



The Habitat Inline Hockey League Rules

Structure of Regular Season: 10 Games, Top 4 teams make the playoff (unless only 4 teams in the league in that case all 4 make it). Run time of game is 2 periods at 24 minute run time there will be a stoppage of clock in the 2nd period if there is a one goal differential, stoppage of clock starts at the 30 second remaining mark, overtime in regular season is 5 minute run time, if no winner is decided in regulation time or overtime it goes to a shootout. Shootout is as follows, home team gets to choose whether to go first or defer to away team to go first. Shootout is sudden death, if home team scores and the away team doesn't, home team wins. If away team scores and home doesn't, away team wins. If no teams score in the first round then the next round repeats as the first, with the same implications as to how to teams can win or lose, if no one scores in the second round the cycle repeats itself until a clear winner, if both teams score in the same round the cycle continues as if no one had scored/tie.

Points structure is as NHL: Winner in Regulation 2 points losing team 0 points, if game goes to overtime each team gets 1 point and whoever wins in overtime is awarded 1 extra point, the same is applied to shootout each team receives 1 point and whoever wins in the shootout is awarded the extra 1 point.

Penalties: Minor penalties which are: Cross-Checking, Delay of Game (Covering the puck in the crease/covering the puck by closing the hand on the puck(making a fist) and purposely dislodging the net), High Sticking (Double minor is applied if blood), Holding, Hooking, Roughing, and Tripping will all result in a 2 minute minor penalty, with the exception of High Sticking.

Team Timeouts and Goalie Timeouts: Each team has one timeout for the entirety of the game, timeouts do not carry over to overtime or shootout. Goalie's have a goalie timeout, in which goalies are allowed to get a drink of water(if not on the net they are allowed to go to bench and get it or outside of rink to grab it), make an equipment change, catch breath, or take the timeout if they feel they need it. When the timeout is taken all of the players on the rink at that time, must stay out there, they can not change, players allowed to go to the bench and drink water and strategize, but must remain on rink. During the summer sessions Goalie's are allowed 2 timeouts due to the heat factor inside of The Habitat. If a goalie is to lose their helmet the play is blown dead, and the goalie is allowed to adjust his equipment, a goalie timeout is not used/charged in this scenario.

Rosters and Game play: Games are to be played with 4 players and 1 goalie representing their team. Each team is allowed to have 8 roster spots and can elect to fill all 8 or have 1 open slot. If a team ends up not having enough players on their team they are allowed to draw from within the league a substitute player that is of equal talent of the player they are missing. This is to keep the parity of the league, and still make it fun for everyone. If a team wants to bring a



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player on as a substitute it must be discussed between both teams that the player the team wants to bring on as a substitute is fair and, is of equal talent. If both teams have only 4 players the game is to be played but, teams have options as to how they can play.

Option one: Teams can elect to play 3 vs 3 with one player being a substitute, both teams need to agree upon before the beginning of the first period.

Option two: Teams can elect to play 4 vs 4 (which is normal amount) with no substitutes.

Option three: Both teams can pick up one substitute and play 4 vs 4 with the subbing player being there only substitute.

If players from each team show up while gameplay is happening teams can decide at half what they would like to do (Team discretion). If a team has 4 or more players, and the other only has 4, and can not recruit a substitute in time to play, you must play the game.

Safety: Safety is the top priority of the league as everyone has families, responsibilities, and lives outside of the Thursday inline league. There are key rules that players must follow, which are: a helmet is to be worn at all times, if a player loses their helmet, it is a the referee's discretion to determine if the player is in harm's way, if the player is, the referee must blow the whistle, which blows the play dead. Players need to wear proper safety equipment shin pads, cups, elbow pads, gloves, and a helmet. If a player is hurt the play is blown dead and the clock is stopped, and the situation assessed. If a player is bleeding, that player is to be helped or guided off the rink and to receive medical attention from the staff of The Habitat. Every player is responsible for their own well being, players can use their own discretion on the level of safety they which to protect themselves with. At the end of it all it's about having fun and enjoying the game of hockey we all like to play. Be safe and be smart.

Fighting Rule: It is an **AUTOMATIC** 10 games suspension for a full on fight, which is defined as punches being thrown by players with the intent to hurt the other player. If a player throws a punch at another player regardless of team that player is **AUTOMATICALLY** suspended for 5 games, if there is any sort of tussle/altercation but doesn't result in punches being thrown, the situation is left to the discretion of the referees, but has the potential for a review of what happened from management of The Habitat. If the suspension carries into the next session the player must still play in 50% of games to qualify for the playoffs.