



CAPTAIN RESPONSIBILITIES

- Every player must have a current NAB ID. Players must refresh their information every year and sign in for each game.
- Rosters must be filled out using the Team Captain's Page.
- We urge you to make sure that players complete their cell phone information so that they will receive timely weather information, used if a game is cancelled due to rain or rescheduled for example.

ROLLER HOCKEY RULES (abbreviated)

- USA Inline Hockey rules are used as our guideline in most cases
- Play is 4 vs 4 with a goalie (except Elite 3 vs 3)
- Goalies MUST wear skates
- No Icing
- No Offsides
- All minor penalties are penalty shots
- After a goal or a frozen puck the team that was scored on takes the puck out from behind the net, the other team must leave the zone (or be back-peddaling at the discretion of the ref) and then the referee will blow the whistle to resume play
- After a goalie freezes the puck, that team takes the puck out from behind the net, the other team must leave the zone and then the referee will blow the whistle to resume play
- We play two 18 minute halves with a 1 minute break in between (time permitting)
- There is a face off at the beginning of each half
- Any roughing is handled at the referee's discretion, but will result in at least a 2 minute "timeout" for each player involved. Fighting may result in league expulsion at the discretion of the referee. There are no refunds.
- All games are Running Time, unless the score is within 3 goals into the final 2 minutes. Scores become official after the start of the 2nd period in case of rain. The referee's primary responsibility is to ensure safety and will exercise judgement in cancelling a game in progress
- Players must be rostered and have skated in 2 regular season games in order to qualify for playoffs.
- When teams are short of players, feel free to pick up a skater. It is in everyone's best interest, except during the playoffs.
- Have Fun! Play Safe and be a Good Sport! We have been doing this for 8+ years and have had very few problems because everyone loves the sport as much as we do!


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