

# OFFICIAL RULES



## The Host Scholastic League Rules Shall Govern.

The Interscholastic Hockey Federation (IHF or League) is the governing body for all IHF High School League competitions and events. Through its Board of Directors, the IHF maintains high and consistent standards to govern the League, including its member Clubs, Coaches and Student-Athletes.

In accordance with the Amateur Sports Act of 1978, rev. 1998, Sect. 220510 of the United States Code, and by appointment of the US Olympic Committee, the National Governing Body (NGB) for roller hockey is USA Roller Sports (USARS). By appointment of USARS, the sanctioning body for roller hockey is the Amateur Athletic Union (AAU). Through its membership affiliation, the Interscholastic Hockey Federation (IHF) is a sanctioned, Scholastic League Club by the AAU. Accordingly, the **Official Rules of USARS** have been adopted as the official rules of the IHF.

All tournament teams who also participate in the IHF League will be held to the standards and requirements as set forth in the Rules governing the League for the 2010-'11 season. Teams who are not presently a participant in the IHF League will likewise respect the Rules and conduct themselves accordingly. The IHF Rules are available at our website at: [www.ihf-hockey.org/Forms/IHF\\_RULES\\_2010-11.pdf](http://www.ihf-hockey.org/Forms/IHF_RULES_2010-11.pdf)

## TOURNAMENT RULES

1. Two 15-minute running time periods.
2. Stop time – In effect the last minute of the last period of a game with a differential of one goal or less.
3. No off sides or illegal clearing.
4. Mercy Rule - 8-goal differential.
5. Games may start up to 30 minutes ahead of schedule.
6. Penalties –
  - Minor penalties are 2 minutes running time and begin at the drop of the face off following the infraction.
  - Major penalties are 5-minute running time and begin at the drop of the face off following the infraction.
  - Game misconduct penalties may carry an additional one game suspension (pending tournament directors' review).
  - Match penalties – Player will be removed from the tournament, and an AAU review will be required to allow the player to participate in any further tournaments.
  - Players with 3 penalties in one game will be ejected from that game.
  - If a player is playing in more than one division and receives a suspension, the player will serve his suspension in only the division in which the player received it.
7. Overtime will be played in playoff rounds and championship games only. All other tied games end in a tie.
8. In all divisions, points will be awarded as follows: 2 points for a win; 1 point to each team for a tie game; 0 points for a loss.
9. Forfeits – The score will be recorded as 1-0
10. Tie breakers for playoff seeding: (Tiebreakers among tied teams only – in the following order)
  - Head to head competition, Most wins, Goals against, Goals for, Fewest penalty minutes, Shootout.
11. Playoff and championship games:
  - Skaters must skate in (1) round-robin game to be eligible for the playoffs.

- At the end of regulation, if a game is tied, there will be a 1-minute break followed by a 5-minute running time, sudden death overtime.
- If at the end of overtime the game still remains tied, there will be a 1 minute intermission and the teams will play a second 5-minute sudden death overtime.
- If at the end of the second overtime the game still remains tied, there will be a shootout to determine a winner. SHOOTOUT: The Teams will not change ends for the shootout. The visiting Team will shoot first. The teams shall alternate shots. Three (3) players from each team shall participate in the shootout and they shall proceed in such order as the Coach selects. All players are eligible to participate in the shootout unless they are serving any major penalty at the end of overtime including five or ten minute misconduct or have been assessed a game misconduct, gross misconduct or match penalty. Once the shootout begins, the goalkeeper cannot be replaced unless he is injured. No warm up shall be permitted for a substitute goalkeeper. Each team will be given three shots, unless the outcome is determined earlier in the shootout. After each team has taken three shots, if the score remains tied, the shootout will proceed to a "sudden death" format. No player may shoot twice until everyone who is eligible has shot. Regardless of the number of goals scored during the shootout portion of overtime, the final score recorded for the game will give the winning team one more goal than its opponent, based on the score at the end of overtime. If a team declines to participate in the shootout procedure, the game will be declared as a shootout loss for that team. If a team declines to take a shot it will be declared as "no goal".

12. Required equipment: All players shall wear any other safety equipment required by the facility (rink) operator while on the playing surface. A minor penalty shall be assessed to any player not wearing all required protective equipment. That player may not return to the playing surface without all required equipment.

<b>Forwards and Defensemen</b>	<b>Goaltenders</b>
H.E.C.C. Approved Helmets (must be worn at all times)	H.E.C.C. Approved Helmets (Must be worn at all times)
Inline skates in good repair	Inline skates in good repair (5-wheel permitted)
Full fingered gloves	Catcher and blocker
Shin pads extending over the knee and shin. Hip pads/girdles are recommended	Leg pads
Protective cup or pelvic guard	Protective cup or pelvic guard
Full length Hockey Pants	Hockey Pants or Shorts (Protective)
H.E.C.C. Approved Full face mask or cage	H.E.C.C. Approved Full face mask or cage
Elbow Pads	Chest protector
Mouth guards are required	Mouth guards are required

- Inline skates with flush mounted axles are required. No brakes of any kind are allowed.
- No exposed protective equipment shall be allowed.
- Absolutely no lubrication of any kind is allowed on goalie pads.
- Excessive holes in hockey equipment may eliminate a player (at Official's discretion).
- Failure to wear a mouthpiece may invalidate insurance coverage for any injuries sustained during league activities.

13. Player Specifications:

- Players may skate on only one roster per division.
- Players can play in more than one division, except both Varsity and Junior Varsity.
- Players in the Frosh-Soph division (restricted to Freshmen and Sophomores only) may also skate in Varsity or Junior Varsity.
- Goaltenders can play in more than one division as long as they fit the category. Example: A senior goaltender can play Junior Varsity and Varsity. Senior goaltenders may not play in the Frosh-Soph division.
- A player that is home schooled or on independent study can only play for a school if the player lives within that school's boundaries that have been set by the school district and is presently rostered for that team in their most current season. Drafting of non-rostered players will not be tolerated.

- Age: The years of age will be as appropriate for Middle Schools (6-8th grades) and High Schools (9-12th grades).
- All players must bring their school ID or a verifiable copy thereof and present it at check in.
- At check in, all players must submit a waiver that is signed by parent and player.
- All players must sign the official team roster before their first game begins.
- All protests must be made before or during the game that is being protested. Once the game is over, protests will not be accepted.
- During the game, the protesting team must make a formal protest to the referee or tournament director.
- A time out will be charged to the protesting team. The protesting team must submit a \$50 protest fee. The referee will notify the State Cup staff that the eligibility of a player is under protest.
- The State Cup staff will provide verification of the player's eligibility before the end of the game.
- If the player in question is found to be legal; the protesting team will be charged the \$50 protest fee. The protesting team will be assessed a minor penalty.
- If the player in question is found to be illegal; the offending team will forfeit the game if the game has already begun. The \$50 fee will be returned to the protesting team.

14. Proof of AAU Membership – All players must be able to show proof of current AAU Membership. Coaches must also present proof of Non Player AAU Membership. Verification will be checked upon arrival. If membership cannot be proven, participants will need to purchase an annual membership at the cost of \$12.00 per tournament. (Membership online: [http://aausports.org/default.asp?a=pg\\_membership.htm](http://aausports.org/default.asp?a=pg_membership.htm)).

15. Team Specifications – Any team representing a California School, public or private, is eligible to enter a High School or Middle School Roller Hockey team. Teams will consist of players in the sixth through 8<sup>th</sup> grade for Middle School and ninth through twelfth grade levels for High School divisions. The divisions and skill levels for same are described as:

**Varsity** - Elite, Advanced Skill Teams.

Division open to student-athletes in 9th-12th grades

Teams rostered in their respective league as Varsity must compete in this division

**Junior Varsity 1** - Intermediate to Advanced Skill Teams

Division open to student-athletes in 9th-12th grades

**Junior Varsity 2** - Beginner to Intermediate Skill Teams

Division open to student-athletes in 9th-12th grades.

**Frosh-Soph** – - Beginner to Advanced Skill Teams

Division open to Freshmen and Sophomores only

**Middle School / Junior High**– - Beginner to Advanced Skill Teams (“all”)

Division open to student-athletes in. 6th, 7th, & 8th grades

**Special Note: Combo or Co-Op Teams**

[Combo or Co-Op: Teams comprised of one or more players from more than one school]

Combo teams may also compete at State Cup. Combo (a.k.a. "Co-Op") teams will be set to compete in their appropriate skill division along with other scholastic teams. In addition to the submittal of tournament registration documents, tournament officials will also require either a copy of your official League roster for these teams, or a letter from the League Director stating that these teams have competed within the League. This procedure is in place to promote competition with Teams and Leagues from across the state who may not have sufficient school registration to field a team from one school and to enforce the Rules against any team that may be construed as a Travel Club team organized only for the purpose of competing in this tournament.

All teams must complete the entire registration process before their first game begins. Failure to do so will result in a forfeit of their first game. Rosters are frozen once they are turned in. For all other playing rules please refer to the current USA Roller Sports (USARS) Rule Book. This can be found and downloaded from our website – see [www.statecuphockey.com](http://www.statecuphockey.com) for details.