



OFFICIAL RULE BOOK

ROLLER HOCKEY

Revised - January 2016

www.PlayMoreSJ.com

1. EQUIPMENT

- I. PlayMore asks that all players participating wear their PlayMore issued shirt.
- II. Players are required to wear a helmet, gloves and shin pads. Mouth pieces are strongly recommended.
- III. Players must wear skates. Goalies have the option of wearing skates or sneakers.
- IV. PlayMore will provide a hockey ball.

2. PLAYER CONDUCT

- I. If a player receives two (2) penalties in the same game, the player will be ejected from that game.
- II. If a player is ejected from a game, that player is put on probation for the following two (2) games. A player will be ejected from a game if charged with one (1) penalty during his time on probation.
- III. If a player is ejected from a game for a second time during the same season, that player will be suspended. If either ejection was a result of that player being penalized for physical contact made, that player will serve a two (2) game suspension. If a player has been ejected from two games without having either ejection occur because of physical contact, that player will serve a one (1) game suspension.
- IV. Once a player serves his suspension, that player is allowed to continue playing but will be on probation for the remainder of that season (including playoffs). If a player is ejected from a third game during a season, that player will be suspended for the rest of that season.
- V. A punch thrown by any player, unless determined by PlayMore to have been thrown in self-defense, will result in a permanent ban from PlayMore.

3. GAME PLAY RULES

PlayMore follows the National Federation of State High School Rules as a guideline, with the following rules being changed or highlighted.

- I. No Checking is permitted.
- II. Icing and Off-Sides will not be enforced
- III. Substitutions will be done on the fly.
- IV. Teams will start the second half playing in the opposite direction of the first half.

Timing

- I. Two 20-Minute Halves (3 Minutes Halftime) with Running Clock, except:
 - a. Time-Outs & Injuries
 - b. 1ST Half - Clock Stops in accordance with High School Rules during the last 2 Minutes
 - c. 2ND Half - Clock Stops in accordance with High School Rules during the last 2 Minutes
 - d. **Mercy Rule:** (2ND Half) If a team is up 4+ goals, clock only stops for timeouts/injuries
 - e. **Timeouts:** Each team has one timeout per half. They do not carry over.

Penalties

- I. If a player commits two penalties in a game, that player will be ejected from the game, placed on probation, and will be subject to a suspension.
- II. If a player commits one penalty while on probation, that player will be ejected from the game and suspended.
- III. If any penalty committed by that player had to do with physical contact, the player will serve a 2 game suspension
- IV. If no penalty committed by that player had to do with physical contact, the player will serve a 1 game suspension
- V. A punch thrown by any player, unless determined by PlayMore to have been thrown in self-defense, will result in a permanent ban from PlayMore.

Tie Game

- I. *Is there overtime during the regular season? No**
During the regular season, we will skip overtime and go right to a three player shootout.
- II. During the playoffs, there will be a five minutes sudden death overtime period. Each team will have one timeout. If a team does not win in overtime, teams will have a shootout.
Each team will select 3 players to participate. If more rounds are needed, it will be done in sudden death format.