



LEAGUE RULES AND REGULATIONS

ROLLER HOCKEY

UPDATED 10/18/19

With the exception of, and in addition to, the following rules, the most recent rules of USA Hockey will serve as the standard for all Longplex league play. Official USA Hockey rules can be found at USAHockey.com

GAMEPLAY

- Teams will be allowed a minimum of 2 minutes on the rink to warmup prior to the start of the game.
- Games will consist of three 15-minute periods
- 1st and 2nd periods are stoppage time ONLY with 30 seconds remaining, regardless of score.
- 3rd period is stoppage time with 3 minutes remaining when the score is within 3 goals.
- If tied after regulation (regular season):
 - o 3 on 3 for one 3-minute overtime period (running time) until a team scores.
 - o If still tied after overtime, there will be a sudden-death shootout until a team wins a round. (both teams will have a chance to shoot each round)
- If tied after regulation (playoffs):
 - o 3 on 3 for 10-minute overtime periods (running time) until a team scores.

GENERAL RULES

- All participating players must have a valid Longplex Player's Card
- Players must be 18 or older, unless otherwise stated for specific leagues.
- All teams must have matching, numbered jerseys.
- All teams must have a designated captain and alternate captain that will serve as the primary line of communication between Longplex and the team.

PAYMENTS

- Prior to the start of each team's first game of a new session, all participating players and goalies must pay a minimum of \$50 towards their league fee. The remaining balance must be paid in full by week 5. Captains are responsible for making sure that the full team balance is paid in time and may be held responsible for any outstanding balances.

HOUSE GAMEPLAY RULES

- Puck is live and remains in play if it hits the netting surrounding the glass.
- Play is blown dead if the puck enters, or touches anyone or anything in, the player's benches, penalty boxes, or scorekeeper's box.
- Play is blown dead if the puck exits the rink completely and/or hits any object outside of the rink, excluding the netting surrounding the glass.
- All games will be played with delayed blue line offsides, unless otherwise stated for specific leagues.
- If a player's helmet falls off, they cannot re-enter play without putting it back on, securely. If a player engages in play or touches the puck, for any reason, while their helmet is off, play will immediately be blown dead.
- Team captains will be held responsible for the conduct of their players and will serve any outstanding penalties assessed to players that are ejected from the game.
- Any player that receive three penalties in a single game will be ejected from the game.

MANDATORY EQUIPMENT

- Helmet with fastened chin strap
- Elbow pads
- Gloves
- Protective cup
- Shin pads
- Inline skates
- Hockey stick

ROSTERS

Our goal at Longplex is to maintain competitive parity across all leagues with the objective of having all games be as fair and competitive as possible. This makes for a more fun and rewarding experience for everyone. While this is not always easy to accomplish, we will continuously do our best to maintain an equal playing field by focusing on team balance rather than individual player skill levels. This means that players may be allowed to play up or down a division if it puts their team more in line with the rest of the teams in that same division. We aim to keep an open line of communication with all captains, listening to and offering suggestions on the addition/removal of players or the transfer of teams to a higher or lower division. Longplex Management reserves the right to allow or disallow players and/or teams from playing in a specific division based on their effect on competitive parity within that division.

- The maximum number of rostered players that a team can have is 12 skaters plus 1 goalie.
- Team captains (or alternate captains) must sign off on their rosters prior to the start of game 5, after which the rosters will be locked for the remainder of the session.
- Players can only be rostered on one team per session.
- Only rostered players who have played a minimum of 5 games are eligible to compete in playoffs. No substitutions and no exceptions.

SUBSTITUTES

While we encourage captains and players to win and lose as a team, Longplex allows substitutes to be utilized during regular season games to assist when a team is short players. Substitutes may only be used in a way that is fair to both participating teams. Substitutes are not meant to be brought in to have a major impact on the outcome of a game. Any abuse of this or the following guidelines will be addressed. Substitutes can be either *Registered Team Substitutes* or *Outside Substitutes* as defined below:

- **Registered Team Substitutes (ON ROSTER)**
 - o Teams are encouraged to register team substitutes on their roster, up to the maximum roster limit.
 - o Team substitutes are required to be within the same skill level of the league.
 - o Team substitutes can only be rostered on one team per session.
 - o Team substitutes act as regularly rostered players and can be used in as many, or as few, games as necessary, with no restrictions.
 - o Team substitutes may be eligible to play in playoffs if they play at least 5 regular season games.
 - o Captains determine pricing for team substitutes, unless otherwise stated for specific leagues. Any fees paid will be used towards the team fee.
- **Outside Substitutes (OFF ROSTER)**
 - o Outside substitution eligibility is restricted under the following guidelines:
 - Players from within in the current league may be used as outside substitutes IF they are of AVERAGE skill level in the current league. Teams are expected to not just ask the top goal scorers from other teams to fill in.
 - Substitutes from outside of the current league can be used IF they are of AVERAGE skill level in the current league AND are approved by Longplex Management prior to the start of the game.
 - o Outside substitution use is restricted under the following guidelines:
 - **If a team has 6 or more rostered players dressed for a game**, the team is NOT allowed ANY outside substitutions.
 - **If a team has 5 rostered players dressed for a game**, the team is allowed ONE outside substitution.
 - **If a team has 4 rostered players dressed for a game**, the team is allowed TWO outside substitutions.
 - **If a team has 3 or fewer players dressed for a game**, no outside substitutes will be allowed, and the game will be considered a forfeit. Teams may still scrimmage (without referees) if desired.
 - If a team utilizing any outside substitutes is ahead by 5 or more goals, all outside substitutes must sit and cannot re-enter the game unless the lead becomes less than 5 goals. Any violation of this rule will result in an illegal substitution bench minor penalty being assessed, removal of outside substitute(s) from the current game, and possible suspension/ban of outside substitute(s) from being able to act as an outside substitute in future games

FORFEITS

In order to maintain the integrity of our leagues and provide a consistent product, we strongly discourage forfeits. If a team must forfeit, however, the following forfeit fees will apply as a way minimizing the effect on opposing teams:

- IF this is the first offense for the forfeiting team AND this is the first time the opposing team has been forfeited on in the current session:
 - o If we are notified more than 4 hours prior to the scheduled game time, the forfeiting team will be subject to a \$50 forfeit fee that is due prior to the team's next game. Once paid, this fee will be credited to the opposing team.
 - o If we are notified less than 4 hours prior to the scheduled game time, the forfeiting team will be subject to a \$75 forfeit fee that is due prior to the team's next game. Once paid, this fee will be credited to the opposing team.
- IF this is the first offense for the forfeiting team AND the opposing team has been forfeited on previously in the current session OR if this is the second offense for the forfeiting team:
 - o If we are notified more than 4 hours prior to the scheduled game time, the forfeiting team will be subject to a \$75 forfeit fee that is due prior to the team's next game. Once paid, this fee will be credited to the opposing team.
 - o If we are notified less than 4 hours prior to the scheduled game time, the forfeiting team will be subject to a \$100 forfeit fee that is due prior to the team's next game. Once paid, this fee will be credited to the opposing team.
- IF this is the third offense for the forfeiting team:
 - o The forfeiting team will be deemed ineligible to complete the current session. In addition, the team and/or captain may be ineligible to participate in subsequent sessions.

UNSPORTSMANLIKE CONDUCT

Unsportsmanlike conduct of any kind will not be tolerated and will be handled in accordance with our Unsportsmanlike Conduct Policy.