



**City of Torrance
Community Services Department
Recreation Division**

"Creating and Enriching Community through People, Programs, & Partnerships"

ADULT ROLLER HOCKEY RULES

The City of Torrance reserves the right to pursue any action deemed necessary to preserve the integrity of the League including: ruling on all conditions and regulations set forth for the League, interpreting rules when needed and the right to reclassify any teams or individuals to a more or less competitive league.

Rules and conditions for League play shall follow the rules outlined for regular roller hockey in the AAU / USARS rulebook which can be found online at aauhockey.org. The Torrance Roller Hockey Rules take precedence over the AAU / USARS roller hockey rulebooks where contradiction(s) exist.

Section 1:

ELIGIBILITY, ROSTERS AND SUBSTITUTES

- A. The minimum age requirement to participate is 18 years old.
- B. Women are allowed to play in the men's divisions.
- C. Anyone participating in any league game must have a valid driver's license or picture I.D. in his/her possession at all times. If an Adult Sports Representative (i.e. Scorekeeper) asks a participant for his/her I.D. he/she must show it to the League Representative immediately. If the participant does not have his/her I.D. with him/her at the time the Representative requests to see it, he/she shall be ineligible for that game. If the game is already in progress, the player shall be considered an illegal player and any penalties may apply.
- D. Players may not play for more than one team in the same division. Players may change teams one time during the season. Changes must be done before the 5th game of the season and requires approval of all the other managers in the division.
- E. All program participants must completely fill out and sign the "Official Team Roster and Waiver Release Form", including first and last name, phone number and address, prior to the first game they play in. The team manager must turn in this form to the City of Torrance Roller Hockey League Staff at the team(s) first game and must request it when adding players.
- F. All players (skaters) must play at least one (1) game in the team's first five (5) scheduled games to be eligible to play in games 6 and beyond. Any player who does not play in one (1) game in a team's first 5 scheduled games of the season will be removed from the roster for the remainder of the season. Being on the bench during an entire game does not constitute as "playing". Your team's official rostered Goalie is considered a skater, they are able to skate out after week 5 as long as they have a current and active rating.
- G. Any players added to the roster after the start of the season must be approved by the Adult Roller Hockey Specialist. Players may not be added after week 5 except in extreme circumstances in which teams would not be able to field a team without the addition. When a player is added after week 5 one of the rostered players must be removed from the team's roster.
- H. Substitute goalies: See Goalie rules and sub list.
- I. Staff will not be held responsible for if a goaltender substitute cannot be found.
- J. The City of Torrance reserves the right to remove any teams or players whose skill level exceeds their registered division.
- K. Any protest must be done prior to the end of game in which you would like to protest.

Section 2: **PLAYER CONDUCT**

- A. Players must adhere to all City of Torrance Community Services Department Roller Hockey Rules and League Policies, team captains are responsible for ensuring their players adhere to league rules and policies.
- B. Fighting, altercations, and overly physical play is prohibited and will not be tolerated. While fighting may be a part of professional hockey, it is not a part of the City of Torrance Roller Hockey League. Any incident when a player approaches another player in a confrontational manner with intent to push, fight, verbally attack, or intimidate will be considered to be an altercation.
- C. Participants are not allowed to harass or threaten City staff or referees. The use of physical force with the intent to harm any City staff, including game officials, will not be tolerated.
- D. Individuals are not allowed to consume alcoholic beverages or use tobacco products within City of Torrance parks. Those in violation of Ordinance 49.2.6 (Consumption of Alcoholic Beverages) and Ordinance 10-15, Section 5-141 (Use of Tobacco products); in any Adult Sports Program will be given a 'team' warning for a first offense. The second violation will result in team/player removal from league. Penalties for these violations are non-protestable.
- E. Participants should pick-up all trash (tape) following all games. Teams will be given a 'team' warning for a first offense. The second violation will result in team/player suspension from league. Penalties for these violations are non-protestable.

Section 3: **MANAGERS' RESPONSIBILITIES**

Managers are responsible for:

- A. Attending the mandatory managers meeting or sending a representative.
- B. Learning all rules and regulations contained herein and in the AAU / USARS rulebook and conveying such information to all players.
- C. Turning in a legible "Official Team Roster and Waiver Release Form" before team's first game. Failure to turn in an official roster will result in forfeit of games each week the roster is still outstanding.
- D. Relay information regarding suspensions to their offending player(s).
- E. Keeping contact information (main phone number, email, etc.) current.
- F. Ensuring sportsmanlike conduct of team members and spectators.

Section 4: **UNIFORMS**

- A. Players on the same team must have matching uniforms.
 - Matching = same predominate color (ex. all red OR all green OR all blue, etc).
 - Players may have different shades of the same color uniforms but they must not conflict with the opposing teams uniforms. Different logos/designs are allowed.
 - The Roller Hockey Specialist will have final determination on uniform color violations.
- B. Permanent numbers on the back of uniforms are required. One jersey without a number is permitted and will be recognized as #0.

- C. Players without permanent numbers or with duplicate numbers will serve a bench minor penalty for each violation at the beginning of the game. Duplicate numbers only need to serve one penalty.
- D. It is the responsibility of the visiting team to provide an alternate color uniform in the case of similar uniform colors between competing teams.
- E. Beginning week 3 of the season, all players are expected to be in full compliance of the uniform policy, violations after week 2 of the season will result in a bench minor penalty for each violation and the offending teams will lose their time out for that game.

Section 5: **PLAYING EQUIPMENT**

- A. The following equipment is mandatory for all skaters:
 - HECC approved helmet
 - Hockey gloves
 - Elbow pads
 - Shin guards and knee protector combo
 - Athletic cup
- B. The City of Torrance highly recommends the use of full facial protection, mouth piece, and hip and tail bone protection.
- C. Only rostered players who have signed a waiver form are allowed inside the rink or in the team bench area. All rostered players must wear a helmet while inside the rink area or on the bench.

Section 6: **GAME RULES**

- A. Regular season games will consist of three, 15 minute periods. There will be a 55 second intermission between periods.
- B. 4-on-4 leagues require that teams have 5 players in order to play a game. 5-on-5 leagues require that teams have 6 players in order to play a game. If a team fails to get that many players to the game or falls below that number during any point of the game the game will be ruled a forfeit. Goalies are included in the total count towards each team's players. Forfeit time is game time, players must have the minimum number of players on their bench at game time in order to avoid a forfeit.
- C. Stop clock will be in effect in the last 2 minutes of the 3rd period only when the score is within a 2 goal margin.
- D. Regular season games that are tied at the end of regulation will go to one, 3 minute, running clock over time period. For 5 v 5 leagues overtime will be played 4 v 4, and 4 v 4 leagues will be played 3 v 3. Penalty scenarios will allow the non-penalized team an additional skater for the power play. If a regular season game is still tied at the end of overtime the game will end in a tie. Playoff games will go to one, 3 minute, running clock, overtime period. If a playoff game is still tied at the end of overtime the game will immediately go to a 3 person shootout (*female players must shoot first in COED leagues*). If the game remains tied at the end of the 3 person shootout the shootout will proceed to an Olympic Style "sudden death shootout". In a sudden death shootout there are no restrictions on who can take the shootout shot.
- E. Each team will be given one time out which cannot be used during overtime.
- F. The Mercy Rule will be in effect for any game, including playoff games that reach a 10 goal differential. Once the 10 goal differential is reached the game will immediately end and teams will be allowed to use the rink for the remainder of their scheduled game time.

- G. Offside will be called when a player passes the puck across the center redline to a teammate who has already completely entered the offensive zone. Offside infractions shall be whistled dead by the referee immediately and the ensuing faceoff will take place in the offending team's deepest defensive faceoff circle.
- H. Icing will be called when a player, in their own defensive end of the rink, send the puck over the red line and across the opposite goal line without being reachable or touched by the opposing team. When Icing occurs the referee shall whistle the play dead immediately and the ensuing faceoff will take place on the offending team's deepest defensive faceoff circle.

Section 7:

COED DIVISION RULES

- A. The COED league will be 5 on 5 and one female must be on the rink at all times. *Women in the penalty box are recognized as being on the rink.*
- B. All teams are required to have a minimum of 2 female players on their permanent roster, those 2 female players must be unique to the team's roster.
- C. Teams must have at least one female player present at the game in order for the game to begin. Teams without a female player at game time will forfeit the game. If a team's only female player is unable to continue the game for any reason than the team will skate 1 player down for the remainder of the game.
- D. Female substitutes are permissible when less than 2 rostered females are present.
- E. Slap shots are not permitted within the Coed division. A slap shot is recognized as the stick being raised above the player's waist level. The enforcement of this rule will be at the official's discretion and will be non-protestable. Violation will result in a neutral zone face-off.
- F. In playoff shootouts, a female player must shoot first. If team is using a female substitute, she will be allowed to shoot first. Shootouts will then follow the format in Section 6.

Section 8:

GAME CANCELLATIONS

- A. Schedule permitting, all cancelled games will be made up in their entirety.
- B. If a game is cancelled due to weather you will receive a phone call and/or email from a City of Torrance staff member to notify you of the cancellation.
- C. Games may be scheduled on alternate days, time or as double headers on the same day to provide a full ten game season if time constraints do not allow for games to be played on a regularly scheduled day.

Section 9:

GAME SCHEDULE AND RESULTS

- A. Game schedules, results, rules and stats will be posted and available for printing on the Torrance Roller Hockey League website – hockeyteamstats.com/trhl/

Section 10:
PENALTY MINUTES AND SUSPENSIONS

- A. Minor Penalties – 2 minutes, Major Penalties – 5 minutes, Game Misconducts – 10 minutes.
- B. Any player receiving a combination of 4 minor penalties shall automatically be ejected from that game.
- C. Any player receiving a major penalty in a game will also receive an automatic game misconduct.
- D. All ejections and game misconducts will face a minimum one game suspension.
- E. All game misconducts and major penalties will be reviewed by the Adult Sports Disciplinary Committee made up of 3 staff members of the Recreation Division of the Community Services Department who will evaluate the incident and agree to an appropriate suspension.
- F. Appeals to the decisions made by the Adult Sports Disciplinary Committee must be made within 24 hours of notification in writing to the Recreation Supervisor or Senior Recreation Supervisor to be considered for review.
- G. Players suspended for receiving major penalties will be suspended from all Torrance Roller Hockey League play throughout the course of their suspension.
- H. The standard minimum suspension for a major penalty will be as follows:
 - a. Major One – Players suspended minimum 3 weeks.
 - b. Major Two (within 12 month period) – Players suspended minimum 6 weeks.
 - c. Major Three (within 12 month period) – Players suspended minimum 365 days. Players reaching major three will not be allowed to return to league play until approved by either the Recreation Supervisor or Senior Recreation Supervisor.
- I. The City of Torrance reserves the right to increase or decrease penalties based on circumstances surrounding the incident. Holidays, weather cancelations, and byes will not qualify as a week of suspension.
- J. Game misconduct penalties will likely be assessed in games, these suspensions will likely only apply to the team the incident occurred with and not from all Torrance Roller Hockey League play.
- K. Ejected participants must leave the facility immediately upon ejection. These individuals shall not be addressing game officials, staff, or any other players regarding the ejection.
- L. Players reaching the following penalty minute markers will be suspended for that team's next scheduled game. Penalty minutes do carry over into the playoffs but do not follow a player from team to team.
 - a. Marker One – Players incurring 24 penalty minutes.
 - b. Marker Two – Players incurring 30 penalty minutes.
 - c. Marker Three – Players incurring 36 penalty minutes. Players reaching marker three will not be allowed to return to league play until approved by either the Recreation Supervisor or Senior Recreation Supervisor.

Section 11:
ILLEGAL PLAYER (S)

- A. Teams found to be using an illegal player(s) will immediately be given a forfeit for that game.
- B. The team Captain from the offending team will receive an automatic one game suspension.

- C. Any player found to be illegally participating will not be allowed to play for the remainder of the season.

Section 12:
REFEREES

- A. Two referees will be assigned to every scheduled game.
- If an assigned referee fails to appear for any scheduled game, the game will be played with one referee until the game is completed or until the assigned official (or a replacement referee) arrives.
 - If both assigned referees fail to appear or they arrive late without enough time to complete the game, the game will be rescheduled.
- B. It is the responsibility of the team Captain to communicate with the referees on matters regarding game incidents and assessed penalties. Referees do NOT determine player suspensions.

Section 13:
STANDINGS AND TIE BREAKERS

- A. A team's place in the standings would be determined by points accumulated throughout a season. Each win is worth 3 points, Tie – 2 point, OT loss – 1 point, loss – 0 points.
- B. Playoff tie breaking procedure in cases where 2 teams are tied or 3 or more teams are tied with equal games played against each other.
1. Head to head record against all tied teams
 2. Most wins throughout the regular season
 3. Fewest team forfeits
 4. Goal differential between tied teams
 5. Goal differential throughout the regular season
 6. Coin Flip
- C. Playoff tie breaking procedure in cases where 3 or more teams are tied without equal games played against each other.
1. Most wins throughout the regular season
 2. Fewest team forfeits throughout the regular season
 3. Goal differential throughout the regular season
 4. Coin Flip