



**USA  
Technical Rules  
Of The Game  
Of  
Rink Hockey**



**EFFECTIVE SEPTEMBER 1, 2017**

## **APPRECIATION**

This publication represents the combined effort of the USA Roller Sports Rink Hockey Committee and other coaches and players whose contributions toward a better sport are deeply appreciated.

The information published herein shall supersede all previously published rink hockey data, and is effective September 1, 2017.

## **INTRODUCTION**

There are within the jurisdiction of USA Roller Sports (USARS) two entirely different games of roller hockey, which may be played by the leagues and clubs affiliated with the organization. The game described herein is known as “rink hockey.”

International rules have been included and modified for this publication. This version will be used for all rink hockey games, State, Regional and National tournaments. All rules have been made in the interest of player protection, to be able to use American size floors and to blend the international game with our practices, which have been followed for many years in the United States.

Certain sections of USA Roller Sports Constitution, General Rules and policies in governing rink hockey will be found on the following pages. It is recommended that you thoroughly familiarize yourself with these rules and policies as well as the Comité Internationale de Rink Hockey (CIRH) playing rules so that you do not jeopardize your standing as a competitor and you will fully understand and enjoy our sport.

## **USA ROLLER SPORTS**

USA Roller Sports (USARS) is a corporation whose purpose is to promote and regulate competitive roller sports in the United States. It's Constitution, By-Laws, rules and regulations may be obtained from USARS, 4730 South Street, P.O. Box 6579, Lincoln, NE 68506 or online at [www.usarollersports.org](http://www.usarollersports.org).

USARS is affiliated with and recognized by the Federation Internationale de Roller Sports (FIRS) and the United States Olympic Committee (USOC) as the National Governing Body for all disciplines of roller sports in the United States. The USARS Board of Directors has authority to elect representatives to these organizations. Within USARS are multiple disciplines of roller sports. The individual disciplines have authority over their own discipline as provided in the Rules and Regulations of USARS.

## RINK HOCKEY REGIONS

Northwest	North Central	Northeast	Southeast
Alaska	Ohio	Delaware	Alabama
Hawaii	Illinois	Connecticut	Florida
Idaho	Indiana	Maine	Georgia
Montana	Iowa	Massachusetts	Kentucky
Oregon	Kansas	New Hampshire	Tennessee
Washington	Michigan	New Jersey	Mississippi
Wyoming	Minnesota	New York	North Carolina
	Missouri	Pennsylvania	South Carolina
	Nebraska	Rhode Island	
South Central	North Dakota	Vermont	
Arkansas	South Dakota	Washington D.C.	
New Mexico	Wisconsin	Maryland	
Louisiana		Virginia	
Texas		West Virginia	Southwest
Oklahoma			Arizona
Colorado			California
			Nevada
			Utah

## RINK HOCKEY COMMITTEE

The USARS Chairman of the Board, with approval of the Board, has the authority to appoint the chairman and members of the Rink Hockey Committee (RHC). The Chairman of the Board is vested with the authority to remove any member of the committee for cause, subject to a full hearing of the Board. The Chairman of the Rink Hockey Committee has been designated as the USARS Rink Hockey Representative. This person provides liaison between the USARS Board and the Rink Hockey Committee.

The RHC is not a constitutional body and transacts all business under the Constitution and By-Laws of USA Roller Sports. The RHC has responsibility for administering all programs, coordinating rink hockey activities, for recommending changes to procedures, policies, rules; and for organizing the National Championships. Members of the RHC include the Chairman and up to seven (7) other members. The RHC meetings are held monthly by telephone conference, and annually at the National Championships.

The RHC committee member will be responsible for coordinating rink hockey activities in their areas with other USARS organizations. They will be responsible for monitoring activities of registered Clubs and rink hockey players to determine if USARS and Rink Hockey rules and regulations are being followed. Each RHC member will be the meet director at the respective Regional Championships. They will have the authority to oversee site selection, scheduling and referee selection. Questions of rule interpretation,

resolution of local protests, etc., should first be presented to the local RHC member for resolution. Decisions by the RHC member may be appealed to the Rink Hockey Committee, and then to the Committee Chairman for presentation to the USARS Board.

The authority to nominate and replace Rink Hockey Committee members rests with the USARS Board. If it becomes necessary for the Committee to recommend the replacement of one of its members, they may petition for removal through the RHC Chairman, listing the reasons why the replacement is being sought, and recommend one or more replacement candidates. The Chairman will investigate the situation and report his findings to the RHC. The RHC will then make its recommendations, which will be forwarded to the USARS Board.

## **USARS CLUBS**

Club Charters with USARS are renewable annually for a registration fee as set by the USARS Board. Charters are effective September 1<sup>st</sup> of each year and continue through the skating season to expire August 31<sup>st</sup> of the following year, which coincides with individual membership registration (amateur card).

A facility may sponsor only one USARS Club per each discipline of roller sports (artistic, speed, hockey, derby, etc.), however, a separate amateur card must be purchased for each discipline in which a skaters participates. A Club will not be registered until at least two (2) USARS Amateur Card applications for that Club are received in the USARS National Headquarters.

A Rink Hockey Club may sponsor multiple Teams in each official division of play.

## **MEMBERSHIP CARDS**

Every person engaged in USARS Rink Hockey as a player, coach or official capacity must apply for and obtain a USARS Amateur Membership Card. Applications for such cards may be obtained through a registered USARS Club, from the National office or online at [www.usarollersports.org](http://www.usarollersports.org). Applications are to be filled out and returned with the required fee to USA Roller Sports, 4730 South Street, P.O. Box 6579, Lincoln, NE 68506. Players must obtain their Membership cards no later than 30 days before the start of the National Championships.

All membership cards are effective September 1<sup>st</sup> of each year and expire on August 31<sup>st</sup> of the following year. Cards are renewable annually for a fee set forth by the USARS Board of Directors.

By registering with USARS, you are provided with excess (secondary) accident/medical expense benefits in an amount listed on the membership card application for injuries occurring on skates limited to organized and supervised practice sessions held within USARS chartered club facilities, or during USARS sanctioned competitions and/or USARS training sessions specified to occur outside of club facilities. All safety

equipment required under USARS General Rules must be worn at all practices and competitions, otherwise USARS accident/medical insurance is void. Coverage for non-competitive cardholders as USARS officials is limited to accidents occurring both on and off skates while actually participating in a competition that is in progress.

Not covered is training off skates or training outside chartered club facilities, unless specified by a USARS sanction, or any injury occurring while on skates but while not in training for USARS competitions. Pre existing conditions are not covered under this policy.

Claim forms must be obtained from USARS National Headquarters or online at [www.usarollersports.org](http://www.usarollersports.org). All injury claims should be submitted first to your personal medical insurance company. If you do not have personal medical insurance, this coverage will become primary. Date of effective coverage is the date of receipt of your registration card at the USARS National Headquarters. Injuries must be reported immediately and claims must be filed within 60 days of occurrence, submitted on forms provided by USARS.

### **PLAYER TRANSFERS AND SANCTIONS**

For transfer of club affiliation, see USARS General Rule 5.04 for complete transfer rules. Club affiliation transfer fees are established by the USARS Board of Directors.

For types and requirements for sanctions, see USARS General Rule 6.00. Sanctions fees are established by the USARS Board of Directors.

### **PROTESTS**

A protest will not be valid unless it is made on the rink by the captain of the protesting team to the referee, who will immediately notify the captain of the opposing team. In the case of administrative protest (bad state of the rink, players' equipment, unqualified players, etc.), only those made before the start of the game are valid. The referee will then advise the captains of both teams that the match is being played "under protest." All protests must be confirmed by official letter addressed to the appropriate authority, accompanied by the necessary fee (fee is set forth by the USARS Board), within one and one half hours after the conclusion of the match.

All protests, other than unsportsman like conduct, in interclub contests must be filed with a RHC member from the respective region. The protest will be investigated by the RHC member and a decision rendered. If the respective RHC member is unavailable or directly involved with the protest, the RHC Chairman will appoint another committee member to investigate the protest and render a decision. A written report will be made with copies sent to the clubs involved, the RHC and the Chairman of the RHC. Appeals will go to the proper USARS Committee. Unsportsmanlike conduct protests will be sent to the Membership Eligibility Committee for a decision.

Player or team protests at regional meets must be accompanied by the appropriate fee (fee set forth by the USARS Board). The RHC member and Chairman will investigate the incident and render a decision, which can be appealed to the USARS Board. The fee will be deposited with the USARS National Office pending settlement of the dispute. If the protest is sustained in favor of the player or team making the protest, the fee will be returned. If the protest is disallowed, the fee will be deposited in the General Fund for USARS use.

Player or team protests at the National Championships must be accompanied by the appropriate fee (fee set forth by the USARS Board) and will be taken under study by the RHC before the completion of that division's play. Committee members directly associated with a team involved in the protest will not participate in this activity. The committee will render a decision and take action as required. The committee decision may be appealed to the USARS Board. The same rules hold for the disposition of the fee as previously stated. Placements will be announced and awards given out based on the decision of the committee.

## **AGE DIVISIONS**

All ages are as of January 1st of the calendar year of competition.

**8 & Under (8U):** Male and female players who have not reached their 9<sup>th</sup> birthday.

**10 & Under (10U):** Male and female players at least 8 years of age who have not reached their 11<sup>th</sup> birthday.

**12 & Under (12U):** Male and female players at least 10 years of age who have not reached their 13<sup>th</sup> birthday.

**14 & Under (14U):** Male and female players at least 12 years of age who have not reached their 15<sup>th</sup> birthday.

**16 & Under (16U):** Male and female players at least 14 years of age who have not reached their 17<sup>th</sup> birthday.

**Under 20 (U20):** Male players at least 17 years of age who have not reached their 20<sup>th</sup> birthday.

**Ladies Division:** Female players at least 12 years of age.  
Female players at least 14 years of age may play up in the Bronze. Female players at least 16 years of age may play in either the Bronze or Silver Division.

**Senior Bronze Division:** Female players 14 years of age and older and male players 35 years of age or older. Male Players 14 years of age to 34 years of age in their 1<sup>st</sup> or 2<sup>nd</sup> year of registration and competition. Once a male player moves to the Silver or World

Class division, he may not move back to the Bronze Division until reaching 35 years of age. Male players 14 to 34 years of age wishing to remain in the Bronze Division after their second year of registration and competition must apply to the Hockey Committee for evaluation in order to remain in the Bronze Division.

**Senior Silver Division:** Male players 14 years of age or older. Female players 16 years of age or older.

**Senior World Class Division:** Male players 14 years of age or older.

PLAYERS MAY PLAY UP ONE DIVISION ONLY! Male Players in the 14 & Under Division who are 14 years of age may move up to the 16 & Under OR the U20 Division, but may only play in a maximum of 2 Divisions.

U20 male players may play up in the Silver or World Class Division, unless this is their first or second year of registration and competition, then they may play in the Bronze Division.

Players are allowed to compete in only ONE Senior Division.

**Only the above Divisions are recognized for competition in the National Championships.**

## OFFICIALS

The referees of rink hockey are absolute judges on the rink. Their decision concerning the game are not subject to appeal and must always be made with effective competence, full responsibility, good sense and impartiality, and in scrupulous respect of the Rules of The Game and Technical Rules in force. The referee must also check if all requirements are met for a match to take place, such as the conditions of the rink and others, including the player's equipment.

All matches played during a USARS officially sanctioned Tournament must be conducted by 2 qualified referees (8U & 10U Divisions may be conducted by 1 qualified referee except during Championship Placement matches), a timekeeper (to oversee the correct timing of the match), scorekeeper (records players names and numbers, referees names, goals, assists, fouls, and game statistics on the official score sheet) and an assistant to the scorekeeper to count and display team fouls. For local and inter club Tournaments, 1 qualified referee to conduct the matches is acceptable, as well as a timekeeper/scorekeeper combination.

## **DOMESTIC DISCIPLINARY ACTION**

### **Serious Fouls/Blue Card Fouls:**

A player who commits a serious foul will be disciplined in accordance with Article 26 (Serious Fouls/Blue Card Fouls) of the “FIRS Rules of The Game of Rink Hockey.”

### **Accumulated Red Card:**

If a player (after already receiving two blue cards in a match) receives a third blue card in the same match, he will be shown the third blue card and then immediately be shown a red card, meaning expulsion for the rest of that game. The offender’s Team will be disciplined in accordance with Article 26, paragraph 2.2 of the “FIRS Rules of The Game of Rink Hockey.” The player receiving an accumulated red card will be excluded from his/her next match as well. A substitute player may replace the excluded player for the Team’s next match. The excluded player is not allowed in the reserve bench area during his/her excluded match.

### **Major Fouls/Red Card Fouls:**

A player who receives a direct red card in a match because of a very serious act of indiscipline that may have involved violence, major harm or endangered the physical integrity of third parties as a result of a severe violation of the rules will be disciplined in accordance with Article 27 (Major Fouls/Red Card Fouls) of the “FIRS Rules of the Game of Rink Hockey.” The offender’s Team will be disciplined in accordance with Article 27, paragraph 2.2 of the “FIRS Rules of The Game of Rink Hockey.” Receiving a red card under these conditions will result in that player being excluded from his/her next match as well. A substitute player may replace the excluded player for the Team’s next match. The excluded player is not allowed in the reserve bench area during his/her excluded match.

In any match where either an accumulated red card or a direct red card is issued, a written referee’s report must be attached to the match report, explaining the circumstances of the incident(s). The written report must be presented immediately to the members of the Hockey Committee and/or the Tournament Organizing Committee for their consideration of any possible further disciplinary action. The Committee must decide if any further disciplinary action is needed before the end of the player’s excluded match. If the committee decides that the skater’s actions warrant further disciplinary match suspensions, the excluded player is not allowed in the reserve bench area during his/her excluded matches. The skater may appeal the decision of the committee’s decision for any further disciplinary action in accordance with USA Roller Sports General Rules, Section 12.05 and 15.00.

## **RULES FOR CONDUCTING REGIONAL AND NATIONAL CHAMPIONSHIPS**

Official individual player medallions will be given at Regional and National Championships for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places in each division. There is no limit on the number

of players per Team. Official Team trophies for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and awards for the most valuable player and best goalie will be presented in each division at the National Championships.

The most valuable player award will be determined by one point for each goal and one point for each assist. Assists will be determined by the referees of each match played and noted on the official score sheet.

The best goalie award will be determined by the least total number of goals scored against a specific goalie. A goalie must play 60% of the matches in order to be eligible for this award.

The time length of matches will be played as follows:

8 & Under, 12 Minute halves; 10 & Under through U20: 15 Minute halves; Ladies: 20 Minute halves; Senior Bronze: 15 Minute halves; Senior Silver: 15 Minute halves; World Class Men's: 20 Minute halves.

A maximum three (3) minute rest will be permitted between halves. The play clock will run continuously unless the referee requests that it be stopped. In the last two minutes of the match, if the score is tied or only one point separates the teams, the play clock will be stopped each time the referee's whistle sounds and restarted when play resumes. When time permits, the hockey committee may chose to stop the play clock on all whistles. This decision should be made before the Tournament begins and continued through the end of the Tournament.

After the start of the National Championships, there will be no hockey play allowed on the National floor for the duration of the Tournament except for officially designated games (no pick up games, practices, etc.).

All Teams will be required to participate in no less than 3 USARS Sanctioned tournaments before the start of Nationals to be eligible to compete in the National Championships. Any player on a Team that has met the 3 tournament minimum requirement will be allowed to participate on ANY qualifying Team at the national Championships.

All qualifying Teams must submit Team Registration and all entry fees no later than 30 days before the start of the National Championships. Every Team is guaranteed at least 4 matches at the National Championships so all divisions will play the following modified Round Robin Tournament.

**MODIFIED ROUND ROBIN  
WITH A 4 GAME GUARANTEE AND CHAMPIONSHIP GAMES**  
All divisions will play a round robin preliminary for the purpose of seating  
championship games and eliminations.

- 2 TEAMS:** 3 round robins with 4<sup>th</sup> game as the final and deciding championships game. (Total of 4 games)
- 3 TEAMS:** Double round robin with 1<sup>st</sup> and 2<sup>nd</sup> place going to the championship game with 3<sup>rd</sup> place team to be eliminated. (Total of 7 games)
- 4 TEAMS:** 1 preliminary round robin with top 4 teams goes to championships. 1<sup>st</sup> place plays 4<sup>th</sup> place, 2<sup>nd</sup> place plays 3<sup>rd</sup> then losers of those games play for 3<sup>rd</sup> and 4<sup>th</sup> and winners of those games play for 1<sup>st</sup> and 2<sup>nd</sup>. (Total of 10 games)
- 5 TEAMS:** 1 preliminary round robin with 5<sup>th</sup> place team eliminated and finishing in 5<sup>th</sup> place. Top 4 teams will enter into the championships. 1<sup>st</sup> place plays 4<sup>th</sup> place, 2<sup>nd</sup> place plays 3<sup>rd</sup>, then losers of those games play for 3<sup>rd</sup> and 4<sup>th</sup> and winners of those games play for 1<sup>st</sup> and 2<sup>nd</sup> (Total of 14 games)
- 6 TEAMS:** 1 preliminary round robin with top 4 teams to the championships. 5<sup>th</sup> and 6<sup>th</sup> will be eliminated and 5<sup>th</sup> and 6<sup>th</sup> place will be determined by their points accumulated in the round robin. Top 4 teams will enter into the championships. 1<sup>st</sup> place plays 4<sup>th</sup> place, 2<sup>nd</sup> place plays 3<sup>rd</sup>, then losers of those games play for 3<sup>rd</sup> and 4<sup>th</sup> and winners of those games play for 1<sup>st</sup> and 2<sup>nd</sup> (Total of 19 games)
- 7 TEAMS:** 1 preliminary round robin with top 4 teams to the championship rounds. 5<sup>th</sup> 6<sup>th</sup> and 7<sup>th</sup> eliminated and placements determined by points in the preliminary round robin. . Top 4 teams will enter into the championships. 1<sup>st</sup> place plays 4<sup>th</sup> place, 2<sup>nd</sup> place plays 3<sup>rd</sup>, then losers of those games play for 3<sup>rd</sup> and 4<sup>th</sup> and winners of those games play for 1<sup>st</sup> and 2<sup>nd</sup> (Total of 25 games)
- 8 TEAMS:** 2 Brackets for 4 teams each. Each bracket will play 1 preliminary round robin with the top two teams from each bracket going to the championships games. Top 4 teams will enter into the championships. 1<sup>st</sup> place plays 4<sup>th</sup> place, 2<sup>nd</sup> place plays 3<sup>rd</sup>, then losers of those games play for 3<sup>rd</sup> and 4<sup>th</sup> and winners of those games play for 1<sup>st</sup> and 2<sup>nd</sup>. The bottom 4 teams playing for 5<sup>th</sup> through 8<sup>th</sup> place with 5<sup>th</sup> plays 8<sup>th</sup>, 6<sup>th</sup> plays 7<sup>th</sup>, Loser of those games plays for 7<sup>th</sup> and 8<sup>th</sup> and the winners will play for 5<sup>th</sup> and 6<sup>th</sup>. (Total of 20 games)
- 9 TEAMS:** 2 Brackets with 1 bracket having 4 teams and 1 having 5 teams. The 5<sup>th</sup> place team, the bracket with 5, will be eliminated and take 9<sup>th</sup> place. Top 4 teams will enter into the championships. 1<sup>st</sup> place

plays 4<sup>th</sup> place, 2<sup>nd</sup> place plays 3<sup>rd</sup>, then losers of those games play for 3<sup>rd</sup> and 4<sup>th</sup> and winners of those games play for 1<sup>st</sup> and 2<sup>nd</sup>. The bottom 4 teams playing for 5<sup>th</sup> through 8<sup>th</sup> place with 5<sup>th</sup> plays 8<sup>th</sup>, 6<sup>th</sup> plays 7<sup>th</sup>, Loser of those games plays for 7<sup>th</sup> and 8<sup>th</sup> and the winners will play for 5<sup>th</sup> and 6<sup>th</sup>. (Total of 24 games)

Any more teams entered (10 and over) we will use the double bracket round robin format as above.

The following point system is used to determine seeding for the Finals Round:

Win = 2 points; Tie = 1 point; Loss = 0 points

The team with the most points is 1<sup>st</sup> Place, the next highest is 2<sup>nd</sup> Place, etc.

### **Tie Breakers**

For ties in the elimination round, the head to head score will determine the placement in the finals round. If the teams are still tied after the head to head score, then goals for and goals against will decide the finals round placement.

If at the end of the elimination round, three teams have the same number of points, the tie will be broken as follows. If one team defeated the other two in match play, they receive the higher placement. If one team has tied one team and defeated one giving them more head to head points they would be declared the higher placement. The two remaining placements will be determined by the two team's head to head score against each other.

Sudden death playoffs are only be used to break ties for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> National Placements. Matches played during Finals Round are not allowed to end in tie scores. Should a tie exist, a sudden death playoff will take place according to Article 5 of the Comite' Internationale de Rink Hockey (CIRH) Rules of the Game of Rink Hockey.

### **Meet Director**

The Chairman of the Rink Hockey Committee will serve as the Meet Director for the National Championships. The Rink Hockey Committee members will serve as the assistant Meet Directors. They will assist the Chairman in the overall running of the Tournament as well as other expressed duties assigned by the Meet Director.

### **Site Integrity**

The Chairman and the Rink Hockey Committee are responsible for how the layout of the facility is to be arranged for the National Championships, i.e., floor, dressing rooms, scorers table, referees area, etc. Two days prior to the start of the Championships, the Meet Director and/or a Rink Hockey Committee member will arrive on site to finalize all of the details for the National Championships facility.

### **Head Referee**

The head referee will be chosen and approved by the Rink Hockey Committee. He is responsible for organizing, evaluating, educating and scheduling the referees for the Championships. He will oversee the uniform, roster and player's safety equipment check in of each Team before the Team's first match. After the first match, the Team's Coach is responsible for safety equipment and uniform checks. When a player is found in violation of equipment safety rules, that player will be suspended from the match. A second occurrence by any player on the same team for safety equipment violations will result in the entire team being suspended for the conclusion of that match.

### **Score Keeper, Timer and Statistician**

A head scorekeeper will be chosen and approved by the Rink Hockey Committee. He/she will be responsible for the correct timing of the matches and the correct recording of all pertinent items on the official score sheets (players names, numbers, goals, assists, fouls, referees, starting time, game number, etc.).

## **CODE OF CONDUCT**

Any alleged violation of the player Code of Conduct occurring during travel to, attendance at or participation in a USARS sanctioned event shall be reported to the Meet Director and/or the Rink Hockey Committee. The RHC shall consider the allegation, give the affected player such opportunity to be heard in defense or mitigation as may be reasonable under the circumstances without interfering with the running or the scheduled events, and determine whether it appears probable a violation has occurred. Should the RHC determine that it is probable a violation occurred, the RHC may reprimand the player, suspend the player from an event or suspend the player from the remainder of the Tournament. The RHC does not have the authority to disqualify a player from any completed event. The RHC may, if they determine it is advisable, refer the matter to the Membership Eligibility Committee for further consideration.

## **DETAILS OF EQUIPMENT**

### **THE RINK**

The rink has a smooth flat surface made of concrete, wood, or other approved material that provides good skate adhesion. It is a rectangular shape surrounded on all sides by a closed barrier at least 3 feet high, which has four semi-circular corners with a radius between 3' and 9'. Along the barrier, there are two entrances to the rink by doors that open towards the outside by the team benches and the official table. For Domestic matches, because there is no limit to the number of reserve players a team may have, only 2 coaches with current credentials are allowed in the reserve bench area. The rink will be laid out in accordance with Diagram #1 of the attachments.

The standard size of the rink for the match is 65' in width by 140' feet in length. Local or domestic play is permitted on non-regulation floors without requiring special permission, but should have proportionate dimensions. The length of the rink should be twice the size of the width of the rink. The length and width of surfaces on which Regional and National Championships can be played are as follows:

Maximum length, 144' - Maximum width, 72'

Minimum length, 118' - Minimum width, 59'

The width of all lines of demarcation is three (3) inches, including the line across the goal cage mouth, which must be of a different color than that of the ball being used.

Each of the halves of the rink will be marked in accordance with diagram #2 of the attachments.

The **Center Line** is the line drawn across the rink, parallel to each end, which divides the rink into two halves for each team's defensive and attacking zones. The center line is the designated anti-play line. For domestic play, the anti-play line is not enforced for the 8U Division. The center spot, where the game starts and restarts, is a spot with a diameter of 4" located in the center of the floor and is surrounded by a marked circle with a radius of 9' 10".

The **Penalty Area** is a rectangle marked on both ends of the rink. The penalty area is marked out by two parallel lines to the ends of the rink, 29' 6" in length and by two parallel lines to the side of the rink, 17' 11" in length.

The **Goal Line** is the marked line between the two posts of the goal cage. This line is marked a minimum of 8' 9" from the end wall. The maximum distance from the end wall is 10' 9".

The **Goalie's Crease** is a semi-circle line drawn from goal post to goal post, and centered on the middle of the goal line of each goal cage.

The **Penalty Spot**, where all penalty shots are taken from, is a circular spot, 4" in diameter, marked on the floor on the front line of each penalty area centered on the goal line.

The **Direct Free Hit Spots**, where all direct free hits are taken from, are circular spots, 4" in diameter, marked on the rink at a distance of 24' 3" from the center of each goal line.

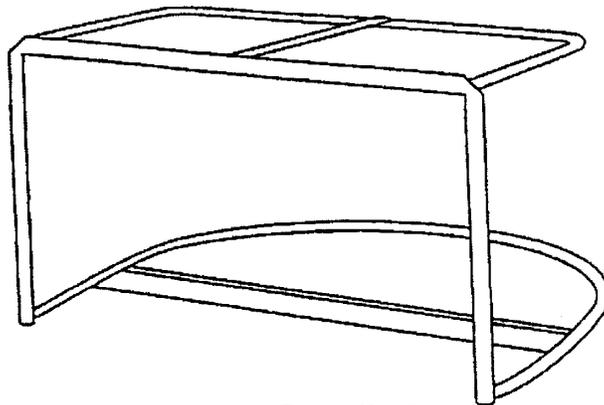
Any publicity panels inside the barriers may not be placed within six and one-half feet (6 ½') of either side of the goal cage. These measurements will be taken from the exterior of the goal. No publicity panels of any kind are allowed behind the goal cages.

Before the start of the tournament, the referee will check that the lines of demarcation are correctly drawn (measured internally). Although he is not responsible for their exactness (this is the organizers responsibility), he will insure that any errors liable to prejudice the good running of the match be rectified.

In special cases, the RHC may permit Regional and National Championships to be played on rinks of non-regulation size. However, International matches may only be played on regulation size rinks.

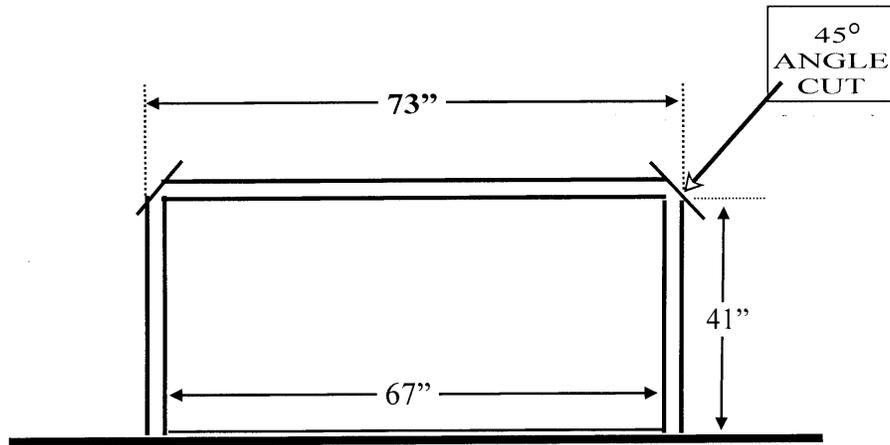
### **GOAL CAGE**

The rink hockey goal cage consists of a hollow metal tube, made up of three distinctive parts welded together.



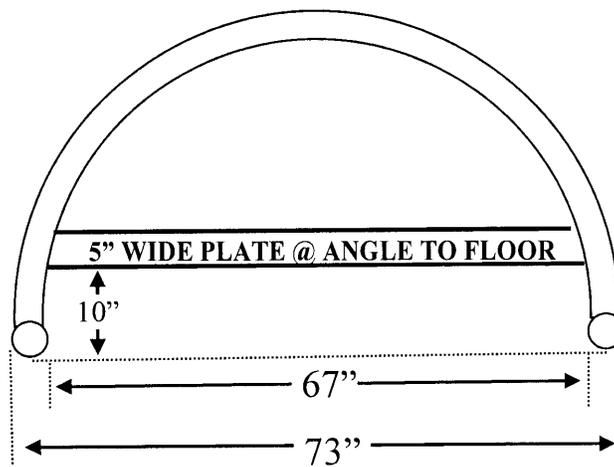
### **GOAL CAGE**

The front frame, painted orange or red, is composed of two vertical tubes (goal posts), joined at the top by a horizontal tube (cross bar), all of which are 3" in diameter. The top corners of the goal posts and the ends of the cross bar are cut at an angel of 45 degrees as seen from the front. The goal posts are 67" apart, measured from the inside. The cross bar is 41" from the floor, measured to the inside.



**GOAL CAGE FRONT**

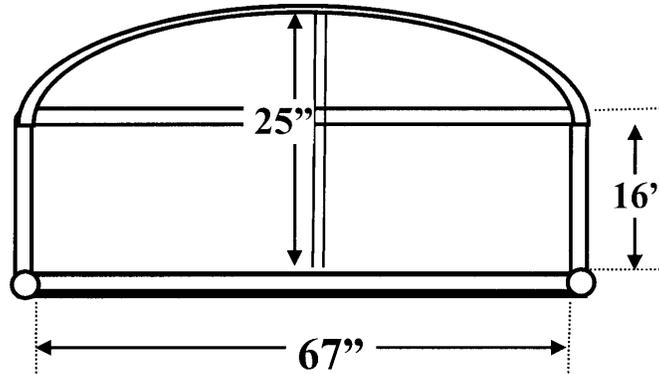
The lower rear structure is painted white and is composed of a semicircular arch connected by a horizontal bar. The tube forming the arch, which is welded to the front frame, is 2" in diameter and a 25" radius on the center of the goal line. The horizontal bar across the bottom is 5" wide and welded 10" from the inside of the goal posts with an inclination of 20 degrees.



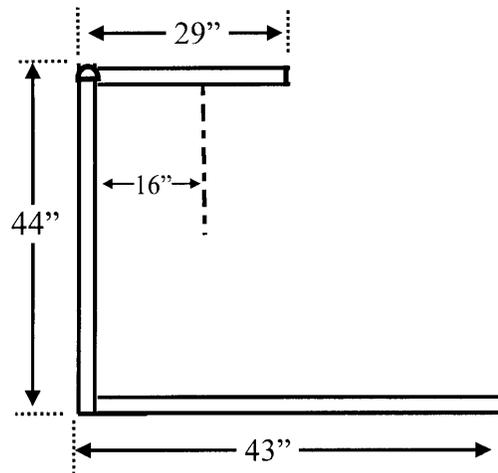
**BASE OF CAGE  
STRUCTURE**

The upper rear structure is painted white and is composed of a rectangle with a semi-arch. The rectangle and semi arch are made of 1" tube welded to the front frame. The rectangle is formed by 2 horizontal bars 16" in length welded to the top of each of the goal posts.

The cross bar of the frame has a length of 67" which is welded to the 2 horizontal (16") bars. The semi arch is welded to the rear corners of the rectangle with a center bar of 25" in the middle.



**GOAL CAGE  
UPPER STRUCTURE**



**GOAL CAGE  
SIDE VIEW**

The rear of the cage is completely covered with a white mesh net (mesh size of 1" X 1"). The net should be made of rope, cotton or nylon. Metal netting is not allowed. The net must be fixed to the front and close the top, back and sides on the rear of the cage as well as the whole perimeter of the arch on the ground to prevent the ball from entering the

cage from the outside or allowing the ball to leave the cage through the back. A second white net 42" X 72" of the same material and mesh size (1" X 1") is suspended on the inside of the cage to reduce the possibility of the ball bouncing back out of the cage. This net is fixed at the upper rear of the frame of the cage and is hanging freely to the ground, parallel to the goal line at a distance of 16" from the inside front of the cage.

The goal cages are placed facing each other at the goal line of each half of the rink, the center of the cage exactly on the middle of the goal line.

## **BASIC PLAYER'S EQUIPMENT**

Players must have the following basic equipment:

Skates, a rink hockey stick, protective equipment, and uniforms as specified below.

The goalkeeper must wear specific protective gear as specified below. The players, as well as the goalkeepers, are allowed to use several additional protections according to the provisions below.

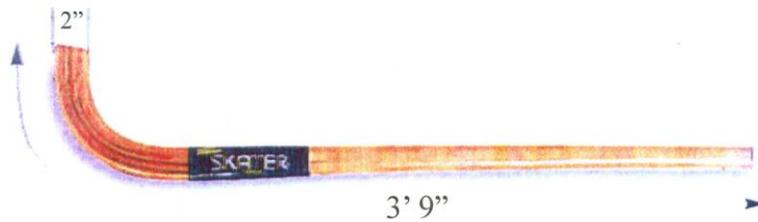
### **SKATES**

All players must wear roller skates attached to the boots and the wheels must roll freely. For quad skates, the wheels must have a minimum diameter of 1 3/8" and between the front and rear wheels of the skate, no kind of supplementary protection is allowed. Toe stops are allowed to be located only at the front of the quad skates. Such toe stops must not present any danger to other players. For domestic play inline skates may be worn for all divisions. Any kind of metal projection on the boots, although covered by other material, is forbidden.



### **STICK**

The stick used by all players, goalkeepers included must flat on both sides and be made of wood, plastic or other material approved by CIRH. The stick may not contain any metal or metal reinforcements. The use of tape or adhesive strips is allowed. It may not be any longer than 3'9" or shorter than 2' 11.5" when measured around the exterior of its bend. It must pass through a ring with a diameter of 2" and it may not exceed 18 ounces in weight.



## **BALL**

The ball must weigh 5.5 ounces and be 9" in circumference. It can be of any one color and should as much as possible, contrast with the color of the rink. For all sanctioned matches only balls officially approved by CIRH may be used.



In cases of disagreement on the ball to be used, the referee will always give preference to the one presented, provided it is of a suitable color and officially approved. It must always contrast with the lines of demarcation (for local and inter club competition, only the goal line must be a different color). When a ball offered is not an approved make, the referee will select the one with the better balance and the least elasticity. His decision is final and irrevocable. Whenever a game is televised, the organizer may impose the color of the ball.

## **PLAYER'S PROTECTIVE EQUIPMENT**

All players must wear padding for protection against injury, but this may not be worn as such to give them any unfair advantage. All players (other than goalkeepers) are required to wear shin pads and these must be covered with stockings. Shin pads shall not exceed a maximum thickness of 2". Kneepads may be worn external to stockings. All hockey players participating in any USARS sanctioned competition are required to wear a protective helmet (facemasks for floor players is optional). All helmets must meet the HECC standard performance specification for helmets. There must be a chin strapped fastened on all helmets worn during play as to prevent the helmet from falling off. Nothing is allowed to be attached to the exterior of the helmet (cameras, decorations, etc.), except a face mask. Protective mouthpieces are also mandatory safety equipment for all rink hockey players for all matches, practices and training. Floor players are also allowed to wear elbow pads of a non-rigid material that cannot endanger other players.



**Players are permitted to use the following protective equipment:**

Padded gloves with a maximum width of 9.75" with the fingers totally separated and a maximum length of 3.9" from the wrist to the top of the glove above the forearm.



Cushioned kneepads with a maximum thickness of 1"



Shin guards with a maximum thickness of 2" to be worn under the socks and wrapped around the legs.



All male players must wear a protective cup.



The use of metal in the protective equipment is prohibited except for helmets and facemasks. The metal used must be covered with some protective material such as plastic, leather or rubber. These fittings must not protrude beyond the outer protective surface of the mask.

## **GOALKEEPER'S PROTECTIVE EQUIPMENT**

A goalkeeper is required to wear a chest pad (with shoulder and upper arm protection), a full head helmet with a mask or visor attached, 2 goalkeeper's gloves and 2 leg guards. A goalkeeper is allowed to wear elbow pads of a non-rigid material that cannot endanger other players. An elastic or semi-rigid thigh pad and a throat protector may also be worn. Any other equipment that increases the size of the regulation goalkeeper's equipment is forbidden.

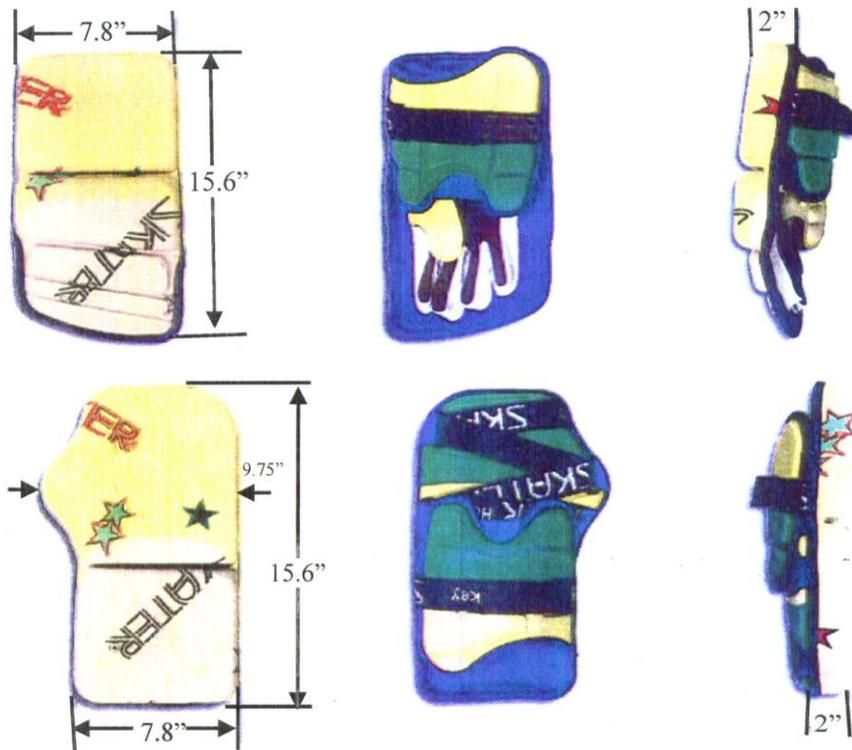
The goalkeeper is required to wear a chest pad, with upper arm and shoulder protection under his shirt. The maximum allowable thickness is .5". Shoulder and arm guards must be soft and conform to the body.



The goalkeeper's gloves are made of flexible material, such as leather, cloth, canvas synthetic or plastic materials as approved by the CIRH. The use of metal parts within or outside metal covering is forbidden, as well as of other materials that may endanger the physical integrity of the person using it or of the other players. The gloves must protect their hands and part of the forearms. Their form and fabric doesn't have to be identical, as long as they comply with the following measurements.

Maximum length of glove..... 15.6"  
Maximum width with thumb spread..... 9.75"  
Maximum width with 4 fingers spread..... 7.8"  
Maximum thickness..... 2"

One of the gloves must be flexible to allow the goalkeeper to hold and handle the stick. The other glove may be less flexible, but it must allow the hand to remain open with the fingers spread and separate.

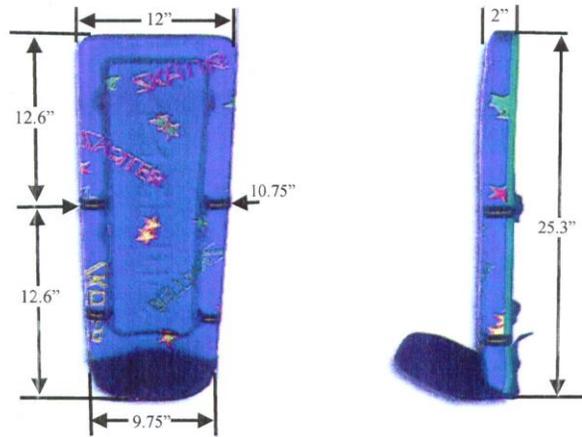


The goalkeeper's leg guards may be made of leather cloth, canvas, synthetic or plastic materials as approved by the CIRH. They must be flexible and are not allowed to have metal parts either inwardly or on the outside that may endanger the physical integrity of the person using it or of the other players. They must be of one piece or two pieces linked together and fixed with straps around the legs to ensure partial protection of the legs and feet. The goalkeeper's equipment must be certified by USARS for domestic competition or by CIRH for international competition.

The leg guards must comply with the following measurements:

- Width at the top.....12"
- Width in the middle.....10.75"
- Width at the bottom.....9.75"
- Total height.....25.35"
- Thickness over all.....2"

The foot protection may or may not be an individual piece, separate from the leg guard, but it may never lengthen the leg guard's maximum length of 25.35".



## UNIFORMS

A Team's floor players must in all matches wear uniforms matching in color and style. A uniform consists of shirt, shorts and socks. Spandex may be worn under the same conditions. All players must wear a distinguishable number on their back, 7" in height, being numbered 1-99. The captain of each Team must wear a distinctive armband. The goalkeepers must wear shirts of different colors than that of any of the floor players in the match. For Regional or National Tournaments, each Team must have 2 different color shirts.



In the event of two teams wearing the same colors, or colors likely to cause confusion, the referee will order the Home team to change their colors.

## THE TEAM

A Team is comprised of five players (one goalkeeper and four floor players), and if desired any number of substitute players. **For Regional and National Championship Tournaments, Teams must be ready to play one hour ahead of the scheduled starting time.** A team will forfeit the match if they present themselves with less than 5 players or are in an unfit condition to play. If 10 minutes after the starting time of the match, one of the teams is not on the rink in a fit condition to play, the referee will deem that the team has forfeited the match.

The referee will not start the match unless both teams abide by these dispositions. In this case of both teams being at fault, the referee will inform the Meet Director or the RHC member and will mention the incident on the official score sheet of the match. Any action taken by the Meet Director and the RHC may be later applied.

## MATCH REPORT

For each match in an officially sanctioned USARS rink hockey game, the scorekeeper must register on the match report:

Event Name

Division

Date and Match number

Final score as well as the goals scored by each team in each half of the match

The rolls of the players of both teams

Player's jersey number

Player's position (forward, defense, goalkeeper)

Team Captain

Scorers

Disciplinary measures taken by the referees during the match, on players and other members and specification of cards applied (blue or red).

The number of Team Fouls assigned to each team.

Time-outs taken by the teams in each half of the match.

Information of any declaration of protest submitted by either captain.

The names of the referees, timekeepers, and scorekeepers.

Immediately after the match the Match Report must be signed by the head referee and both captains.

If the captains refuse to sign the Match Report, the head referee will write a confidential report of the facts for the Meet Director or the RHC.

If the captain and substitute captain have been expelled from the game, then a player designated by the Coach will sign the Match Report.

(FOR DOMESTIC COMPETITION, THE CAPTAINS AND REFEREE ARE NOT REQUIRED TO SIGN THE MATCH REPORT)

## **CONFIDENTIAL REFEREEING REPORT**

Only to be produced when there are serious situations to report or when there is a need for more detailed information and/or an exact accurate description of the relevant facts occurring in a match.

The following situations will be reported:

Expulsions. A detailed description of the infraction(s), circumstances and motives.

Gross or Violent behavior

When a match did not take place or if it was ended early.

Delays in starting or running the match and the reasons.

Deficient conditions of the premises.

Any other relevant issues concerning the match.

## **NATIONAL/WORLD TEAM SELECTION**

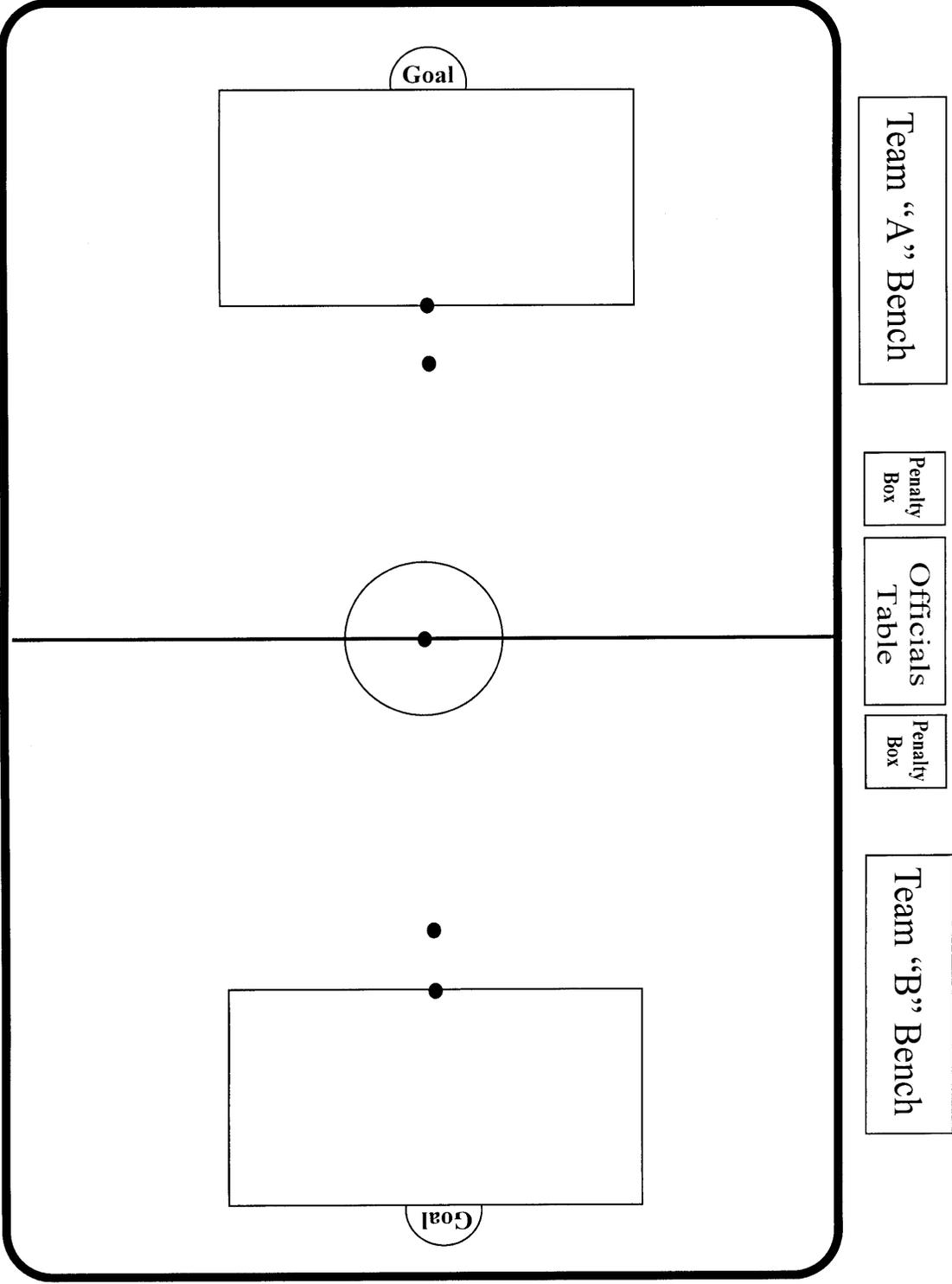
Selection of players to represent the United States at the Men's World Championships, Ladies World Championships or the U20 Men's World Championships will be through an "open" selection camp. The open selection camp will be held during the calendar year prior to the World Championships. To be eligible to participate in the National/World Team selection camp a skater must play in their official division, Silver Division or World Class Division at the National Championships preceding the selection camp. If selected, the skater must also play in their official division, Silver Division or World Class Division at the National Championships preceding the World Championships. Players training overseas are excused from attending the National Championships before the open selection camp and other training camps except for the final selection camp held at the National Championships. Former World Team members unable to participate in the National Championships or any of the training camps due to injury, surgery, or other health related issues, may request to be considered for the current National/World Team. A medical/doctor's report should accompany the request. Requests will be decided on an individual basis by the selection committee. At the open selection camp, the National Team will be selected. The National Team will consist of the top sixteen (16) floor players and four (4) goalies. The National Team must then commit to attend at least two (2) training camps, one of which may be the final camp held at the National Championships prior to the World Championships. At the final camp, eight (8) floor players and two (2) goalies will be selected for the World Team. Upon selection for the World Team, all players must have all of their funds immediately available for their travel to the World Championships. The National Team Selection Committee, which is comprised of the current World Team Coach, two Rink Hockey Committee members, and one athlete (former or current World Team Member) will rank and choose the National Team(s). If it becomes necessary to replace World Team players, they will be chosen in numerical ranking order starting with player number 9 for the floor players and

player number 3 for the goalies. When the current ranking list is exhausted, then the player's list from the previous World Team selection camp will be used in numerical ranking order. If both lists become exhausted, the final players selected for the World Team will be made with recommendations from the World Team Coach and the selection committee, with final selection voted on and approved by the Rink Hockey Committee.

# **ATTACHMENTS:**

**FLOOR LAYOUT  
LINES OF DEMARCATION  
MATCH REPORT**

# Diagram 1



# Diagram 2

