurement request for delay of game purposes
- [601] Obscene, profane or abusive language from bench
- [601] Articles thrown onto surface from players' bench
- [601] Non-physical interference with an official
- [605] Receiving an illegal stick
- [609] Continued incorrect players on playing surface
- [632] Refusal to start play or to go on playing surface

Double Minor Penalties *Two consecutive 2-minute penalties*

- [640] Unnecessary roughness

Minor or Major plus Game Misconduct Penalty *At the discretion of game officials. Situation dictates calls.*

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| [604] Body checking or excessive body checking | [607] Cross-checking |
| [604] Avoidable physical contact after whistle | [610] Elbowing |
| [604] Boarding | [610] Kneeing |
| [606] Charging | [617] High-sticking |
| [606] Checking from behind (unintentional) | [618] Holding or grabbing facemask |
| [606] Body-checking the goaltender | [633] Slashing or excessive slashing |

Major Penalties *Five minutes from the drop of the puck*

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| [604] Excessive physical contact | [610] Elbowing or kneeling |
| [604] Physical contact after whistle | [610] Elbow to the face |
| [604] Boarding | [617] High sticking |
| [604] Charging | [617] Spearing, butt ending or kicking |
| [606] Checking from behind | [617] Excessive verbal abuse |
| [606] Checking the goaltender | [617] Holding the facemask |
| [607] Cross-checking | [617] Excessive Slashing |
| [618] Holding the facemask | [617] Leaving bench or penalty box during an altercation |

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Section IV – General Rules (Listed Alphabetically)

6 Minute Rule Any player with six (6) minutes worth of penalties in a single game shall be removed from the game upon the play being whistled. The official will notify that player and/or the team captain after two minor penalties have been called on the player. (See the Delayed Penalty Clause). At that time, the player will be instructed to go to the dressing room. The penalized team will place any player in the penalty box to serve the penalty. [A double minor and a major each count as two minor penalties.]

Abusive Conduct Any player that attempts to challenge the ruling of an official in an abusive manner will be issued a misconduct penalty and is subject to review by league officials.

Chinstraps Players must have their chinstraps fastened at all times during play. Players will first receive a warning from the referee. A penalty will be issued for the second offense or for refusal to comply.

Clock The clock will continually run except when the score is within one (1) goal with less than 2:00 minutes in the third period. The referee also has discretion to stop the clock for any reason.

Coaches A team is allowed to have one coach on the players' bench. Coaches must be registered with USA Hockey.

Crease Rule If a player is in the goal crease before the puck enters the goal crease area and a goal is scored, the goal will be disallowed. A face-off will take place in the appropriate face-off spot.

Delay of Game After warning the team Captain, a bench minor penalty will be assessed for any team that fails to place the correct number of skaters on the surface to commence play in a timely manner.

Delayed Penalty Clause If a delayed penalty was called on a player and that penalty was negated by a goal being scored by the opposition, the penalty time still counts towards the player's total penalty minutes. Also, if the referee indicates that the opposing team scores a goal during a delayed penalty situation with the penalty going to a player that has already incurred two other penalties, the goal will still count.

Equipment All equipment must abide by USA Hockey Inline rules. Referees will determine equipment legality at all times.

Expiring Penalties If a minor penalty terminates during a stoppage of play, allowing the team to have an additional player on the playing surface, the player so penalized shall remain in the penalty box until the ensuing face-off is conducted.

Extra Attacker A goaltender may be pulled at any time to allow an extra skater.

Face-offs To be held at center ice at the beginning of each period and after each goal scored. Face-offs will take place at face-off spots or wherever a referee directs.

Fighting Fighting in a game will be penalized with indefinite suspensions for all players involved pending a meeting with league officials and the referees involved. The teams involved must serve a five-minute major penalty.

Forfeiture A team is allowed to start with only three skaters and a goaltender. Any team failing to have this minimum number of skaters and goalie ready by game start time will forfeit. Forfeited games will be written as a loss with a score of 1-0. The game may be played after the result of the forfeiture by borrowing players from other teams, but the results and statistics from that game are void. Forfeited games will not be rescheduled. (See Rescheduling)

Game Suspension A suspended player will not be allowed to play or occupy the players' bench during any scheduled game.

Game Start Time All games will start at 15 minutes past the hour. Late teams will be assessed a bench minor penalty or forfeit if they are unable to produce the minimum number of dressed players at game start time. (See Forfeiture)

Injured Players Play will continue until an injured player's team takes possession of the puck. The referee has discretion to stop play at any time if an injury appears to be severe.

Intent to Injure Clause A player who receives a game misconduct penalty under the intent to injure clause will result in a minimum two game suspension or removal from the league pending review by league officials.

Jerseys All teams must have matching jerseys with each player having a unique number.

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Section IV – General Rules (continued)

Length of Game Three (3) periods lasting 15 minutes each. Running clock except when score is within a one-goal differential with less than 2:00 minutes remaining in the third period. The referee shall have the discretion of stopping the clock in any instance during this and any other time.

No Rules Against Icing, two line pass, offsidess or slapshots.

Offensive Language Abusive or offensive language will not be tolerated and will be penalized.

Overtime Regulation games that end in a tie will play one (1) five-minute 3-on-3 (plus goaltender) overtime period. Only during the playoffs if no winner is declared after overtime, a shootout will determine the victor. (See Shootout)

Player Misconduct Any player issued a 10-minute misconduct, unsportsmanlike conduct or a game misconduct shall immediately be removed from the game and suspended for a minimum of one game pending a review by league officials.

Players No more than a total of five players from each team are allowed on playing surface during a game.

Players' Bench Only uniformed players and coaches are permitted in the player's bench area.

Pucks The league will provide all game pucks. At the beginning of the season, each team will be given two practice pucks to be used for the duration of the season. Teams will be responsible for their own practice pucks.

Referees A standard two-man referee system will be used. In certain instances only one referee may be used. The referees may consult with league officials at any time for a clear interpretation of the rules.

Refunds No refunds will be given after June 1, 2008. No refunds will be given as a result of a suspension.

Rescheduling Games may be rescheduled only if the league officials along with the Captain of the opposing team accept the change within seven (7) days of the scheduled game.

Rosters A team consists of eight (8) skaters and one (1) goaltender with a maximum of 15 players including two goalkeepers allowed on a single team roster. Goaltenders are the only players allowed to play for more than one team. Each team must designate a team Captain and one alternate at the beginning of the season.

Staggered Penalty Rule When a goal is scored while the teams are at even strength, no penalized players will return to play for as long as there is still time remaining in their penalty.

Stoppages The following instances will be whistled and play will stop, and then resume with a face-off: glove pass (other than out of the defensive zone), hitting the puck with a high stick to a teammate or scoring a goal with a high stick.

Shootout When a shootout occurs, the team Captains will select three players from their roster and the order in which they will shoot. This process will repeat until a winner is declared. (Same format as the Penalty Shot)

Team Misconduct Any team with a significant number of penalties in a single game will undergo a review by league officials.

Third Man In Any players involving themselves in an existing altercation with intent to fight shall automatically be assessed a misconduct penalty, then removed from the game and suspended for a minimum of one game.

Third Period Rule Any player who receives a game misconduct penalty after the start of the third period will be assessed a misconduct penalty and suspended for a minimum of one game.

Timeouts Each team is permitted one 30-second timeout per game. The clock shall stop during a timeout. There are no timeouts allowed in overtime. If a team calls a timeout in overtime a bench minor will be assessed.

Under the influence Possession of or playing under the influence of alcohol, tobacco or illegal drugs is strictly prohibited. Offenders will be immediately removed from play and/or the rink and reviewed by league officials.

Unfinished Games If a game is stopped before the end of the second period, the game will continue from that point. If a game is stopped after the second period, the score stands.