



Hockey Rules

GAME PLAY

- 3 periods at 15 minutes each
- Stop time with 30 seconds left in 1st and 2nd period
- 3rd period is stop time with 3 minutes left within 3 goals
- If tied after regulation it will be 3 on 3 for Roller and 4 on 4 for Dek Hockey with 3 minutes running time
- Still tied will have sudden death shootout until a winner is determined (Shootout will go round for round until goal is scored and other team is stopped.)
- Ball or Puck is live off the netting
- Roller Hockey Offsides – The black line will be the offsides line, a player can't enter the zone if a teammate is still inside
- Dek Hockey offsides is enter the blackline, once inside the zone it extends out to the red line. Once outside the red line the team must clear the blackline.
- Icing will only be called for Dek Hockey.
- Max limit of players per team for Roller is 12 players and a goalie, Dek is 15 players and a goalie
- "6" games played are needed for players to qualify for playoffs.
- Each team is allowed to place 2 subs on the roster at the start of the season. Those subs will pay \$15 a game. **Subs will not be eligible for playoffs unless** a player on the original roster has left, quit or has been suspended.
- **Forfeits** will result in a fine, 1st offense is \$50, 2nd offense is \$75. All forfeit fines "**MUST**" be paid before playoffs start.
- Matching jerseys must be worn and have a number on the back.

LONGPLEX'S ZERO TOLERANCE

- Any fight while on the rink, building or parking lot will result in being **BANNED** from the building and premises
- A player swinging the stick and breaking the glass will be **BANNED**.
- Verbal Abuse/Bullying to Refs, Scorekeeper or workers will result in a suspension. The suspension length will be determined by Longplex Management and will also result in a fine. 1st offense is \$0, 2nd is \$50 and 3rd is \$100
- If kicked out of game please do not make a scene on the way out or to the corner as it could mean a suspension or more games added to it.

HOUSE PENALTY – “WASHOUT” is when a player dives on the ground and swipes the puck or ball away from the player first, then proceeds to take out the player. This is for SAFETY REASONS!!!!

LONGPLEX WILL HOLD ALL CAPTAIN'S RESPONSIBLE FOR THEIR TEAMS ACTIONS!!!!!! Which means if a player is kicked out of the game the Captain will serve the penalty or penalties of that player. Captains please remind your team before each game.

Team Name _____

Captain's Name Print _____

Sign _____

Assistant Captain Print _____

Sign _____