

# Lost Nation Sport Park In-Line Hockey

## Rules and Regulations

**Reminder** – this is a non-contact/non-checking league and **ZERO TOLERANCE** policy applies.

### Lost Nation Sports Park Facility Regulations:

*It is the coach, manager, team representative responsibility to advise their players of the rules, regulations, procedures, scheduling changes and game times. Lost Nation Sports Park, coaches, managers or team representatives are also responsible for the conduct of their players and/or spectators*

*Teams may warm up only on the court during the warm up period (other than stretching). Shooting pucks against the walls, ceilings or curtains is prohibited. Children are requested to remain seated in the bleachers to avoid potential injury.*

*NO Hockey playing is aloud outside the playing field (players or spectators).*

*We are trying to provide a safe environment for the both players and spectators.*

*We thank you for your cooperation.....*

### League Contacts:

Director Tony Prpic

Phone : 440-602-4000

### Number of Players

The roster shall be limited to a maximum of 13. No additions may be made after the fourth regular season game. All players must be registered with the League Director or League Administrator. Registration shall include name, address, city, zip code, phone number, insurance coverage, and Proof of Age (if requested). Lost Nation Waiver/Exclusionary Clause must be signed or a player in ineligible. Any team using unregistered players shall forfeit all games that individual played in.

### Player on the Court

The maximum number of players per team on the court at one time shall be 5 (1 goalie, 2 forwards and 2 defensemen).

### Playing on Multiple Number of Teams

A player may register and play for a team in each of the Adult or High School Divisions. He may not be on the roster of two teams in the same division. We will allow players to play as a substitute when one team has less than 7 players dressed. A list of available goalies will be posted on our web-site.

### Line-Ups

Prior to the start of each game, the team representative (coach or captain) will clearly print the team line up (including numbers) on the official score sheet. Any player not listed on the score sheet shall be deemed ineligible and any goal scored will be disallowed.

## **Goalkeepers**

The goalkeepers will have the option of playing on in-line skates or wearing shoes during play.

## **Equipment Required**

Players are required to wear the following:

### **Adult Division High School / Youth A and B**

Helmet (facemask optional but recommended) /Helmet with full facemask is required

Elbow Pads / Elbow Pads

Knee/Shin Protectors / Knee/Shin Protectors

Gloves / Gloves

Mouth guard / Mouth guard

Cup/pelvic protector / Cup/pelvic protector

Stick / Stick

## **Uniforms**

Players are required to wear jerseys of the exact same color (except goalkeepers) which distinguishes him/her from all opposing players and the referee. All uniforms shall be numbered with permanent visible numbers on the back of the jersey (a minimum of four inches in height). No players on the same team shall wear the same number. A player must wear jersey to compete. In the event that both teams wear the same color jersey, the home team shall change the color of its jersey. Lost Nation Sports Park is not responsible for supplying jerseys in the event both teams wear the same colors.

## **Length of the Game**

The game shall be 40 minutes in length, running time(clock is stopped in the second half with two minutes or less with a goal difference or 2 or less), divided into two 20 minute halves. Half time shall be five minutes. One time out is permitted per game per team. There will be a 10 minute warm up prior to each game. **The clock will start at the designated schedule time.** NOTE: ALL GAMES WILL START AT THE 10 MINUTE MARK OF THE GAME CLOCK RUN OFFTIME WITH NO EXCEPTIONS. Failure to field 5 players at that point will be deemed a forfeit. In the event of a serious injury, the referee at his discretion may request the clock be stopped to attend to the injured player. The referee may terminate the game at any time due to the conduct of the player(s), coaches and/or spectators if determined to be detrimental to the game.

## **Mercy Rule**

Any team leading by 10 or more goals at the 10 minutes into the second half will be declared the winner due to a Mercy Rule.

## **Penalties & Misconduct**

The referee is responsible for calling all penalties, including but not limited to Roughing, Cross Checking, Boarding, Holding, Diving, Delay of Game, Slashing, High Sticking etc. Any player who receives a penalty must proceed immediately to his own team bench to serve two minutes. Penalty time will start from the time the puck is dropped on the face off to avoid intentional delays. The player will identify himself to the referee and/or official scorer for purposes of logging the infraction on the score sheet. Dissent or failure to provide this information will result in the issuance of a delay of game penalty and an additional two minute penalty will be issued. Players and coaches are required to cooperate with the referee to avoid any unnecessary time wasting and damage to the spirit of the game. Failure to comply will result in the issuance of a ten minute Misconduct penalty of Game Misconduct (see ejection from the game).

## **Ejection from the Game**

The Lost Nation Sports Park reserves the right to prohibit any person from participating in our leagues or entering the facility due to gross misconduct on the court or within the building and the property grounds. For any violations not covered herein the Lost Nation Sports Park Rules & Regulations and the Lost Nation Sports Park Director (or League Administrator in his absence) shall determine the penalty imposed or the interpretations of any matters.

### **Violent Conduct/Serious Foul Play**

**This will not be tolerated by Lost Nation Sports Park. Any player and/or team official ejected for violent conduct (such as Striking, Fighting, Assaulting an official, or verbal abuse shall be suspended for a minimum of sixty (60) days and subject to indefinite suspension as the Lost Nation Sports Park Director deems fit. League fee is also non-refundable.**

### **Insurance**

All players must supply their own insurance. All players must sign a waiver form before participation. This is the responsibility of the players and team representative to see that all such forms are completed and turned in to the League Administrator. Failure to have a signed document will render a player ineligible for play.

### **Appeals**

Appeals to decisions of the Lost Nation Sports Park Director can be made in the following manner:

Appeals must be made in writing and filed with the League Administrator

Appeals must be made within 72 hours of a decision

All appeals must be accompanied by a \$100 bond (note: this bond shall be forfeited should the protest be upheld by the Director).

A hearing will take place at Lost Nation Sports Park with the Director, within two weeks of the date on which the appeal was made

### **Referees**

Lost Nation Sports Park shall supply referees. Each team shall pay \$8.00 per game to the Referee prior to the start of the game. Any complaints regarding the conduct of Referees should be put in writing and addressed to the Director In-Line Hockey at Lost Nation Sports Park. No decisions shall take place until a complaint is put in writing.

### **League Standings**

Standings will be determined on the following point system:

Win - 3 points will be awarded

Tie - 1 point will be awarded (league games will end in a tie – Playoff games will be decided by sudden death 3 of 3.

Loss – no points will be awarded

Note: A tie in points standing will be broken by:

Head to head competition

Goal differential

Most goals scored in league play

Least goals allowed in league play

Flip of a coin

**Rescheduling**

To reschedule, you must submit a written request. A \$30.00 fee per game will be charged to the team requesting the change. All requests must be made one week prior to the scheduled game. Games will be rescheduled at the convenience of Lost Nation Sports Park and the opposing team.