

XHL RULES (Last modified May 2019)

General League Information

President – Brian Anderson

Vice President/Ref Director – Dave Glass

Board Member/Tournament Director– Bob Anderson

Board Member – Jeremy Lee

Board Member – Adam McKinley

The Xtreme Hockey League does not own the rink and is liable for damage inflicted to the property. Any non-accidental damage inflicted to the rink by a player could potentially cost the league money. This includes throwing equipment, slamming sticks on the floor, wall, ceiling, etc.

As such, the league reserves the right to pass these costs on to the player who caused the damage in the way of a fine. Any player who receives a fine will be ineligible to play any further games until the fee is paid in full.

League participants must have attained their 16th birthday by the start of the season. Exceptions to this rule can be made with Presidential approval based on their playing ability. Parental Waiver is required. The president/board will take into account the team's request as well.

Teams will consist of a maximum of 7 players and an optional full or part time player. If paying the part time fee, they can't play anymore than half

the regular season games but they are allowed to play all playoff games as long as they play at least 6 regular season games. Part time players will not be able to play in the playoffs if they play less than 6 regular season games. (Part time players are considered part time if they pay the part time fee.) There will be no playoff stipulation for the other players on the roster. Before the season starts, the league will make the part time players known to the rest of the league.

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

Both in-line and quad skates are acceptable. 4 wheels are required on your skates at all times. If one of the wheels on your skates break in the middle of a game, you will be required to get off the court immediately.

HELMETS, SHIN GUARDS, and HOCKEY GLOVES are REQUIRED safety equipment that MUST be worn at all times during the course of play. Helmets must be strapped when on the court. If you are playing in the league for the first time or are under the age of 18, you must wear either a face shield or visor.

If you are at least 18 and have participated in the league before: The use of mouthpieces, visors, elbow pads, kneepads, throat guards, and other safety equipment is optional, but their use is strongly encouraged.

Goalies are not to use wax or any other foreign substance on their goalie pads.

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. Teams are allowed to pick T Shirts out in substitute of jerseys if they wish.

Every player in the XHL is required to pay an entrance fee, and a RINK FEE. THESE FEES ARE NOT REFUNDABLE. No applicant will be permitted to play until ALL fees are paid.

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. An exception to this rule can be made if ALL of the team captains and board members agree for the player to be replaced.

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.

Exceptions to roster sizes can be reviewed by the president/board members for special circumstances.

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.

Games will consist of three 15-minute periods and two 2-minute intermissions. If at the end of regulation play, a tie occurs, then there will be a 3 on 3 for 3 minute sudden death overtime period. If the game is tied at that point, we will proceed to a shoot-out. Any overtime power play will be 3 on 2.

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.

***The team with the least amount of skaters controls how many skaters are required by both teams. The team with more skaters only has to use the same number of skaters as the short-handed team. They can choose to use from that number up to all their skaters. Example (Colonials only have 4 skaters where Hooligans have 7. If after the first 4 rounds are completed and tied, the colonials would repeat with skater 1. The Hooligans have the option of how many of their skaters they want. They do not have to skate all 7 players, they can also start repeating at the 5th frame). Once the decision is made, there's no additions/subtractions from the shooting order.

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 given 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.**

There will be no substitutions to rosters due to missing players. And there will be no rescheduling/make up games due to roster shortages. If neither team can field a team, then it will be a 0-0 tie and neither team will get a point in the standings. An exception may be made if teams are willing to switch games around.

Games will be cancelled and rescheduled only 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 FOR ANY REASON 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 2nd 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, Overtime or 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 provided that the game is within 4 goals. If one team is leading by 5 or more goals, the clock will continue to run unless the other team scores to get within 4 goals.

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 off-sides 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.

A change for the 2019 season is the way we schedule scorekeepers and statisticians. Volunteer stat keepers will keep stats, but we will need a scorekeeper for each game. The president or board member will send a weekly reminder as to which team is responsible for running the scoreboard. Failure to provide a scoreboard operator (if your team is assigned) will result in an automatic forfeit of the next scheduled 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.

Teams are required to start a goalie, but they can pull the goalie at anytime during regulation play. If a team pulls their goalie in overtime and the team loses, the team will forfeit the 1 point that would have been given to them for making it to overtime.

The XHL is committed to the safety and well-being of its participants. As such, referees have been authorized to remove players from a game who are displaying signs of heat stroke, heat exhaustion or a concussion.

Symptoms include but are not limited to:

Vomiting

Dizziness

Disoriented state

Passing out

PLAYOFFS:

In 2019, the playoffs have been modified. The top 8 teams in the standings will make the playoffs. In the quarterfinals, the #1 seed will get to choose whichever playoff eligible opponent they wish to play. The #2 and #3 seeds will also get to choose their playoff eligible opponent. The #4 seed will play the team who was not chosen by the first 3 seeds. In the semifinals, the team with the best regular season seed will get to choose who they want to play. Quarterfinal, semifinal and finals will all be a best of 3 series.

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 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 teams with the most wins will be awarded the higher seed.
- 3) 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).
- 4) If there is a tie between for the margin, the team with the greater amount of 'Goals For' will get the higher seed.
- 5) If a tie still exists between any of the 1-3 seeds a coin flip will determine the seeding. If tie is between 4-5, coin flip will determine home/away, and play in game will proceed.

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 XHL Board. This includes interactions with fellow participants and/or spectators. . Going forward we are asking all league referees and board members to assist in enforcing this rule. Suspensions can and will be given to those who do not act professionally. IF upon returning from the suspension, that person is involved in any additional altercations, they shall be suspended for the remainder of the XHL season and playoffs. The board/president still reserves the right to determine if additional discipline is needed based on the severity of the incident.

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 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. In the event that the president is not available at the time of an incident where an immediate decision is needed, the remaining board members are empowered to make such decision. The Board and President can agree on a final solution and inform the captains prior to the following week's games.

Rink ownership has the right to refuse to let anyone they want in the rink for any reason. They also have the throw guys out as they see fit.

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 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 teams will play 4 on 2. No team shall play with

less than 2 skaters. If the team shorthanded by two skaters commits another infraction, the Referee will call the penalty but the penalty will not begin until the first penalty has been completed – A STACKED PENALTY. The first skater is free to substitute, but will still leave the team shorthanded by 2 men for that time frame.

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, their suspension from their next regularly scheduled game is automatic. The President and Board will review all GAME MISCONDUCT PENALTIES.

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 Matters

Whenever a situation arises that needs to be dealt with that is grievous enough to warrant further disciplinary measures, the XHL board will meet to determine what additional actions need to be taken. If the matter involves a suspension of a player, the league officers 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

1. 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.

a.) A GAME-MISCONDUCT PENALTY (Suspension) may be assessed if any further challenge persists.

2. A MINOR PENALTY (2 MINUTES) shall be imposed on any player blatantly “dives” or embellishes a fall or reaction, or who feigns an injury.

3. A MINOR PENALTY (2 MINUTES) shall be assessed to any player who intentionally swings stick in anger regardless of whether it breaks or not. This will include hitting walls/boards/posts/and slamming sticks on the floor. This can cause damage to the rink and will no longer be tolerated.

D) An unsportsmanlike conduct MINOR penalty will be applied to a situation when an offensive player positions himself facing the opposition goaltender and/or engages in actions such as waving his arms or stick in front of the goaltender’s face, for the purpose of improperly interfacing with and/or distracting the goaltender as opposed to positioning himself to try to make a play.

E) An unsportsmanlike conduct penalty will be called if a player picks up or intentionally touches another players (teammate or opponent) stick or equipment that is laying on the playing surface. The only exception is if a teammate helps the goalie recover his stick – but he MUST pick it up and immediately hand it to the goalie (no “shooting it” with a stick)

F) A GAME-MISCONDUCT PENALTY (Suspension) shall be imposed on a player who throws their stick OR EQUIPMENT 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. This rule applies before and after the game, and between periods. Any referee or board member that witness’s this occurrence between games will notify the game officials, and will result in suspension of next

game. The individual will be suspended for the rest of the season (including the playoffs) the second time this offense occurs.

OBSCENE OR PROFANE LANGUAGE OR GESTURES

1. A player's TEAM shall be given one WARNING by the Referee when obscene or profane language is used by any member of said team. 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 to the team and the Referee shall report the circumstances to a League Officer for further disciplinary action.
1. Use of the "F" word constitutes an automatic 2 minute Minor penalty regardless of whether a warning has been issued.

ATTEMPT TO INJURE

1. 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.
1. 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

1. 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.

1. A MAJOR PENALTY (5 Minutes) shall be imposed if the foul is deemed severe.

BOARDING

1. 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.

1. 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

1. 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.

1. 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.

HIGH STICKS

1. 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.
1. A goal scored from a stick so carried shall not be allowed, except by a player of the defending team.
1. A MINOR PENALTY (2 Minutes) shall be imposed on any player who strikes a player with such a stick.
1. A DOUBLE-MINOR PENALTY (4 Minutes) shall automatically be assessed to any player who draws blood as a result of high sticking another player.
1. A Major Penalty (5 minutes) shall be imposed if the call is deemed severe, or with intent to injure.

BUTT-ENDING

1. 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

1. 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

1. 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.
1. 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

1. 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.
1. 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 ball out of the air but must immediately place it or knock it down to the court.
1. 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.
1. 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

1. 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

1. 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.
1. A MAJOR PENALTY (5 Minutes) shall be imposed on any player who injures an opponent by "hooking".

INTERFERENCE

1. 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.

1. A MINOR PENALTY (2 Minutes) shall be imposed on a player who restrains an opponent who is attempting to "fore check."

1. 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.

1. 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.

1. 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.

1. 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. THIS SHALL ALSO BE CALLED IF SOMEONE INTENTIONALLY FACES GOALTENDER AND WAVES/PLACES HAND INFRONT OF EYES

TRIPPING

1. 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

1. A MINOR PENALTY (2 Minutes) shall be imposed on any player who unnecessarily contacts or strikes a player during the game.

1. 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 roughing another player.

TOO-MANY MEN

1. 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 RULES

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.

- New — Cooling down TEAM. In the event that a game is getting heated, the referee will also have the discretion to issue a team cooling down. Play will be stopped (as will the clock) for 2 minutes. This is an attempt to settle things, and should be considered a warning to BOTH teams that any further issues will result in automatic game misconduct penalties. This is not to say that when play resumes, an incidental infraction should result in misconduct penalty. But if the referee deems this to be a continuation of the escalation that resulted in the team cool down, then a misconduct penalty (in addition to any minor/major) penalties should be called.

New — VERBAL THREATS. The league takes any verbal/physical threats seriously, and will not be tolerated. IF any referee on or off the court...or any of the league board members witnesses/hears any threatening comments, they should engage other officials/board members/rink owners. The offending person WILL NOT be allowed to return to play in that game, and should be asked to leave the rink immediately. IF that does not occur, the rink will be asked to call the authorities to have the person removed. A disciplinary board hearing will follow before that person would be permitted to return to play.

FIGHTING

1. FIGHTING IS ABSOLUTELY NOT PERMITTED. FIGHTING IS CONSIDERED A NON-HOCKEY PLAY RELATED ATTACK ON ANOTHER PERSON. THE FOLLOWING ACTIONS ARE CONSIDERED FIGHTING-----THROWING A PUNCH, THROWING AN ELBOW, KARATE CHOPPING, SLAPPING, HEAD BUTTING AND KNEEING.

1. 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. Furthermore, there is no guarantee that the league/rink will allow that person to return in future seasons.

1. 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.

SUSPENSIONS

1. If a player gets suspended, he will automatically have to sit out the next scheduled game. If multiple players get suspended on the same team, the team can have one individual sit out per game until the suspension is over. If this occurs, the league reserves the right to assign which player sits out each week.

NON-ACCIDENTAL RINK DAMAGE

The Xtreme Hockey League does not own the rink and is liable for damage inflicted to the property. Any non-accidental damage inflicted to the rink by a player could potentially cost the league money. This includes throwing equipment, slamming sticks on the floor, wall, ceiling, etc. As such, the league reserves the right to pass these costs onto the player who caused the damage in the way of a fine. Any player who receives a fine will be ineligible to play any further games until the fee is paid in full.