

# **Pennsylvania Interscholastic Roller Hockey League**

## **& Mid-Atlantic Conference Playing Rules**

1. All rules published by PIRHL/MAC are in addition to those published by AAU Hockey.
2. Banned substances
  - a. Chewing tobacco, tobacco products, alcohol, and illegal drugs are prohibited at all league games.
3. AAU Hockey Zero Tolerance Policy
  - a. This policy will be enforced in all PIRHL/MAC league games.
  - b. This policy applies to all players, coaches, parents/spectators, and officials.
  - c. Policy included as last page of these rules.
4. Games
  - a. Teams must have four (4) skaters and one goalie to start the game.
  - b. If a goalie is not available, a team CANNOT play with five (5) skaters and will have to forfeit the game. The team will have a 15 minute cushion to wait for their goalie to arrive or dress a player from their roster to play goalie. The team cannot play a goalie that is not on their roster.
  - c. All teams must be dressed and ready to play 15 minutes prior to the scheduled start of their game.
  - d. Mercy Rule: 8 goal differentials after two (2) complete periods have been played.
    - i. Both teams can agree to continue to play, or may use their side of the rink for practice time.
  - e. A MAC/AAU Certified coach or adult must be on the bench.
5. Equipment
  - a. Jerseys:
    - i. All teams are to wear matching jerseys with numbers on the back.
    - ii. All teams are to have their jerseys prior to the start of the regular season games.
    - iii. All teams are to have a back up (blood) jersey incase of blood on a player's jersey to be able to play again during that game.
    - iv. Any player who forgets his/her jersey will not be permitted to play without a matching jersey.
    - v. Goalies are exempt to the jersey rule.
  - b. All players must wear the following:

Missing any of the following will result in a two (2) minute penalty for a Delay of Game.

    - i. A HECC approved hockey helmet with a full-face mask and chin strap. All straps on helmet must be fastened at all times while on the rink.
    - ii. Elbow pads. Jersey sleeves must cover elbow pads.
    - iii. Gloves designed for hockey or lacrosse
    - iv. Hockey shin guards. Hockey pants must cover the shin guards.
    - v. Internal mouth guard (clear is not permitted) must be in mouth during play.
    - vi. Inline skates. Skates must have a full set of wheels. If a player loses a wheel while on the rink, he/she must leave the rink immediately and is not permitted to return until the wheel is replaced.

- c. Goalies must wear in addition to the above
  - i. Upper body equipment
  - ii. Leg pads (in place of shin guards)
  - iii. Catching and blocking gloves designed for hockey
  - iv. Goalie Mask must be HECC Certified.
- d. No equipment meant for street hockey is permitted (Mylec and some Franklin).
- e. Players are not permitted to wear jewelry.
- f. A league approved inline hockey puck is to be used for all league games.

#### 6. Score Clock

- a. Three (3) fifteen (15) minute running clock time periods shall be played.
- b. A stop clock shall be used in the final two (2) minutes of the third period with a two (2) goal or less score differential.
- c. A three (3) minute warm-up clock is used.
- d. If the required number of players is not on the court by the time the three (3) minute warm-up clock expires, fifteen (15) minutes will be placed on the score clock.
- e. If the required number of players does not arrive within these five minutes, the game will be marked as a forfeit. The game will record the score as a 5-0 forfeit.
- f. Each team is allowed 1 team time out per game. 1 team time out can carry over to overtime if not used during regulation.

#### 7. Overtime

- a. Regulation season games that end in a tie will have one (1) five (5) minute running clock “sudden death” overtime period.
- b. The overtime period in a regular season game is played with 3 skaters and a goalie per team.
- c. The team that wins in overtime earns two (2) points.
- d. The team that loses in overtime earns one (1) point.
- e. Each team earns one (1) point for a game that ends in a tie after the overtime period.

#### 8. Rosters

- a. All players who participate in a league game must have their name pre-typed on the score sheet and be properly registered with AAU Hockey.
- b. All team rosters, must include AAU Membership numbers, are due at the first game of the Seeding Tournament. This is the only way to be placed on the regular season schedule.
- c. A maximum of 17 players may be rostered per team.
- d. Rosters should include a minimum of 8 frozen skaters per team and all possible “Call Up” (designated as “CU”) players.
- e. When having more than one team in a division, a minimum of eight (8) skaters and one (1) goalie must be rostered per team. Any exceptions to this rule must be given variance by the MAC Commissioner.
- f. Skaters may only be rostered on one team in each tier. (i.e. if a team has two varsity 2 teams, a player may not be listed on both varsity 2 teams.)
- g. Goalies can be rostered on two (2) teams in the same division.

- h. High School students (grades 9-12) must play for the team of the school that they are attending. No exceptions.
- i. A player in 12<sup>th</sup> grade cannot play in Junior Varsity unless approved by the board.
- j. Elementary School students (grades 1-5)/ Middle School students (grades 6-8) - if the student is attending a private Magnet, Alternative, Charter, Votech or parochial school that does not have a team, that student may play for a team in the school district which the family is paying taxes.
- k. Players must be designated as permanent or Call Ups. The Call Ups should have the letters “CU” after their name on the PointStreak web site.
- l. When a player is injured, whether it is hockey related or not, the games he/she missed due to the injury count towards games played in relation to playoff eligibility. The coach should sign the injured player in for the game and mark “Injured”. The coach must be able to produce evidence of such injuries. The Association President must report this to the PIRHL Commissioner within 72 hours of the game. If no report is provided the player will not be credited with the game.
- m. Each head coach must check, confirm, and then sign off on the opposing team’s game roster at the time the game is played.
- n. Any team that plays a game with an illegal player automatically forfeits the game and the score is recorded as a 5-0 loss for the offending team. The team is placed on probation.
- o. Any team that plays a second game with an illegal player is expelled from the league with all fees forfeited.

9. Player movement within rosters.

When having more than one team, player movement is allowed between teams based on the following rules.

- a. All players must be rostered on a team’s roster to play in any Tier.
- b. Players, who are listed as a call-up, must be rostered on a team in the Tier directly below.
- c. A Junior Varsity 1 player cannot be called up to a Varsity 3 team.
- d. A Junior Varsity 1 player can be called up to the next division (Varsity 2 or higher).
- e. A Junior Varsity 2 or 3 player may be called up to a Varsity 3 team.
- f. The total number of skaters listed on a team roster does not matter. If a team has 8 skaters available for a game, it cannot use any call-ups. If a team has only 7 skaters available it can call up 1 skater; 6 skaters it can call up 2 skaters; 5 skaters available it can call up 3 skaters.
- g. If a skater is called up for three (3) games or more he/she becomes a permanent player on that roster and can no longer play for the lower tier team.
  - i. Any team that plays a game with a player playing his fourth (4<sup>th</sup>) game will result in a forfeit 5-0, and will be placed on probation.
- h. A team cannot have more than 3 call-ups in a game.
- i. If a player is suspended for any reason, there can be no call up to replace that player.
- j. All teams entered must have a designated goalie. That goalie may be called up 2 levels within an association. If a goalie plays 50% of his games with the higher level, the goalie is now fixed on that team and can no longer play down at the lower tier.

10. Penalties

- a. There are no violations involving off sides or icing.
- b. Minor penalties are assessed two (2) minutes, major penalties are assessed five (5) minutes and misconduct penalties are assessed ten (10) minutes.

- c. All major penalties carry an automatic game misconduct penalty and an automatic one (1) game suspension.
- d. Any player who is assessed three (3) penalties in one game is to be immediately removed from that game only.
- e. Any time a team is assessed eight (10) penalties in a game; the head coach is given one (1) game misconduct penalty. He/she must also immediately leave the bench and another coach or adult is to take his/her place.
- f. Any time a team is assessed ten (12) penalties in a game; the game is immediately stopped. If the offending team is losing, the current score is recorded. If the game is tied or the offending team is winning, the score is recorded as a 5-0 loss for the offending team.
- g. All penalties, minors, majors, misconducts and game misconducts count towards the eight and ten penalty rule.
- h. Game misconducts receive game suspensions as follows:
  - i. The first game misconduct penalty carries an automatic one game suspension.
  - ii. A second game misconduct penalty carries an automatic two (2) game suspension.
  - iii. A third game misconduct carries an automatic four (4) game suspension.
  - iv. A fourth game misconduct results in expulsion from the league.
  - v. Game misconducts assessed in the Seeding Tournament count towards this total.
- i. When assessing misconduct penalties, game officials follow this procedure:
  - i. Any player who challenges or disputes the rulings of any game official, endeavors to incite an opponent (including taunting), or creates a disturbance during a game is assessed a minor (2 minute) penalty for unsportsmans-like conduct.
  - ii. If the player persists in such challenge or dispute, he/she is assessed a misconduct (10 minute) penalty.
  - iii. If a player further persists, he/she is assessed a game misconduct penalty.
  - iv. If a player verbally abuses a game official using vulgarity, the game official may assess 10-minute misconduct. Will serve an additional game for violation of the Zero Tolerance Policy.
- j. Any player or coach who physically abuses a game official is permanently expelled from the league.
- k. Any use of vulgar language will result in a one (1) game suspension for a violation of the Zero Tolerance Policy for the first violation, two (2) game suspension for next offense, and so on for every other offense.

## 11. Fighting/Altercations

- a. All fighting majors carry an automatic 3 game suspension.
- b. If an instigator can be determined in any fight/altercation, the instigator can be assessed additional games.
- c. Any player involved in a second fight/altercation is expelled from the league for the rest of the season.
- d. Fights/altercations in the Seeding Tournament count towards this total. Suspension will start at the beginning of the regular season and the player will not be permitted to play in the rest of the Seeding Tournament.
- e. Any player who leaves his/her bench during a fight/altercation is assessed a three (3) game suspension.
- f. Any player who leaves his/her bench for a second fight/altercation in another game is expelled from the league for the rest of the season.
- g. Any team, which has a player leave its bench during a fight/altercation, is placed on probation.
- h. Any team, which has a second player leave its bench for a second altercation, is expelled from the league for the rest of the season with all fees forfeited.

- i. Any 3rd man who enters a fight/altercation is assessed a three (3) game suspension

## 12. Suspensions

- a. If a player receives a suspension and is on two rosters, he/she cannot play for either team until the suspension is served.
- b. If a player is suspended while he/she is skating as a call up (CU), the team he/she was called up to has to skate with one less call up while he/she is on suspension.
- c. All Violations of Zero Tolerance Policy.

## 13. Seeding of teams

- a. The MAC Commissioner has the authority to add or remove levels depending on what the league requires.
  - i. Varsity Tiers 1, 2, and 3.
  - ii. Junior Varsity Tiers 1, 2, and 3.
- b. All participating high schools can place their first team in either the Junior Varsity or Varsity division.
- c. Participating schools will apply for the Tier that their team(s) intends to play. This will be approved at a league meeting. After the Seeding Tournament, the teams will again apply for a Tier, and the League Director will decide on seeding of all the teams.
- d. No club can have more than one (1) team in the same division unless there are teams in the divisions higher. Ex: JV School 1 one team, JV School 2 one team, and JV School 3 two teams.

## 14. Playoffs

- a. Overtime will be played four (4) on four (4) for 15-minute periods until there is a winner.  
All teams in each division will be eligible for the playoffs, unless otherwise noted.
- b. Any team that has three (3) forfeits is not eligible for the playoffs.
- c. A player must play 50% of regular season games (not just sign in) to qualify for the playoffs.
- d. A team must have 50% games where 8 players and a goalie are present not just signing in.
- e. Games missed due to suspension DO NOT count towards playoff eligibility.
- f. To be a call-up in the playoffs, the player must be qualified in his/her current rostered Tier.

## 15. Coaches

- a. All coaches/or adults on the bench are to attend an AAU Coaches Clinic or on-line course.
- b. All coaches and/or adults on the bench must have 2011-2012 AAU Membership card.
- c. No game will be played without a coach or an adult present on the bench.
- d. A team is to have no more than 3 coaches and/or adults on the bench.
  - i. A fourth adult is permitted and recommended to be in the penalty box, this person is not required to attend the AAU Coaches Clinic.

## 16. Referees

- a. All referees on the rink are to attend the AAU Referee Seminar.
- b. All referees on the rink must have 2011-2012 AAU Membership
- c. Any Referee accepting a gift of any kind from a player, coach, spectator, rink employee will be removed from refereeing in the PIRHL permanently, as well as report this violation to AAU for their records and investigation.