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## Hamilton In-Line Hockey Club Inc. Information and Rules

1. Team to consist of up to 12 players - with any 4 players on the floor at one time. A team with only three players present can play but if one of their players is sent to the penalty bench the game is forfeited and the other team wins. Players must only play in one school team per term.
2. Change of Players - Players may be changed at any time from the player's bench provided that players leaving the floor are within 3 metres of the player's bench and completely out of play before the substitute comes onto the floor.
3. The offside rule does not apply so a player may pass the puck to a teammate from the defensive to the offensive zone.
4. Slap shots are not permitted in school leagues.
5. The puck must be kept in motion at all times.
6. Goals can only be scored from the attacking half of the rink. Goals shot from over halfway will be disallowed.
7. The puck must already be in motion as it passes through the crease to be counted as a goal, unless it comes off a defending player.
8. Players must not fall on or gather the puck into their body so as to prevent play.
9. Players may not stand in the crease blocking the goal with their skates or stick.
10. Players may slap the puck with their hands but must not hold, carry or intentionally close their hand over the puck. (Not recommended unless wearing gloves). Players cannot hand pass the puck to a team mate in the attacking half.
11. Kicking the puck is permitted in all zones however a goal cannot be scored from a kick of an attacking player.
12. High Sticks - Penalties will be imposed for carrying the stick above normal height of the shoulder.

13. Throwing the stick or any part thereof is prohibited.
14. Broken Stick Rule: If a player's stick breaks while on the rink the player MUST drop the stick, immediately leave the rink and discontinue play. A new player can be substituted. A player MUST NOT continue play with a broken stick.
15. Obscene or profane language or gestures will result in a penalty.
16. Players MUST wear a protective helmet with a full face guard or a bike helmet with a mouth guard (the helmet must be secured in a way that ensures it stays on the players' head during a fall). The club recommends that players wear: Knee Pads, Elbow Pads, Gloves and Shin Protection.
17. Stick heads must not be worn down to such an extent that they present a danger to other players. Referees and officials will be checking these.
18. 1-minute penalties will be imposed at the referee's discretion for:
  - Boarding - Unnecessary contact with the player carrying the puck which results in the player being knocked into the walls.
  - Charging - Runs, jumps or charges the opponent.
  - Cross Checking - A check delivered with both hands on the stick but with no part of the stick on the floor.
  - Elbowing/ kneeling- using elbows or knees to foul an opponent.
  - Slashing - Stick to body contact by a pursuing player.
  - Tripping - Causing an opponent to fall using the stick, hand, elbow, knee or foot.
  - Hooking - Impeding a player's progress by hooking with the stick.
19. Player behaviour on and off the rink is the responsibility of the players and their Teacher/Manager. Unruly behaviour will result in a report to the school and possible individual player or team disqualification.