

## XHL RULES (2010)

Note: New Rule Changes Appear in Blue

### General League Information

League participants must have attained their 16<sup>th</sup> birthday by the start of the season.

Teams will consist of a maximum of **8 players**.

The format of the league will be: **4 on 4**, plus a goalie.

Both in-line and quad skates are acceptable.

HELMETS, SHIN GUARDS, and HOCKEY GLOVES are **REQUIRED safety equipment** that MUST be worn at all times during the course of play.

The use of mouthpieces, elbow pads, kneepads, throat guards, and other safety equipment is optional, but their use is strongly encouraged.

**Alteration of the XHL Jersey** (with the exception of re-sizing) is strictly PROHIBITED, unless otherwise given permission by the league. Participants will not be allowed to play with an altered jersey.

Only an official XHL team jersey is permitted to be worn in a game during the course of the season. The jersey can be a current year's jersey or a prior year's jersey as long as everyone on the team is wearing the same colored jersey.

Every player in the XHL is required to pay an entrance fee. THE ENTRANCE FEE IS NOT REFUNDABLE.

The official XHL jersey(s) provided to the participants by the league will remain the property of the registered player in all circumstances.

**No players may be added to a roster** once the season begins. If a team loses a player during the course of the season, they will have to continue to play with a reduced roster for the remainder of the season. THE PLAYER MAY NOT BE REPLACED. An exception to this rule may be made if the lost player is a goalie.

The applications of persons who are submitting applications as INDIVIDUALS (not as members of a team), will be accepted contingent upon the ability of the League to place them on a team that does not have the maximum number of players on their roster, and with the approval of the team being asked to add that individual to their roster.

All applicants must submit a signed Xtreme Hockey League Release, a signed Player Application, and the required entrance fee and rink fee to the League by the posted due date in order to be considered for admission into the League.

The League reserves **the right to accept or deny any and all applications** without explanation. In such cases, the entrance fee will be returned to all rejected applicants.

No applicant will be permitted to play in the league until the Application Fee, rink fee, and the Referee Fee have been paid in full.

Games will consist of three 15-minute periods and two 3-minute intermissions. If at the end of regulation play, a tie occurs, then there will be a shoot out.

The **shoot out** will be run in the following manner:

- The captain of each team shall be allotted 1 minute to choose 3 players to shoot on the opponent's goaltender.
- The home team will choose whether they will shoot first or second.
- If at the end of these 3 rounds the score remains tied, each team captain will choose another shooter until a winner is determined. If all players have shot, the same order will be repeated until a winner is determined.
- Each breakaway will begin with the blow of a whistle. The goalie must begin in his crease, but can skate out after the whistle.

If a shoot out is needed, the teams will continue to defend the goals they are defending at the end of regulation play.

All **games will start at their appointed start time**; otherwise the game is considered a forfeit. A game will be considered a **forfeit** if, at the appointed start time of the game, either one of the two teams scheduled to play cannot field 1 goalie and 3 skaters. (You are allowed to start shorthanded by one skater.) A loss will be awarded to the team that cannot field the appropriate number of players and a win will be awarded to their opponent. The game cannot be rescheduled as a make-up game. The winning team will be awarded a 1-0 victory. **THIS RULE SHALL BE STRICTLY INTERPRETED. IT IS THE PLAYERS RESPONSIBILITY TO BE AT THE COURTS AND READY TO GO AT THE APPOINTED START TIME ON THE SCHEDULED DAY.**

Games will be cancelled and rescheduled due to **rink issues**. Only the League President and **the rink owners** shall be permitted to make this determination.

If a game has been started and suspended **for any reason**, it shall be rescheduled and picked up from the point where it left off, provided it has not met the criteria for an officially completed game.

An **officially completed game** for the purposes of calling a game due to inclement weather shall be 2 completed periods. However, if one of the teams holds a 10-point lead at the time the game is suspended, it will be considered a completed game and will not be rescheduled. If at the end of 2 periods the score is tied, both teams will get 1 point in the standings. The 2<sup>nd</sup> point will be awarded by way of a shootout at a date and time to be arranged by the captains and League President.

The printed schedule that is handed out to all players at the beginning of the season shall be the official schedule. The league shall not be held responsible for any typographical errors made to the schedule posted on the website.

**Points** will be awarded in the following manner: Win = 2 points, Shoot Out Loss = 1 point, Loss = 0 points.

**Stoppage of the game clock** will occur at the referee's discretion.

- When a **time-out** is called.
- During the **last 2 minutes of the 3rd period** at every whistle.

Only the penalty clock shall be stopped during whistles on a penalty. The penalty clock shall be re-started as soon as the ball is dropped at the face-off point.

Each team shall be allotted **(1) 1-minute time-out** during the course of a game.

**Face-offs** will occur at center court after every goal.

There will be no "icing" or **offsides** called.

When the goalie covers the ball and the Referee blows the whistle to stop play, a **face-off** will occur in the zone in which the ball was covered up.

When a **ball is shot out of play**, a **face-off** will occur in the zone in which the ball was shot out of play. If the attacking team shoots the ball out of play, without the interference of the defending team, the **face-off** will occur at center court. For instances that are undeterminable, the **face-off** shall be at center court.

When a **ball hits the ceiling**, the play will immediately be whistled dead. A **face-off** will occur in the zone in which the ball was shot out of play. If the attacking team shoots the ball out of play, without the interference of the defending team, the **face-off** will occur at center court. For instances that are undeterminable, the **face-off** shall be at center court.

When the **ball becomes lodged in the net** on the outside of either goal so as to make it unplayable, or if it is "frozen" between opposing players intentionally or otherwise, the Referee shall stop the play and **face-off** the ball at the closest **face-off** circle in that zone. If, in the opinion of the Referee, the attacking team caused the stoppage, the **face-off** shall occur at center court.

If the ball comes to rest **on top of the boards** surrounding the playing area, it shall be considered to be in play and may be played legally by hand or stick.

For the health and safety of all participants, any **player who is bleeding** must exit the court immediately and may not return until the bleeding has stopped or is bandaged.

As a condition of a team's admission into the league, **each team must provide their services as stated below: Individual teams can best determine who will work which games, and how many times each team-member must work.**

The Away team will be required to provide two of its members, and the Home team will be required to provide one of its members to the League on the night that they are scheduled to provide, scoreboard operators, and statisticians. These members must be ready the appointed start time of their game. Failure to do so will result in the team forfeiting their next regularly scheduled game. It will be left up to the individual teams to determine which members will provide these services.

The **schedule to provide services on Normal game days** will be determined in the following manner:

- 6:00 – The teams playing the 8:00 game will cover this time slot.
- 7:00 – The teams playing the 9:00 game will cover this time slot.
- 8:00 – The teams playing the 6:00 game will cover this time slot.
- 9:00 – The teams playing the 7:00 game will cover this time slot.

The **schedule to provide services on the days with 5 games** will be determined in the following manner:

- 5:50 – The away team playing at 7:50 will provide two players for this time slot
- 6:50 – The teams playing the 8:50 game will cover this time slot.
- 7:50 – One player from the away team at 5:50 and one player from the away team at 9:50 cover this time slot
- 8:50 – The teams playing the 6:50 game will cover this time slot.
- 9:50 – The home team playing at 7:50 will provide two players for this game

At no time during the season are teams permitted to "request" specific referees.

Whenever a team has attained a **12-goal lead** over an opponent, they shall be declared the winner of that game. The game will continue to play out as normal, with the exception that the score will not be altered nor official statistics kept for any subsequent goals or assists.

It is the responsibility of the individual teams to schedule **make-up games** on the dates provided by the league. When make-up games are rescheduled, it is the responsibility of those teams playing to provide statisticians and a scoreboard operator for that game. No make-up games will be scheduled on an evening if there are not at least 2 games scheduled for that night.

If a tie should occur in the point totals for two or more teams in the standings at the end of the regular season, the **six** playoff seeds shall be determined by following the subsequent **tie-breaking formula**:

- 1) The team that has won their respective season series during the regular season will be awarded the higher seed. If that doesn't apply then go to the next step.
- 2) The team with the biggest margin between 'Goals For' and 'Goals Against' (this shall be determined by taking the total goals scored by a team and subtracting it from the total goals given up during the season).
- 3) If there is a tie between for the margin, the team with the greater amount of 'Goals For' will get the higher seed.
- 4) If a tie still exists between any of the 1-5 seeds, a coin flip will determine the seeding. If the tie will determine the **6th** seed, a do-or-die game will determine the seeding.

During a game, goalies can only be replaced with an extra skater in the following circumstances:

- A. Their team is losing and there is less than two minutes to play in the game.
- B. There is a delayed penalty.

## Expected Conduct of Participants

The **intentional destruction** of another player's equipment by the participants of the League is not permitted. Any player found to be in violation of this rule shall be responsible for replacing the item or items broken or destroyed by them.

It is expected that all participants of the league will be treated respectfully and fairly by their Captains and fellow teammates, and that an **equitable system** will be devised by every team that will allow every player an equal chance to participate as a skating member of the team during all games. However, the **management practices** of each individual team is not controllable or the responsibility of the League or its officials.

Players are expected to **act professionally** on and off the court. Any incident occurring in the bench or spectator areas will be dealt with appropriately by the President and/or the Disciplinary Board. This includes interactions with fellow participants and/or spectators.

***It is the intention of the founders and organizers of this League for all of the League's participants to enjoy themselves in this sport because of the love that they have for the game of hockey. While winning is fun, and is an important goal, it is not intended to be the only objective of this League or its participants. A "win at all costs" mentality is not acceptable in this League.***

The Xtreme Hockey League is a privately organized recreational hockey league that was created by the League officials for the purpose of providing an opportunity for its participants a forum for playing organized hockey.

The Xtreme Hockey League has the permission of the [Reynoldsville Rollerdom](#)e to use the facilities that it plays on. The League is not managed, funded, or controlled by the Rink with regards to the rules and regulations that have been set forth hereto with.

The **President** of the League **is reserved the right** to deal with any situation (as he sees fit) that arises during the course of the season, which may not have been anticipated by any of the rules set forth during the current season. The **rules may be modified at any time** during the season to address unanticipated situations.

## Types of Infractions

### Minor Penalty:

Any player, other than the goalkeeper, shall be ruled off the court for **2 minutes** during which time no substitute shall be permitted.

When **coincidental minor** penalties of equal duration are imposed against players of both teams, the penalized players shall take their places on the penalty benches until the first stoppage of play following the expiration of their respective penalties. Immediate substitution shall be made for an equal number of minor penalties OR coincidental minor penalties of equal duration to each team penalized and the penalties of the players for which substitutions have been made shall not be taken into account for the purpose of the Delayed Penalty Rule.

Should an infraction of the rules occur to a player on a team that is already short-handed occur, the Referee will call the penalty but the penalty will not begin until the current penalty has been completed.

### Double-Minor Penalty:

Any player, other than the goalkeeper, shall be ruled off the court for **4 minutes** during which time no substitute shall be permitted.

### Major Penalty:

The offender, except the goaltender, shall be ruled off the court for **5 minutes** during which time no substitute shall be permitted.

### Misconduct Penalty:

Penalties to all players, except the goalkeeper, involve removal from the game for a period of **10 minutes** each. A substitute player is permitted to replace the penalized player immediately.

### Game Misconduct Penalty:

Penalty involves the **suspension** of a player for the balance of the game. A substitute player is permitted to replace the penalized player immediately.

## Match Penalty:

Penalty involves the **suspension** of a player for the balance of the game, and the offender shall be ordered to leave the premises immediately. No substitute is permitted to replace the penalized player until after 10 minutes playing time has elapsed.

If the situation should arise that a player is assessed a GAME MISCONDUCT PENALTY or a MATCH PENALTY in the last 5 minutes of a game, their suspension from their next regularly scheduled game is automatic.

## Penalty Shots:

The Referee may call a penalty shot for any of the following infractions:

- 1) If a player has a clear breakaway opportunity, had control of the ball, and is fouled from behind.
- 2) If a player other than the goalkeeper falls on, holds, or gathers the ball into his body while in the goal crease.
- 3) If a player throws a stick or any other object as to interfere with the ability of a player to stickhandle, pass, or shoot.

If by reason of injury the player designated by the Referee to take the penalty shot is unavailable to shoot in a reasonable time, the shot may be taken by an alternate player who was on the court when the foul was committed.

## Disciplinary Board

Whenever a situation arises that needs to be dealt with that is grievous enough to warrant further disciplinary measures, the DISCIPLINARY BOARD (composed of all the team captains & the League Officers) will meet to determine what additional actions need to be taken. If the matter involves a suspension of a player, the DISCIPLINARY BOARD must meet and make a decision prior to the "player in question's" next scheduled game. A **quorum of a simple majority +1** of Board members must be present in order to make a decision. If the "player in question" is the captain, the alternate will take his seat on the Board. Only a League Officer may call a DISCIPLINARY BOARD meeting. If a player feels that the Board should meet on a particular situation, they must have the captain of their team bring the suggestion to the attention of the League Officers.

## Specific Penalties

### UNSPORTSMANLIKE CONDUCT

- A) A **MINOR PENALTY (2 Minutes)** shall be assessed to any player other than the Captain who disputes the ruling of an official. If the captain has a dispute, he may, if the referee allows, question the call. However, the referee may determine at his own discretion whether the call warrants a discussion.
- B) A **MINOR PENALTY (2 MINUTES)** shall be imposed on any player blatantly "dives" or embellishes a fall or reaction, or who feigns an injury.
- C) A **DOUBLE-MINOR PENALTY (4 Minutes)** may be assessed to any player who persists in such a challenge.

- D) A **GAME-MISCONDUCT PENALTY (Suspension)** may be assessed if any further challenge persists.
- E) A **GAME-MISCONDUCT PENALTY (Suspension)** shall be imposed on a player who throws their stick on or off the court in a fit of rage. **This also includes intentionally breaking sticks on walls, goalposts, or ceilings.** This penalty shall be called by the Referee due to the fact that it endangers other players and spectators and could cause serious injury.

### **OBSCENE OR PROFANE LANGUAGE OR GESTURES**

- A) A player shall be given one **WARNING** by the Referee when obscene or profane language is used. A **MAJOR PENALTY (5 Minutes)** shall be assessed to any player who uses obscene gestures or profane language on the courts or in the bench area, before, during, or after the game anytime *after the initial warning has been given*, and the Referee shall report the circumstances to a League Officer for further disciplinary action.
- B) Use of the "F" word constitutes an automatic 5 minute Major penalty regardless of whether a warning has been issued.

### **ATTEMPT TO INJURE**

- A) A **MATCH PENALTY (Suspension)** shall be imposed on any player who deliberately attempts to injure an opponent or deliberately injures an opponent in any manner.
- B) In addition to the MATCH PENALTY, the player shall automatically be suspended from further competition until the DISCIPLINARY BOARD has ruled on the issue.

### **ELBOWING, KNEEING, AND HEAD-BUTTING**

- A) A **MINOR PENALTY (2 Minutes)** shall be imposed on any player who uses his or her elbow, knee, or head in such a manner as to any way foul an opponent.
- B) A **MAJOR PENALTY (5 Minutes)** shall be imposed if the foul is deemed severe.

### **BOARDING**

- A) A **MINOR PENALTY (2 Minutes)** shall be imposed on any player who body-checks, crosschecks, elbows, charges, or trips an opponent in such a manner that causes the opponent to be thrown violently into the boards. This includes pushing a player from behind into the boards when that player is unable to defend themselves.
- B) A **MAJOR PENALTY (5 Minutes)** shall be imposed if the foul is deemed severe. A major penalty shall automatically be assessed to any player who draws blood as a result of boarding another player.

### **CHARGING**

- A) A **MINOR PENALTY (2 Minutes)** shall be imposed on a player who runs or jumps into or charges an opponent. When more than two steps or strides are taken, it shall be considered a charge.

A goalkeeper is NOT "fair game" just because they are outside the goal crease area. A penalty for interference or charging should be called in every case when an opposing player makes unnecessary contact with the goalkeeper.

- B) A **MAJOR PENALTY (5 Minutes)** shall be imposed if the call is deemed severe. A major penalty shall automatically be assessed to any player who draws blood as a result of charging another player.

### CROSS-CHECKING

- A) A **MINOR PENALTY (2 Minutes)** shall be imposed on a player who "cross-checks" an opponent. A crosscheck is a check delivered with both hands on the stick and no part of the stick on the court.
- B) A **MAJOR PENALTY (5 Minutes)** shall be imposed if the call is deemed severe. A major penalty shall automatically be assessed to any player who draws blood as a result of cross-checking another player.

### KICKING A PLAYER

A **GAME MISCONDUCT PENALTY (Suspension)** shall be imposed on any player who kicks or attempts to kick another player.

### HIGH STICKS

- A) The play shall be whistled dead if a player plays the ball while carrying his stick above the normal height of the shoulder. If the opposing team touches the ball before the offending team does, the high-sticking violation shall be waved-off.
- B) A goal scored from a stick so carried shall not be allowed, except by a player of the defending team.
- C) A **MINOR PENALTY (2 Minutes)** shall be imposed on any player who strikes a player with such a stick.
- D) A **DOUBLE-MINOR PENALTY (4 Minutes)** shall automatically be assessed to any player who draws blood as a result of high sticking another player.
- E) A **Major Penalty (5 minutes)** shall be imposed if the call is deemed severe, or with intent to injure.

### BUTT-ENDING

- A) A **MAJOR PENALTY (5 Minutes)** and a **GAME MISCONDUCT PENALTY (SUSPENSION)** shall be imposed on any player who "butt-ends" an opponent. Attempts to "butt-end" shall include all cases where a "butt-end" gesture is made with the "butt-end" of the stick, or with the blade of the stick, regardless of whether body contact is made or not.

### SPEARING

- A) A **MAJOR PENALTY (5 Minutes)** and a **GAME MISCONDUCT PENALTY (SUSPENSION)** shall be imposed on a player who spears an opponent. Spearing shall mean stabbing an opponent with the point of the stick blade while the stick is being carried with one hand or both hands.

## SLASHING

- A) A **MINOR PENALTY (2 Minutes)** shall be imposed on any player who impedes or seeks to impede the progress of an opponent by "slashing" with their stick.
- B) A **MAJOR PENALTY (5 Minutes)** shall be imposed if the call is deemed severe. A major penalty shall automatically be assessed to any player who draws blood as a result of slashing another player.

Referees should penalize as "slashing" any player who swings his or her stick at any opposing player (whether in or out of range) without actually striking them or where a player, on the pretext of playing the ball, makes a wild swing at the ball with the object of intimidating the opponent.

## DELAY OF GAME

- A) A **MINOR PENALTY (2 Minutes)** shall be imposed on any player, including the goalkeeper, who holds or freezes the ball with their stick, skates, or body in such a manner as to deliberately cause stoppage of play. With regard to the goalkeeper, this rule applies outside of his or her goal crease area. Any player who drops to their knees to block a shot should not be penalized if the ball is shot under them or becomes lodged in their clothing or equipment. But any use of the hands to make the ball unplayable shall be penalized promptly.
- B) A **MINOR PENALTY (2 Minutes)** shall be imposed on any player, except a goalkeeper, who closes his hand on the puck. A player shall be permitted to catch the puck out of the air but must immediately place it or knock it down to the court.
- C) Play shall not be stopped nor the game delayed by reasons of adjustments to clothing, equipment, skates, or sticks, unless the player is the goalkeeper. The onus of maintaining clothing and equipment in proper condition shall be upon the player. If adjustments are required, the player shall leave the court and play shall continue with a substitute.
- D) A hand-pass shall not be permitted unless it is done in the defensive zone. If one occurs, the Referee will whistle the play dead and call for a face-off in the appropriate zone. A hand-pass can be waved-off if it is first touched by the opposing team.

## HOLDING

- A) A **MINOR PENALTY (2 Minutes)** shall be imposed on a player who holds an opponent with their hands or their stick in any other way.

## HOOKING

- A) A **MINOR PENALTY (2 Minutes)** shall be imposed on a player who impedes or seeks to impede the progress of an opponent by "hooking" with their stick.
- B) A **MAJOR PENALTY (5 Minutes)** shall be imposed on any player who injures an opponent by "hooking".

## INTERFERENCE

- A) A **MINOR PENALTY (2 Minutes)** shall be imposed on a player who interferes with or impedes progress of an opponent who is not in possession of the ball.

- B) A **MINOR PENALTY (2 Minutes)** shall be imposed on a player who restrains an opponent who is attempting to "fore check."
- C) A **MINOR PENALTY (2 Minutes)** shall be imposed on an attacking player who deliberately checks a defensive player who is not in possession of the ball.
- D) A **MINOR PENALTY (2 Minutes)** shall be imposed on a player who deliberately knocks a stick out of an opponent's hand, or who prevents a player who has dropped his stick or any other piece of equipment from regaining possession of it.
- E) A **MINOR PENALTY (2 Minutes)** shall be imposed on any player on the players' bench who, by means of his stick or his body, interferes with the movements of the ball or any opponent on the court during the progress of the play.
- F) A **MINOR PENALTY (2 Minutes)** shall be imposed on an attacking player who, either by his positioning or by contact, impairs the goalkeeper's ability to move freely within his crease or defend his goal.

### **TRIPPING**

- A) A **MINOR PENALTY (2 Minutes)** shall be imposed on any player who shall place their stick, knee, foot, arm, hand, or elbow in such a manner that it shall cause their opponent to trip or fall.

### **ROUGHING**

- A) A **MINOR PENALTY (2 Minutes)** shall be imposed on any player who unnecessarily contacts or strikes a player during the game.
- B) A **MAJOR PENALTY (5 Minutes)** shall be imposed if the call is deemed severe. A major penalty shall automatically be assessed to any player who draws blood as a result of charging another player.

### **TOO-MANY MEN**

- A) A **MINOR PENALTY (2 Minutes)** shall be imposed on a team that prematurely substitutes and has too many men on the court at a given point during the game. The Referee shall allow a small window for changing but it will be left to his discretion as to what is fair for both teams.

### **COOLING-OFF RULE**

Play will be stopped when a player is deemed guilty of endangering other players on the court, or deemed in violation of playing at a "win at all costs" mentality. This player will be immediately given a warning by the referee, no questions asked. The league officers will also have the authority to judge if a player is guilty of violating these rules. The warning will also constitute a "cooling-off" time, where the player or players will be required to sit on the bench for **5 minutes** in order to regain their composure. This **5 minute** cooling-off time is not a penalty as the player can be replaced by a substitute. This will be the only warning for that player. The next violation will be an automatic game misconduct penalty, and the player will be reported to the league officers for further disciplinary measures if necessary.

## FIGHTING

### **A) FIGHTING IS ABSOLUTELY NOT PERMITTED.**

- B) Any player who initiates a fight will be **automatically** and immediately **thrown out of the league for the remainder of the season**, without recourse. The offender must leave the premises immediately or the proper authorities will be called to have the offender removed for disorderly conduct. The offender may not be replaced on the roster by his or her team. No substitute shall be permitted to take the place of the penalized player on the court until 10 minutes of actual playing time has elapsed from the time the penalty was imposed. It will be the discretion of the Referee and/or the League President as to whom the initiator of the fight was.
- C) If another player on the penalized team initiates a fight at any time during the remainder of the season, the offender and his or her team will be automatically and immediately thrown out of the league for the remainder of the season, without recourse. The offender and his or her team must leave the premises immediately or the proper authorities will be called to have the offender and his or her team removed for disorderly conduct. It will be the discretion of the Referee and/or the League President as to whom the initiator of the fight was. The current game and all remaining games will be considered a forfeit on the offending team's part.