



The Plex School Hockey League Rules

The goals of the School Hockey Leagues at The Plex are to:

- Promote the development of roller hockey
- Encourage good sportsmanship and camaraderie
- Foster a steady increase in skill levels for all participants
- Provide a higher awareness of the sport throughout the community

The School League Rules and Regulations set forth in this document are supplemental to those rules. They have been implemented with the guidance and approval of The Plex management and staff, and will be enforced uniformly and fairly. These Rules and Regulations are established for the safety of the players, and must be understood and carried out when playing at The Plex. All decisions made by The Plex staff and management will be final.

HIGH SCHOOL LEAGUE DIVISIONS

- D1:** Highest level comprised mostly of high end travel players
D2: Mostly average-skilled travel players
D3: Beginning level travel players
D4: Mostly weekly recreational players
D5: Mostly below average players
D6: Most players are beginners

NOTE: If a club has only one team and that team has 1-2 players at or above the skill level described, the team will be placed in the higher division.

REQUIRED EQUIPMENT (NO EXCEPTIONS)

- H.E.C.C. approved helmet with full face cage (must have chin strap, ear caps, etc. and be properly fastened)
- Mouthpiece
- Elbow Pads, Knee/Shin Pads, and Gloves
- Stick (No black tape)
- Skates (No brakes allowed)
- Athletic Cup highly recommended

NOTE: All equipment must contain all proper components. For example, if the skates' chassis are designed to hold 4 wheels, the chassis must **ALWAYS** have 4 wheels at all times.

TEAM STRUCTURE

- 1) All teams are limited to a minimum of six (6) to a maximum of sixteen (16) players (including backup goalies). All league fees are to be paid by Cash, Cashier's Check, or Money Order by **one (1) week** prior to the start of league play; payment plans are available. **Only players who have a current Plex Membership may be rostered.** The Plex reserves the right to require additional forms, documents etc. at our discretion. No refunds after the rosters have been frozen.
- 2) An official roster must be submitted in its final form prior to the exhibition game, and considered locked after the second regular season game. Final rosters must be submitted on the official league form and include the following information. (Name,

player or goalie, captain or alternate, jersey number, phone number, E-mail address, and team coach and or manager's signature). The roster is frozen after the second league game. A Captain may protest the use of a non-roster player. A written protest must be filed within two (2) days. If the protest is upheld, the offending team that used a non-roster player will forfeit that game and in addition the Captain will be automatically suspended for one (1) game. If protest is not upheld the protesting team will then forfeit the next game.

- 3) All teams must have two (2) sets of matching jerseys, home team is light, and away team is dark. All players must wear the same number every game. Numbers, jerseys and players must match the original roster. Teams may use their own jerseys which are subject to The Plex management approval. Jerseys may also be ordered through our Pro Shop. If you order custom jerseys expect a delay in delivery. All players must have team jerseys or light(s) & dark(s) numbered to match the roster by the second regular season game. A team's failure to wear the light for the home team, or dark by the away team will be a forfeit (unless both teams agree before the game). The team coach and or manager will inform the scorekeeper the name and roster number and the substitute number for that game. Jerseys must have the same body color although shoulders and bottoms can be different. The body color must be the same for all skaters (excluding the goalie) (e.g. yellow, beige, or gray cannot be substituted for white. Shades of the same color are acceptable).
- 4) Permanent numbers must be on the jerseys by the second regular season game.
- 5) If a player is not using his/her rostered number the team coach and or manager must report that player's temporary number before said player's first shift.
- 6) Every team must provide a team Captain's E-mail address by the end of the exhibition game to the League Director. This

address will be the main method of communication for all league business.

GAME STRUCTURE

- 1) Prior to the start of each game, there will be a warm-up period for the teams that will be playing on the rink. No team shall enter the rink until instructed by a league official, teams will not enter the rink until five (5) minutes before game time. At the conclusion of the warm-up period, each team must have a minimum of five (5) fully dressed, equipped, and eligible players. Failure to comply with this rule shall result in a forfeit.
- 2) No team or player shall be in the players dressing area, at the ends of the rinks, or between the rinks until one (1) hour before their scheduled game start. Players will dress in their designated locker rooms adjacent to the home or away benches for the rink on which the game is to be played. Entrance and exit from the rink for games will always be through the door closest to the dressing area specified above.
- 3) Games will consist of three (3) fifteen (15) minute periods, with up to a one (1) minute break between periods. The clock will be stopped with the stoppage of play should there be a one (1) goal or less differential in the score, in the **final minute** of regulation play.
- 4) In the event of a **tie score** at the end of regulation play (non-championship games), there will be a three (3) minute **sudden death overtime** period, with teams skating three (3) on three (3), with the first team scoring a goal deemed the winner. During sudden death overtime, the clock shall run continuously unless stopped by a referred or league official. If, after this sudden death overtime period, the score remains tied, then there shall be a four (4) player **shoot out**. Prior to the start of the shoot out, each team shall select four (4) players and designate the order of play for each player. The team coach and or manager shall inform the scorekeeper of the selected players and their order of play. The away team shall start the shoot out period, followed by the home team, alternating between away and home, the team with the most goals scored by the four (4) players will be declared the winner. In the event that the shoot out ends in a tie, the original four (4) players of each team will participate in a **sudden death shoot out**, with the first goal scored resulting in the winning team. In championship games, a continuous overtime format will follow the regulation play.
- 5) **Time out rule.** Only one (1) time out is allowed per game for each team. No additional time outs will be granted in a playoff sudden death. A time out may be used any time during regulation play and overtime and must be called prior to teams taking their position for a face off. A time out may not be used during a shoot out. A time out may be called by any player or coach.
- 6) **Mercy rule.** In the event that one team gains an eight (8) goal lead at any point of a game, the team with the eight (8) goal lead shall be declared the winner and play shall cease. **At such**

time both teams shall leave the rink. Continued use of the rink by one or both teams shall be at the discretion of the League Director or floor Officials.

- 7) At the conclusion of a game any team that doesn't clean the player's bench area and their penalty box immediately after the conclusion of their game will be assessed a one (1) game suspension to be served by the team coach and or manager at their next game. In the event that the team coach and or manager is not present, the first alternate captain will serve the penalty.
- 8) In the event of a forfeit, the following rules will be applied to the league statistics.
 - A. The game will be declared 1-0 final score. The winning team will gain one (1) goal to their goals for statistics, and the goal will be awarded to the team coach and or manager.
 - B. The forfeiting team will incur a one (1) goal differential on their team statistics. Final goals for, and goals against, are not officially recorded in the MySAM system. These statistics are maintained by the league statistician.
 - C. Goal tender statistics will be 0 goals and 0 shots for the game. Note: These rules are intended to encourage team participation and discourage forfeits.
 - D. Scores may be found online by logging into your MySAM account.

PLAYOFFS

- 1) Non-roster players are prohibited from the playoffs. The Plex reserves the right to stop play and issue a forfeit if a non-roster player is playing on the rink. This is a forfeit for regular season games also.
- 2) Playoff format will be determine by league officials and The Plex management and published by the 8th regulation game.
- 3) Tie breaker in regular season standings: In the event that the league ends with any two or more teams tied in total points, the following system shall be used to determine the order of finish:
 - Overall consideration is the web site. In event of ties:
 - A. Record among tied teams only (Win-Loss-Tie)
 - B. Winner in head-to-head competition.
 - C. Fewest goals against
 - D. Goal differential
 - E. Coin flip

NOTE: Accuracy of the website will be verified by the league statistician before final standings are posted.

GROUND FOR PENALTIES, SUSPENSION AND EXPULSION

- 1) The possession and/or use of any drugs or narcotics at the facility shall be grounds for the immediate suspension from the facility and may result in the expulsion from the league. There will be no exceptions to this rule and no refunds will be given should a player be suspended.
- 2) Only players in full uniform, and coaches, are allowed on the team benches during play, and between periods. Any violation of this rule may result in a minor penalty and/or the immediate suspension from the facilities and/or expulsion from the league.
- 3) If a player receives three (3) minor penalties in one game, regardless of how minor, or six total PIMS, the player will be ejected from the game.
- 4) If a player does any of the following: Intentionally bangs the boards, playing surface, protective glass or goal with a stick at any time, a 2:00 minor penalty for Unsportsmanlike Conduct with an option of a "Misconduct" or "Game Misconduct" at the discretion of the referee will be assessed.
- 5) **Carry-over Suspensions** At the end of the season (regular or playoff) in which a player receives a major penalty that results in a suspension, the suspension(s) will be "**carried over**" with the offending player to the next season until the suspension is served.
- 6) **Neff's Rule** If any player who accumulates 30 penalty minutes (PIM) during the season will be suspended for one game. Additionally, if said player collects another 15 minutes (PIM), the player is suspended for another two games. Fighting and/or Misconduct each carry a 5 minutes PIM (penalty in minutes) plus an additional 10 minutes, and ejection from the game.
- 7) **Player Conduct** (form will be signed by players) Any player, captain, found taunting another player, team representative, or League Official, either verbally or physically (with hand or other body gestures), shall, at the discretion of the referees, officials or The Plex staff or management, be subject to an unsportsmanlike (minor) penalty. Recurring taunting penalties by a player, or captain will subject the offending person(s) to a five (5) minute major and/or ten (10) minute misconduct penalty and the immediate suspension from a game and/or may result in the expulsion from the league. Any of the above mentioned conduct occurring off the rink, including but not limited to the parking lot, will result in the player or captain being suspended for the remainder of the season including playoffs if applicable. If said conduct occurs and the player or coach cannot be pointed out, the suspension will be served by any player at the choice of any League Official.
- 8) **Fan Conduct** If a team's fans get out of control, at the referee's discretion a two (2) minute Delay of Game penalty may be assessed to the team.
- 9) **Fighting** The Plex has a ZERO TOLERANCE policy on fighting majors and gross misconduct penalties. Players who, "in the opinion of on-floor officials", have engaged in a fight or have committed a gross misconduct towards another player, official, or the game, will be ejected from that game and suspended for a **minimum of two (2) games** or a maximum of the remainder of that season. If a player is struck or provoked by another player who is trying to start a fight, the player should skate away if possible, cover up if necessary BUT should not retaliate or take any actions that could be considered in any way as fighting. Players must not throw a punch, drop their gloves, kick, slash, or take any "fight" action towards another player. Any incident will be at the discretion of the on-floor officials and The Plex management. There will be no exceptions to this rule and no refunds will be given should a player be suspended.
- 10) A **Match Penalty** will be assessed to a player who, "in the opinion of the on-floor officials", attempts to injure another player or official, or displays rude and inappropriate conduct towards another player or official, which **WILL** result in a suspension.
- 11) **Suspension Notification:** The team coach and or manager will be notified if they have a suspended player by the last Thursday before there next scheduled game. It is the team coach and or manager's responsibility to contact the League Director by phone at the league office if they feel they have a player subject to suspension and are having technical problems with said method of communication. If the review of a pending suspension needs more time, the Captain will be notified of an indefinite suspension until such time that the League Director is confident in his/her ruling.
- 12) **Locker Room Rule** Any player or team official ejected from a game for any reason must remain in the locker room for the remainder of the game. Leaving the locker room will result in an automatic one game suspension.

WHEN AN INFRACTION OCCURS IN A GAME, THE FOLLOWING PROCEDURE WILL BE FOLLOWED:

1. Referee fills out report. At the conclusion of the game referee turns report in to the check-in desk. Report is given to the league director.
2. League director sends out a "pending suspension" form by email that night informing the coach that the player is suspended until further notice. This will be a minimum one game suspension.
3. The coach should review and verify: name, jersey number, game date, and opponent. It is recommended that the coach send a return email confirming that the above facts are correct. At this time the coach and player can share their input regarding the infraction.
4. Suspensions will then be reviewed in a timely manner by the League Director, The Plex staff, and management. Considerations will include:
 - A. The referee's report

- B. Game situation and circumstances
- C. Players' history, and
- D. Severity of the act (e.g. Injury caused)

All suspensions and/or expulsions will be reviewed on a case-by-case basis. No assumptions on the length of the suspension shall be made by players and/or coaches based on similar prior incidents.

- 5. A suspension notice will be sent to the coach and/or team manager before the next game the player is eligible to play.
- 6. Any player or team representative ranting, raving, or making any kind of scene the day of the infraction will be subject to additional suspension.

All suspensions are cumulative over the course of all seasons, and repeat offenders will be penalized as such.

Any and all suspensions and/or expulsions will be reviewed on a case-by-case basis. No assumptions on the length of suspension shall be made by players and or coaches based on similar prior incidents. Suspensions will be reviewed by the League Director, The Plex Staff and Management. Considerations include (but are not limited to) the referees' report, game situation and circumstance, player's history, and severity of the act (e.g. injury caused).

ALL DECISIONS ARE FINAL.

THIS IS AN ADDENDUM TO THE PLEX RULE BOOK. ANY ITEM WITHIN THESE PAGES SUPERSEDES ANY WRITTEN MATERIAL BEFORE APRIL 19, 2023.

The Plex reserves the right to make any changes, modifications or additions to these rules, as deemed necessary.

Sebastien Paquet League Director spaquet@gotoplex.com

Robert Herbst Vice President rherbst@gotoplex.com