

XL Sports World – Adult Inline Hockey Rules

Rosters

1. A minimum of six-players must be on the roster prior to the first game of the season.
2. A team will be allowed to have subs when the team knows that there will be no more than 5 players at a game. For example, if the team has 5 or less skaters, they can add the number of players to total 6 for that game. (5 players can add +1, 4 players can add +2). In order to add a player for the game, approval by XL management is needed prior to the game. ****This only applies to Regular Season games.****
3. After the 3rd game, rosters are frozen and no additions or deletions can be made.
4. One captain/manager must be designated on every adult roster. This way, refs can communicate with designated players to keep the game clean and fair.
5. Goaltenders may be added as an “Emergency Goaltender” on a game-by-game basis.
6. See “Playoffs” for rules on rosters in playoffs.

Playing on Multiple Teams

Players are allowed to play on multiple teams in different divisions. The player may play below or above the current league they are playing in. For example, Gold division players will be allowed to also play in the Silver division, Bronze division players may play in the Copper division, etc.

Players are not allowed to play in 3 divisions (unless approved by management), nor will they be allowed to play down 2 divisions. (Silver players cannot play Copper; Gold players cannot play Bronze).

Goalie Roster/Sharing

Goalies may be rostered to multiple teams in the league and can be shared by teams throughout the league. A goalie that is being shared, must declare which team in the league is his/her Primary Team and must only play for that Primary Team when teams that he is rostered to play each other.

Game Time

1. Each game will begin with a minimum three-minute warm-up at the official designated starting time. The game shall begin immediately after the warm-up.
2. Games will consist of three fifteen-minute run-time periods.
3. If after the three-minute warm-up a team is not ready to start, then a two-minute delay of game penalty shall be assessed to that team.
4. If after an eight-minute time allotment (three-minute warm-up, plus an extra five-minutes) a team is not ready to start the game then a forfeit will be assessed to that team.
5. The clock will switch to stop clock during the last 2 minutes of the game, if the score is within 2 goals.

Overtime

In the regular season and preliminary playoff games, if regulation time ends with the score tied then a 5 minute, three on three, plus goalies, sudden death overtime period shall occur. If still tied, then a three-man shootout and overtime shootout if necessary shall occur to determine a winner. With the shootout, the home team gets to choose whether to shoot first or last.

In the championship games of the playoffs if regulation time ends with the score tied then a four on four, plus goalies, full 15-minute sudden death overtime period shall occur. If still tied, then the overtime system from the regular season mentioned above shall apply.

Standings

Regulation Time (RT) Win = 2 Points; Overtime (OT) Win = 2 Points;

Overtime (OT) Loss = 1 Point; Regulation Time (RT) Loss = 0 Points

If a tie in points occurs at the conclusion of the regular season, then the following tie-breaking system shall be used:

1. More Regulation Time Wins
2. More Overtime Wins
3. Fewer Regulation Time Losses
4. Head-to-Head Competition
5. Fewer Goals Allowed in All Games
6. More Goals Scored (max. +5 differential per game)
7. More periods won between the tied teams

In a 3+ -way tie, once one team wins a tiebreaker the system starts all over again with the remaining teams.

Forfeits

Forfeits shall automatically occur when:

- A team plays a player not on their master roster.
 - A team plays a suspended player.
 - A team does not meet their financial obligation to the league per the payment schedule.
1. A team winning a game by forfeit will be credited with a 5-0 victory.
 2. In the event of a forfeit, the winning team may use the game slot (one hour) for a practice. They have the option of allowing the losing team to share the rink with them.
 3. The referees will not officiate a scrimmage game after a forfeit is called.
 4. A team who forfeits more than two games may be expelled from the league.

Protests

1. Protests cannot be made against a referee's judgment of the rules. However, any disagreement with a call may be reported and judged by XL Management and NC Roller Hockey Officials.
2. All protests must be logged in writing within one week of the game and game footage will be reviewed.

Uniforms

1. All players, not including goaltenders, must wear matching colored jerseys. (Matching jersey is defined by light or dark color of the jersey).
2. If pullovers are necessary, the non-conforming team must wear pullovers provided by the facility. If both teams are non-conforming, the visiting team must wear the pullovers.
3. Number must be assigned to each player and be on their jersey. (no duplicates)
4. There is a \$20 charge for each pullover vest not returned.
5. All players must wear full equipment (AAU/USARS Rules).

Helmets

1. Players must wear a helmet with chinstrap fastened. This applies to on the rink and on the bench as well. Failure to comply (after warning) will result in suspension for the remainder of that game.
2. For Adults - Legal facemasks are optional, but highly recommended.

Playoffs

1. A player must play at least 3 of his/her team's regular season games to be eligible to play in the playoffs (with the exception of goalies).
2. Playoff games may not start with an illegal player.
3. An illegal player is stated as followed: A Player not currently on the roster (no matter which division of the league) or a player on the roster that has not played at least 3 of his/her team's regular season games.
4. If an illegal player is added, and the game is played. The game will be considered a forfeit, and the team with the illegal player will be awarded the loss.

Penalties & Suspensions

1. Fighting will result in a seasonal (approx. 3 month) or yearly suspension from the date of the fighting incident. Length will be determined by the severity of the incident and will be determined by management team by analyzing video footage and referee notes.
2. Any player who receives a major penalty in the last 10 minutes of the game will receive an automatic game misconduct, plus a one game suspension.
3. There is no body checking allowed in the league. Minor and major penalties may be assessed for body checking.
4. Any player who drops his/her gloves attempting to create an altercation will receive a game-misconduct, and will carry a one game suspension.
5. Players that do not show sportsmanship during the handshake may be assessed a one-game suspension.

High Sticking/Stick Infractions

XL Sports World considers any violent maneuver using the stick a serious infraction.

1. Any player who incurs a "Deliberate" major penalty for high sticking will receive an automatic three-game suspension.
2. Any player who incurs an "Accidental" major penalty for high sticking will receive an automatic one game suspension.

Timeouts

Each team will be allowed one 30-second timeout per game

Goalie Rule

1. If a team does not have a goalie, it is the team manager's responsibility to find a sub. If no sub is available, the game will be considered a forfeit.
2. If a goalie is in the locker room at game time, dressing, then a team can begin the game with five skaters.

Regulations and Requests

1. A team or individual player may not have the privilege of being invited back for the next playing season due to violations of facility rules, or any outbursts of unsportsmanlike conduct towards staff or officials.
2. Please help keep the facility and parking lot clean and put trash in the trashcans.
3. Alcohol is sold within our facility, so there will be no consumption of alcohol outside of our building. Please drink responsibly within our facility.
4. Players participate at their own risk. XL Sports World does not provide medical insurance coverage for any item or individual player.
5. Any player who appears to be under the influence of any substance will not be allowed to play.

Rules Update

Rules may be updated or added at the discretion of XL management. Teams will be notified of any rule changes or adjustments immediately.