

PLEASANT HILLS ROLLER HOCKEY Inc.
RULE BOOK FOR THE
2026 SEASON



League Commissioner

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Board Members
Jackie Billick
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PLEASANT HILLS ROLLER HOCKEY LEAGUE

2026

I. Statement of Purpose:

(a) The purpose of the P.H.R.H.L. is to teach our players the following:

1. Teamwork.
2. Basic skills (skating, shooting, passing).
3. The playing rules.
4. Good sportsmanship.
5. Respect for officials, coaches, themselves, and other players.

(b) The P.H.R.H.L. is an instructional league where the primary purpose is:
TO HAVE FUN!!!

II. Team Composition:

(a) All teams shall consist of 4 players and a goalie on the deck at a time. All players must play each position at least once during the regular season, and must have equal playing time during all games--playoffs included. These positions are: offense, defense, and goaltender. The goaltender position is exempt from this rule, although players should be encouraged to try it.

(b) All games are played in a 4 on 4 style. If one or both team(s) has only 5 players in total, head coaches from each team and the referee can collectively decide to switch to a 3 on 3 format.

(c) All teams should have at least 5 players in total (i.e., 4 skaters and a goaltender) at the start of the scheduled game time. If a team does not have at least 5 players at the start of the game (i.e., 4 skaters and a goaltender), that team will forfeit the game. The score will be recorded as a 1-0 victory for the non-offending team and will not count in the goals for (GF) or goals against (GA) in the standings, for either team.

(d) The League has reinstated the call up system for the 2023 and 2024 season. If a team is short on players, coaches are permitted to call up **no more than 2 players** to complete the team. When using the call up system coaches are not permitted to have more than 2 subs on the bench (i.e., a total of 6

players). If unable to field their team, coaches should notify the League President or Commissioner and the game will be rescheduled **one** time. If the rescheduled game does not get played, teams will follow the forfeit protocol described in part c above.

- (d) Rescheduling: Coaches are responsible to notify the League President or Commissioner **at least 24 hours before any game** that may need to be rescheduled. Without 24 hours prior notice, the League holds the ability to have the game forfeited. Coaches must also notify all their players of scheduling changes. Coaches failing to make every effort to contact their players will be subject to a hearing before the League Review Board. Without 24 hours prior notice, the League holds the ability to have the game forfeited.

III. Equipment:

- (a) **ALL** players will be required to wear the following equipment:
1. Helmet with **full** cage or **full** shield.
 2. Mouth guard inside the mouth while on the court.
 3. Athletic supporter with protective cup (boys) / Pelvic protector (girls).
 5. Elbow pads.
 6. Shin guards (must cover the knee).
 7. Inline skates.
 8. Sticks with protective butt-end.
 9. Gloves.
- (b) Goaltenders' equipment will be provided by the league, however goaltenders may use their own equipment as well. Goaltenders have the option of wearing inline skates or playing "on foot."
- (c) Equipment checks will be performed by league referees prior to the start of each game. Players without the proper equipment will not be allowed to enter the game until they have the proper equipment. Any player caught without the required equipment during the game may be assessed a Minor penalty.
- (d) Players must wear all equipment, at all times on the deck, during practices and warm-ups. Players caught without required equipment during these activities can be suspended for one game. Subsequent occurrences will result in suspensions in a progressive order (e.g., 2 games, 3 games, etc.).

- (e) All coaches, assistant coaches, and referees that choose to skate during practices, warm-ups, games, and any other league activities must wear helmets. They are also encouraged to wear the same equipment required of players, in order to set a positive example.
- (f) Those persons not wearing helmets during the above mentioned activities can be suspended for one game. Subsequent occurrences will result in suspensions in a progressive order (e.g., 2 games, 3 games, etc.).

IV. Coaches:

- (a) Coaching is very important to the player and the League. A positive example presented by the coaches (e.g., good-sportsmanship, respect, selfdiscipline) is imperative for the development of the players and the league. We encourage all coaches to abide by the Purpose in Section I.
- (b) Each teams' coach and/or assistant will be restricted to his/her half of the deck, determined by the center red line for the duration of the game. They will also be prohibited from coaching behind the nets and may not coach more than 10 feet around the end corner of the fence. A violation of this rule results in a Bench Minor Penalty.
- (c) Use of profanity by a coach and/or assistant will result in a Penalty Shot being awarded to the opposing team, and possible ejection from the game and the park.
- (e) Coaches are not allowed on the deck during the game, including intermission, except in case of injury. Coaches must be summoned onto the deck by the Referee.
- (f) Continued violations of the rules, or the spirit of the League, will result in a hearing with the League Review Board.

V. Game Time:

- (a) Games shall consist of two 20-minute periods. At the discretion of the coaches and referees, teams may play four 10-minute periods due to player shortages or weather conditions.
- (b) Each period will be "running time" on the game clock, and the clock will only stop under the following circumstances:

1. Referee time-out.
 2. Coaches time-out. Each coach is permitted one per game, one minute in length.
 3. Injury time-out. The injured player for which the clock was stopped must leave the deck until the next stoppage of play.
 4. When a penalty is called by the referee.
 5. During a penalty, when the referee blows the whistle. ***However, the clock will not stop during coincidental penalties.***
 6. When the ball goes over the fence.
 7. During the last two minutes of the last period, when the referee blows the whistle. *Exception: when there is two or less score differential.*
 8. During the last two minutes of any overtime period, when the referee blows the whistle.
- (e) After the first half teams will have a three-minute intermission. Referees may shorten or lengthen intermission and may add a mid-period break due to the weather.
- (f) A game will be scored as a complete game when 30 minutes of playing time is reached.
- (g) Any game suspended due to weather conditions before the 30-minute mark of playing time is reached, is to be rescheduled and continued from the point of where the game was suspended. All points and penalties will carry over to the rescheduled game.
- (h) **Mercy Rule:** when a 10-goal differential is reached in the last 20 minutes of the game, the game will be called complete. Teams will continue to play for the remainder of the allotted game time unless the players create an unsafe situation. This will be at the referee's discretion. Penalties will continue to be served even after the game is called as completed.

VI. Overtime:

(a) Regular Season:

Shootout: If the score is tied at the end of the 2nd half or 4th 10-minute period (i.e., 40 minutes of playing time) during the regular season there will be a shootout. The rules for the Penalty Shot will be used as described in Section IX (a).

1. The team that starts the shootout will be determined by the referee's coin toss. The home team will call the toss, and whoever wins the toss will have their choice of shooting first or second.
2. Each coach will select four players. Players will alternate, one per team, going one-on-one against the other team's goaltender. The team with the most goals at the end of the shootout will be declared the winner. If a team

has no remaining players on the bench then both teams may start over and select one additional player from all originally eligible players (i.e. those not in penalty box).

3. If the score is tied at the end of the shootout, each coach will select one player from the players remaining on the bench. The shootout will continue until one team scores and the other does not.
4. Any player in the penalty box at the end of the second half will not be eligible for the shootout.
5. Shootout goals will not be counted in the goals for (GF) or goals against (GA) standings.

(b) Playoffs:

If the score is tied at the end of the second half in a playoff game, except the Championship Game, there will be a 10-minute “sudden victory” overtime period. The first team to score in the overtime period will be declared the winner.

1. Teams will change ends and there will be a three-minute intermission.
2. Any penalties remaining from regulation time will be carried over into the overtime period.
3. Teams will have one time-out for the overtime period.
4. If teams are still tied at the end of the overtime period, there will be a shootout in accordance with Section VI. (a).

(c) Championship Game:

If the score is tied at the end of the second half in the Championship Game there will be a 20 minute “sudden victory” overtime period.

1. Teams will change ends and there will be a three-minute intermission.
2. Any penalties remaining from regulation time will be carried over into the overtime period.
3. Teams will have one time-out for the overtime period.
4. The first team to score in the overtime period will be declared League Champion.
5. If the score is tied at the end of the first overtime period the teams will change ends. There will be a three-minute intermission and then another 20-minute overtime period. This process will continue until there is a winner.

VII. General Playing Rules:

- (a) Equal playing time Every effort must be made to provide equal playing time for all players on the team. All shifts should be close to the same time length. No player can double shift except when playing with insufficient number players to do complete line changes, then rule a2 applies.
- (a2) When double shifting any players, double shifting must be performed in order of complete bench personnel. In other words, no player can be double shifted until all other players on the bench have received their turn at double shifting. Deck time is to kept at equal for all players. No player can be on the playing deck for more than two shifts in a row (pending availability of players). The player must come off the deck for the third shift, all shifts should be close to the same time length. If at any time an on deck official or a commissioner feels a coach of a team is not following these rules (i.e., a or a2), a minor bench penalty will be assessed against the offending team.

Note: If at any time a coach feels the opposing team is in violation of the above rules (i.e., a – a2) he may bring it to the attention of an on-deck official during a regular stoppage of play, so that the on deck official may monitor and address the situation.

(b) Hand Pass:

1. The ball may be passed with the hand in the defensive zone only.
2. Hand passes in the offensive zone will be whistled dead and the face-off will be held in the offending team's defensive face-off circle.
3. The goaltender may throw the ball behind or laterally only. If the goaltender throws the ball forward to a teammate, the play will be whistled dead and the face-off will be held in the offending team's defensive face-off circle.

(c) "Freezing the ball: Freezing or holding the ball will result in a face-off at the nearest face-off spot.

Freezing the ball will be allowed under the following instances:

1. The goaltender may hold or freeze the ball with any part of his/her body while under pressure from an opposing player. If the goaltender is not under pressure from an opponent he/she will be assessed a Minor Penalty.
2. The goaltender may only freeze the ball in the "immediate vicinity" of the goal crease. "Immediate vicinity" will be defined as an imaginary line that extends from the goal crease, diagonally to the defensive face-off spots and to another imaginary line between those same face-off spots.
3. The goaltender may not freeze the ball behind the net (determined by the red goal line extending from fence to fence), or against the fence. At least one part

of the goaltender's body must be in contact with the goal crease when freezing the ball near or at the base of the net.

4. Freezing the ball in the goal crease by a defensive player other than the goaltender results in a Penalty Shot being awarded to the non-offending team.
5. Players (except the goaltender) may freeze the ball against the fence when forced to do so by an opposing player, although they are encouraged to keep the ball moving.
6. Any player that catches and closes his/her hand on the ball for less than three seconds, drops the ball and plays the ball himself, there is no penalty. The play continues.

(d) Delayed Penalties:

1. The referee(s) may delay the calling of a penalty when a member of the nonoffending team has possession of the ball and has a clear scoring opportunity. The referee(s) will signal the delay by extending one arm overhead, and pointing to the penalized player.
2. A clear scoring opportunity will be defined as a breakaway, partial breakaway, or preparing to take an unopposed shot from the offensive side of the center red line, *and will be determined by the referee(s).*
3. The play will be stopped at the conclusion of the scoring opportunity: completion of the shot (either on goal or wide), or completion of the breakaway. If a goal is scored on the play, the referees may (at their discretion) assess a minor, double minor, major, or no penalty.
4. Penalty(s) will be assessed in accordance in with Section XIV. (Penalty Calls). The resulting face-off will be in the offending team's defensive face-off circle.
5. Penalty Shots will be awarded where applicable.

(e) Playing Time

Ever coach should make every effort to utilize their players fairly, with equal playing time regardless of playing skill. The on deck official can assess a minor penalty to a team that he feels is not using his players fairly.

VIII. Penalties:

- (a) Minor Penalty: two minutes, or until the team with the manpower advantage scores a goal.
- (b) Double Minor Penalty: four minutes. If the team with the manpower advantage scores during the first two minutes, the second two minutes will begin. If the

team with the manpower advantage scores during the second two (2) minutes, the remainder of the penalty will expire.

(c) Major Penalty: Five minutes and an automatic game misconduct.

The player ejected must be replaced in the penalty box by a player that was on the deck at the time the penalty was called.

1. The penalty will be served in its entirety, regardless of how many goals are scored by the opposing team.
2. Any Player receiving two Major Penalties in a season will be subject to a hearing before the Review Board (Commissioner, President and Referees).

(d) Misconduct Penalties: Players assessed a Misconduct Penalty may be replaced on the deck, providing no Minor or Major Penalties have already been assessed. Any Minor or Major Penalties must be served by a player on the deck at the time of the penalty.

1. Ten-Minute Misconduct - may be assessed to any player who exhibits behavior that the referee(s) consider detrimental to the game (arguing with officials or players, "trash talking" or taunting, etc.) May be assessed in addition to other penalties that may have already been assessed.
2. Gross Misconduct - may be assessed to any player that exhibits "gross" misconduct (swearing, spitting at another person, obscene gestures, etc.) as determined by the referee(s). A Gross Misconduct Penalty results in ejection from the game and may be assessed in addition to any other penalties already assessed. Any player assessed a Gross Misconduct Penalty may be subject to a hearing before the Review Board.
3. Game Misconduct - is assessed to any player that commits a penalty that results in an ejection. Any player assessed a Game Misconduct Penalty may be subject to a hearing before the Review Board.

(e) Multiple Penalties:

No team shall have less than three players on the deck (i.e., two skaters and a goalie) as a result of penalties.

1. If a team receives a penalty with two players already in the penalty box, the time of the next penalty will not start until the first penalty has expired. The player serving the first penalty may return to his team's bench, but that team may not add a player to the deck until the second penalty has expired.
2. If there are more than two players from one team in the penalty box and the team with the manpower advantage scores a goal, the penalty with the least amount of time left shall expire.

- 3 If a team is unable to provide the minimum amount of players to play the game, (i.e., two skaters and a Goalie), the said team will forfeit the game.

- (f) League Review Board: The League Review Board consists of the President, Commissioner, and League Referees. The Review Board will be responsible for deciding suspension, permanent ejection, and/or re-instatement of a player/coach due to penalties received.

All decisions of the Review Board are final.

IX. Penalty Shots:

- (a) If a player is awarded a Penalty Shot the ball will be placed on the center face-off spot.
 1. When signaled by the referee, the player will “collect” the ball and proceed in a forward motion towards the opposing goal in an attempt to score.
 2. The player may not reverse his/her direction for any reason, and may take only one shot on goal (no rebounds).
 3. The opposing goaltender may leave his/her crease only after the player touches the ball.
 4. The Penalty Shot will end when one of the following occurs:
 - a. The player shoots and the ball crosses the goal line (either in the net or not).
 - b. The goaltender stops the shot and either has control of the ball, deflects the ball wide of the goal, or the ball’s momentum has stopped.
 - c. The player reverses his/or her direction for any reason before the shot is taken.
 5. A shot that strikes the goalpost, or crossbar, and deflects into the net off the goaltender shall be considered a goal.
 6. A shot that strikes the goalpost, or crossbar, and deflects into the net off the player taking the Penalty Shot **will not** be considered a goal.
 7. If a goal is scored the resulting face-off will be at the center face-off spot. If a goal is not scored the resulting face-off will be in the offending team’s defensive face-off circle.
- (b) A penalty shot shall be awarded to a player in the following instances:
 1. When a player crosses the center red line, is in possession of the ball, has no other player between him and the goaltender and is fouled (hooked, tripped, etc.) by a player who has come from behind the play, and commits the foul from

- behind. If the net is empty when the player crosses the center red line, has no other player to beat, and is fouled from behind, a goal shall be awarded.
2. When a player throws a stick or equipment at the ball, or a player in possession of the ball. If a player with the ball has an open net to shoot at that player shall be awarded a goal, and the offending player will be given a Minor Penalty.
 3. When a defensive player, other than the goaltender, freezes the ball in the goal crease.
 4. When any player or coach abuses an official or uses profanity. This also results in ejection from the game and the park.

X. Goal Scoring:

- 1 Goals shall only be scored by shooting or deflecting the ball with a hockey stick. Shots inadvertently deflected off any part of a player will also be allowed. The ball must completely cross the goal line.
- 2 Any goals in excess of a seven goal differential will not be scored on the score sheet, and will not be counted in the final standings.

Goals shall be disallowed for the following reasons:

1. Ball thrown or directed into the net by an offensive player. *(Resulting face-off will be in the offensive team's defensive face-off circle)*
2. Ball kicked or directed into the net with a skate by an offensive player. *(Resulting face-off will be in the offensive team's defensive face-off circle)*
3. Ball deflected off an offensive player's high-stick. A high stick in this case will be determined by the height of the crossbar on the net.
4. Ball deflected into the net off a referee. *(Resulting face-off will be held at the center face-off spot)*
5. If there is an offensive player in the goal crease before the ball. Players may enter the goal crease *after* the ball is in the crease, to shoot a rebound, but may not interfere with the goaltender. *(Resulting face-off will be in the offensive team's defensive face-off circle).*

XI. Standings:

- (a) Standings will be kept for the purpose of seeding for the playoffs. All teams make the playoffs.
- (b) Teams will be awarded two points for a victory.
- (c) Teams will be awarded one point for an overtime loss.

XII. Tiebreakers:

Used if there is a tie in the final standings to seed teams for the playoffs:

1. Most Wins
2. Most wins head-to-head.
3. Best goals for (GF) minus goals against (GA) ratio.
4. Coin toss.

* Teams will be seeded for the playoffs as follows: first vs. last, second vs. second last, etc.

** Playoffs are single elimination.

XIII. PENALTY CALLS

* Players assessed a penalty by the referee shall proceed directly to the penalty box located next to the scorer's table. The player may leave the penalty box when directed to do so by the scorekeeper. Player(s) may not return to the deck until their penalty score clock time reads- -0:00.

Attempt to Injure: Anyone attempting to injure an opponent results in immediate suspension from the game and a MAJOR penalty with an automatic one game suspension with a second game suspension at the referee's discretion.

Bench Penalty: A bench penalty will be assessed to any coach on the deck during the game, at any time, except injury to a player. Or if on deck official feels the coach is not following equal playing time rule. - A bench penalty may also be assessed to a team for unruly fan behavior, if a fan ignores behavior warnings from an on deck official and coach. - MINOR.

Body-checking: Any intentional body contact with an opponent - MAJOR.

Broken stick: Any player who breaks his/her stick must drop it immediately or be assessed a MINOR penalty.

Butt-ending: Intentionally hitting an opponent with the butt end of the Stick MAJOR.

Charging: Running into the goaltender - MINOR. *Players must try to avoid contact with the goaltender during a scoring opportunity. Intentional contact may result in a Body-checking or Roughing penalty.*

Cross-checking: Pushing an opponent with both hands on the stick - MINOR.

Delay of Game: Causing a delay of the game by one of the following:

1. Closing the hand on the ball (except the goaltender) - MINOR.
2. Intentionally shooting the ball out of play - MINOR.
3. Intentionally shooting the ball away from the referee - MINOR.
4. Freezing the ball when unopposed - MINOR.
5. Stalling during line changes - MINOR.
6. Goaltender shooting the puck out of play – MINOR.

Elbowing: Intentionally striking an opponent with the elbow - MINOR.

Equipment (missing): Anyone playing without the required equipment -
DOUBLE MINOR.

Fighting: Instigation – MAJOR penalty with immediate suspension from the game and an automatic one game suspension. Fisticuffs results in an automatic game misconduct and next game suspension for both players. Fighting calls apply during or before/after games. **A punch will constitute a fight.** If after the 30-minute mark of playing time a fight happens, a second game suspension will be applied. **No appeal process.**

Goalie Crossing the Center Red Line: MINOR.

Goalie Leaving the Crease During a Fight: MINOR.

The High-sticking Rule:

- a) High-sticks will be allowed when taking a shot.
- b) The ball may not be played above the shoulder with a high-stick. Any ball played above the shoulder with a high-stick will be whistled dead and the resulting faceoff will be in the offending team's defensive face-off circle.
- c) Inadvertent contact with a high-stick during a shot will result in a minor penalty.
- d). Intentional contact with *any* player with a high-stick - MAJOR.

Holding: Holding or grabbing an opponent or their stick - MINOR.

Hooking: Hooking an opponent with the stick - MINOR.

Interference: Impeding the progress of an opponent when he/she is not in possession of the ball - MINOR.

Kneeing: Hitting an opponent with the knee - MAJOR.

Roughing: Any excessive rough play - MINOR.

Slashing: 1. Slashing an opponent's stick - MINOR.

2. Careless swing of the stick or accidental contact due to careless swing of the stick - DOUBLE MINOR.

3. Intentional swinging of the stick at *any* player (contact need not be made) - MAJOR.

Spearing: Intentionally hitting an opponent with the stick in a stabbing or spearing manner - MAJOR.

Too many players on the deck: Having too many players on the deck during play or during a line change. Players must be between the bottom of the defensive face-off circle and the players' gate before his/her replacement may enter the deck - MINOR.

Tripping: Tripping an opponent with the stick or any part of the body - MINOR.

Unsportsmanlike Conduct: Conduct deemed unsportsmanlike by the referee.

1. Arguing with the referee, coach or another player - MINOR.

2. Throwing equipment - MINOR.

3. Goaltender leaving the crease during a fight - MINOR.

4. Third man in a fight – MAJOR penalty with immediate suspension from the game with an additional one game suspension at referee's discretion.

Multiple Penalties in same game: Any player receiving a third penalty in the same game results in an automatic suspension from that game (this does not include any bench penalty calls)

**** The referee, at his discretion, may upgrade any MINOR penalty to a DOUBLE MINOR or MAJOR penalty.**

**** Coaches may not discuss interpretation of the rules during the game, only at the half or after the game and only in a sportsmanlike manner. A violation of this rule will result in a Bench Minor penalty. **** Any discussion regarding the application of the rules will take place during a referee's time-out.*

***** Any double minor penalty occurring in the last four minutes of a game will result in at least one game suspension,*

Review Board Hearings: At the league's discretion a review board hearing may be conducted for serious penalty infractions (attempt to injure, fighting, etc.) and for repeat major penalties and

misconducts. Additional game suspensions and or expulsion can be imposed at the review board's discretion.

The Pleasant Hills Roller Hockey League, Board of director's reserves the right to add, delete or make any rule changes to this rulebook at any time. All other rule interpretations will follow AAU rules. A game can and will end at the referees discretion due to game situations, i.e.: fighting, unsportsmanlike play, game out of hand (out of control), or players not playing hockey.

XIV. Special Rules for Juniors (16 – 18 yrs.):

All the rules contained in this book will apply to the Junior Division except:

1. Minimum of one coach per team. A player from the team cannot serve as a coach.
2. Fighting:
 - a) Fighting penalty calls shall be per section XIII.
 - b) Any subsequent fighting penalties can result in permanent expulsion from the League (i.e., lifetime suspension), subject to review by the League Review Board in accordance with Section VIII. (f).
 - c) Leaving the Players' Bench and entering the court, or the other team's Players' Bench during a fight will result in a forfeit of the game by the offending player(s) team. This rule will also affect a player's status within the League in conjunction with any violation of the rules as stated a), b), and c).
3. Swearing:
 - a) 1st Offense - Minor penalty. A bench penalty will be applied if the exact player is unknown, but team is known.
 - b) 2nd Offense in the same game – Minor penalty and a 10-minute misconduct.
 - c) Any offensive language towards another player, league official, or coach will constitute a game misconduct.
4. Multiple Penalties:
 - a) No team shall have less than three players (i.e., two skaters and a Goalie) on the deck as a result of penalties.
 - b) If a team receives multiple penalties that result in more than two players in the penalty box. Subsequent penalties (such as a third, fourth, etc.) will be stacked.

- c) If a team is unable to provide the minimum amount of players to play the game, (i.e., two skaters and a Goalie) that team will forfeit the game.
5. All teams will make the playoffs. Playoffs will follow all playoff existing rules. Champions and the Runner-up will receive medals.

**** The referee, at his/her discretion, may upgrade any MINOR penalty to a DOUBLE MINOR or MAJOR penalty.**

**** Coaches may not discuss interpretation of the rules during the game, only at the half or after the game and only in a sportsmanlike manner. A violation of this rule will result in a Bench Minor penalty. **** Any discussion regarding the application of the rules will take place during a referee's time-out.*

***** Any double minor penalty occurring in the last four minutes of a game will result in at least one game suspension,*

Review Board Hearings: At the league's discretion a review board hearing may be conducted for serious penalty infractions (attempt to injure, fighting, etc.) and for repeat major penalties and misconducts. Additional game suspensions and or expulsion can be imposed at the review board's discretion.

The Pleasant Hills Roller Hockey League, Board of director's reserves the right to add, delete or make any rule changes to this rulebook at any time. All other rule interpretations will follow AAU rules. A game can and will end at the referees discretion due to game situations, i.e.: fighting, unsportsmanlike play, game out of control, or players not playing hockey.

XV. Special rules for Adult Division (19 yrs. And older)

All rules contained in this rule book will apply to the Adult Division except:

1 Team Composition

Each team will consist of all league-registered players and goalie. A game can be played with 3 skaters and a goalie. In the event of a shootout in a game with a team of 3 skaters, the shootout will be 3 verse 3. After 3 shooters each team can send any eligible shooter to shoot for a second time but cannot shoot for a third time until all shooter for the lesser man team shoots twice.

2 Coaches

Each team must have a captain or designated player picked by the team that will be responsible for talking to the on-deck officials. This person will be responsible to identify him/herself to the on-deck official prior to the start of the game.

3 Goalies

Goalies must play for their own team first, but may play for another team that is short a goalie for a league game. All goalies must be a registered player for the league

4 Mercy Rule

Any game where a 10-goal differential is reached at the 30 minute mark in game time will be deemed a completed game.