

ARHL Rulebook

Note: For items not explicitly described in this rulebook, ARHL follows standard USA Hockey rules. For roller-hockey specific items not explicitly described in this rulebook, ARHL follows IIHF Roller Inline Hockey Rules.

League Requirements

1. Players must be fully paid up and sign the ARHL waiver before playing in any ARHL league games.
2. Teams must be paid up by the 2nd week of the regular season or that team will be removed from the schedule until they pay the league fee.

Equipment:

1. Required Equipment for Skaters: Gloves, Hockey Helmet, Stick, Skates.
2. Recommended Equipment for Skaters: Protective Cup, Helmet Cage/Visor, Shin Guards/Pads, Elbow Pads, Mouthguard.
3. Shoulder pads are not permitted in ARHL games.
4. Required Equipment for Goalies: Helmet w/ Full Cage, Glove, Blocker, Goalie Pads, Girdle, Chest Protector, Stick, Shoes/Skates.
5. Recommended Equipment for Goalies: Protective Cup, Neck Protector
6. Goalies are permitted to either wear shoes or skates.

Gameplay:

1. Games shall be played 4 on 4 with 1 goalie on each team.
2. Games shall consist of three (running time) 12 minute periods.
3. The Official shall pause the clock for any major delay in between play (collecting shot out balls, injury, goalie equipment timeout, etc). This is at the discretion of the Official.
4. Each team possesses one 60-second timeout per game.
5. The last two minutes of the third period of any game that has a score within 2 goals shall be stop-time.
6. Overtime in the regular season shall consist of a 3 minute, 3 on 3 stop-clock overtime, where the first goal wins. If no goal is scored, the game shall be recorded as a tie.
7. Goalies may be pulled for a 5th skater at any point. Goalies must leave the playing surface at their player bench area, and must have fully left the rink before a 5th player may join play from the bench.
8. Players must exit the rink for a line change in the area of their bench; players may not leave the rink on a different section of the ice as their bench for a line change. Doing so will result in an automatic delay of game penalty.
9. Minor penalties last 90 seconds and end when time expires or a power play goal is scored . Major penalties are 3 minutes.
10. Coincidental Penalties shall be played 4 on 4. The penalized players may not reenter play until their penalty time has expired AND there has been a stoppage in play.

Playoffs:

1. The playoff structure varies between the ARHL leagues. Contact your ARHL League Commissioner for more information on the playoff format for your league.
2. If, at the end of regulation of a playoff game, the score is still tied, the teams shall participate in a 3 minute, 3 on 3 stop-clock overtime, followed by a 3 round shootout to determine the winner.
 - a. The team with the higher seed shall choose who shoots first.
 - b. The shootout will go to sudden death if there is no winner after three rounds.
 - c. A team must complete a full cycle of players in the shootout before repeating shooters.
 - d. Standard penalty shot rules apply.

Faceoffs:

- a. If a ball gets hit out of play because of an issue with the rink or referee error the faceoff shall take place at a logical halfway point or at center ice, at the Official's discretion.
- b. Officials may, at any time and at their discretion, kick a player out of a faceoff if they are jumping too early, not following instructions, not allowing the ball to hit the ground first, etc.

Penalties: Please refer to USA Hockey and the IIHF Inline Hockey Rulebook for information on penalties. Minor penalties in ARHL games are 90 seconds and move with the clock. ARHL-specific policies regarding penalties are listed below:

1. Body Checking:

- a. Body checking is not permitted at Raue Pond.
- b. Players may "bump" and play physically within reason (at the Official's discretion) as long as they are clearly playing for possession of the ball.
- c. In a situation where a defensive player keeps their positioning, does not leave their skating lane, and impacts another player who has possession, without the clear intention to deliver a body check, the offending player shall not be penalized, depending on the discretion of the Official.
- d. Incidental contact shall not be penalized depending on the discretion of the Official.
- e. Slide tackling, slew footing, and other dangerous or injurious plays will not be tolerated and may result in an ejection or suspension in addition to penalties, at the discretion of the Official.

2. High Sticking:

- a. A non-penalty High Sticking shall be called any time the ball is played with a high stick (blade makes contact to ball above the shoulder) **AND** the offending team touches the ball.
- b. In any situation where a player's stick, advertently or inadvertently, makes impact with a player above the shoulder, the offending player shall be given a minor penalty. This penalty will be given regardless of whether the player had facial protection.
- c. If a high stick on a player draws blood and this is verified by the official, the offending player will be assessed a double minor (three minutes).

3. Hand Pass :

- a. A non-penalty Hand Pass shall be called anytime a player plays the ball with their hand **AND** the offending team touches the ball.
- b. A Hand Pass shall not be called if the infraction occurs in the defensive zone **AND** the ball is touched by the offending team in the defensive zone.
- c. A Hand Pass shall be called if the infraction occurs in the defensive zone and the ball is touched by the offending team **OUTSIDE** of the defending zone.

4. Delay of Game:

- a. At the Official's discretion, a team may be given a bench minor for a Delay of Game if they are 1) winning the game; 2) there is two minutes or less left in the game; AND 3) a player clearly makes an attempt to remove the ball from the playing area to stop play.
- b. Officials also have the authority to give out bench minors for Delay of Game if a team is delaying significantly from returning from a timeout or period break.

5. Verbal Abuse of Officials:

- a. Complaining to the Official is a natural part of the game and is allowed to a degree.
- b. However, Officials have full authority at any point in the game to hand out warnings and subsequent bench minors for Delay of Game to any players or teams that are verbally abusive and/or complaining excessively in the view of the Official.

6. Fighting:

- a. Fighting of any kind is **STRICTLY** prohibited in ARHL games.
- b. Any player who engages in a fight shall be automatically ejected and automatically suspended for one game, and their team shall receive a 5 minute major penalty. Additional discipline may follow depending on the situation.

7. Double-Minor and Major Penalties

- a. The Official may assess either a 3 minute double minor or a 5 minute major penalty for infractions that in the Official's opinion were more egregious than a minor penalty.
- b. A Major penalty may be accompanied by an ejection and/or further discipline, at the league's discretion.
- c. A Major penalty shall last for 5 minutes. No replacement for the penalized player shall be permitted to enter the game except upon expiration of the penalty, regardless of any goals that are scored during the time the penalty is being served.

Co-Ed League – Specific Rules

1. The Thursday Night Co-Ed League has specific rules for its games. All other rules except those mentioned here follow ARHL standard rules.
 - a. There must always be a female player on the rink during gameplay.
 - b. If a female player takes a penalty, the female player may sit for the penalty and the team may kill the penalty with three male players.

c. The 3rd period is always played in stop time, regardless of score.