

Roller Hockey Rules

- **Players**
 - The playing team shall consist of a goalie and three other players.
 - Player rosters will be limited to 7 players including the goalie.
 - In order for a game to begin, the team must have a goalie and two (2) players. A team will not be allowed to continue play with less than two players and a goalie.
- **Equipment**

Players are required to wear:

 - Helmet with full-face mask, hockey gloves, shin guards, skates. Players must provide their own sticks and skates. The Intramural Department will provide goalie equipment, helmets, hockey gloves, and shin guards.
 - Goalies may wear either skates or shoes. Referees may wear either skates or shoes.
- **Crease Play**
 - Players may enter the goal crease only after the ball has entered the crease. If a goal scored while a player is interfering with the goalie, it shall be disallowed with a change of possession occurring at the nearest take out spot.
 - Goalies are not allowed to leave the crease area to freeze the puck. If a goalie has any part of their body in the crease area and reaches out for the puck he may freeze the puck or bring it back into the goal crease. The defending team will take possession at the nearest take out spot. Goalies may not go out of the crease area and bring the puck back into the crease with the purpose of freezing the puck.
- **Time of Game**
 - Each game consists of three 8 minute periods. All time is running time. The clock will only be stopped for injuries, penalty shots, and time outs.
 - There shall be a two (2) minute break between periods.
 - Each team is allowed a 30 second timeout per game.
- **Offsides and Icing/Illegal Clearing**

Offsides will occur at the center line. All attacking players must "tag-up" before any attacking player may reenter the attacking zone. A ball that is passed back into a player's own defending zone will not be considered offsides. Icing rules do not apply.
- **Pulling the Goalie**
 - Due to the unique construction of the Jesse Owens Roller Hockey Rink, teams will not be able to pull the goalies for an extra man.
- **Tied Game/ Shoot-out**
 - If a game ends in a tie, the winner will be determined by a sudden death shoot-out. Each team will alternate shots, beginning with the visiting team, and all members, excluding goalkeepers, must shoot once before any repeat shooter will be allowed.

- **Face-offs**
 - No movement on the face-offs until the ball is dropped
 - There will be a center face-off at the start of each period and after every goal. All other stoppages begin by in-bounding the ball.

- **Penalty Situations**
 - A team receiving a penalty shall lose possession of the ball at the nearest take out spot. This will occur for the first 3 penalties that a team receives. For the fourth penalty and every penalty afterwards, the opposing team will receive a penalty shot.

- **Substitutions**
 - Substitutions may only take place during a stoppage of play, which includes after a goal is scored, timeouts, or the break between periods, but not during a change of possession at one of the 6 take out spots.

- **Half-Court Shot**
 - Any shot taken from the defensive side of the court will not count if the puck goes in the net. This includes the puck being deflected.

- **General Player Conduct**
 - The captain is responsible for the behavior of one's team. Also, each individual is responsible for one's own actions. Perception of poor officiating is not an excuse for poor sportsmanship. The captain is also the only player who is permitted to address the officials about rules and interpretations during the game.
 - There shall be no body checking. Only accidental and/or incidental contact shall be permitted. Some contact, especially with the arms, must be anticipated when (8) players and two officials are placed in a confined area. However, any heavy contact (whether accidental or incidental) shall not be tolerated. Using the body against another player to gain an advantage is not permitted and will be penalized.
 - Any player charged with fighting shall be ejected from the tournament and shall be indefinitely suspended from any other intramural activity.

- **Take-Outs/ In-Bounding the Ball**
 - There are three ways to "take-out" the ball and resume play. There are 6 take-out spots, one in each corner and two at the centerline. All take-outs will occur at the take out spot in the zone where the infraction took place.

- **Take-out Procedure**
 - Referee will blow whistle to stop play, take the ball to appropriate take out spot and will issue a verbal command "game-on" to begin play.
 - In a "take-out situation," the team without possession must retreat 10 feet beyond the take out spot. The team with possession is allowed to advance the ball through the take out spot without being pressured by the opposing team. Once the referee resumes play, player with possession plays the ball past the take out spot and the attacking team can immediately advance into the play.
 - Player with possession can choose to pass the ball or stick handle the ball out of

the take out spot without passing. Passes must be completed within 3 seconds of referee's verbal command.

- **Defending Team Ball**

- Occurs when goalie freezes ball, attacking team shoots ball out of play, or penalties against the attacking team.

- Defending team take possession in their zone. The attacking team retreats to the take out lines.

- **Attacking Team Ball**

- Occurs when defending team shoots ball out, or penalties against defending team.

- Attacking team takes possession in opponent's zone. The defending team retreats 10 feet from take out spot.

- Interactions that Result in a Change of Possession

- High Sticking the ball above the shoulders.

- Hand-Passing the ball to a teammate

- **Stalling**

- A team that intentionally stalls while in-bounding the ball or after scoring a goal loses possession.

- Play resumes at the take out circle in the penalized team's defensive zone