



RULES

2008-2009 SEASON

SEPTEMBER, 2008

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Interscholastic Hockey Federation (IHF) Rules 2008-09

Forward

The Interscholastic Hockey Federation (IHF or League) is the governing body for all IHF High School League competitions and events. The League is organized and operates as an affiliate of the Amateur Athletic Union of the United States, Inc. and is considered a 501 (c)(3) tax-exempt organization under the AAU tax exemption number.

Through its Board of Directors, the IHF maintains high and consistent standards to govern the League, including its member Clubs, Coaches and Student-Athletes.

In accordance with the Amateur Sports Act of 1978, rev. 1998, Sect. 220510 of the United States Code, and by appointment of the US Olympic Committee, the National Governing Body (NGB) for roller hockey is USA Roller Sports (USARS). By appointment of USARS, the sanctioning body for roller hockey is the Amateur Athletic Union (AAU). Through its membership affiliation, the Interscholastic Hockey Federation (IHF) is a sanctioned, Scholastic League club by the AAU.

The Official Rules of USARS have been adopted as the official rules of the IHF. This document defines playing and eligibility rules specific to IHF High School League competition. Items not covered herein are covered under the applicable guidelines, rules, and regulations of Western Inline Hockey Association (WIHA) and its member facilities (rinks).

Governing Authority

The IHF is the governing body for all IHF High School competition. IHF Board Members and/or its duly appointed representatives shall have overall supervising authority during competitions and League events.

Affiliation

Through its membership affiliation, the IHF is a Scholastic League club, sanctioned by the AAU. Accordingly, all coaches, referees, and players shall hold current membership cards with the official sanctioning body of the League. The current sanctioning body is the AAU. All coaches, referees, and student-athletes (players) must complete a membership application and provide verification of same prior to the beginning of the season. Failure to do so may result in a Student-Athlete being restricted from participation or a team forfeiting games.

SECTION I. IHF RULES

Any team representing a California High School, public or private, is eligible to enter a High School Roller Hockey team in one or more divisions, as rink resources permit. Preference may be given to schools returning from the previous season and then to schools located in the home district or county. No school can have more than one team in a single division unless approved by the IHF Board. Final placement of a team is at the discretion of the IHF Board. No team can participate in any IHF organized activities without proper registration with the IHF and the AAU.

1. All School Clubs, whether fielding one more teams, are required to submit a minimum of one dutiful volunteer representative not including either a coach or manager to support the requirements of the Board of Directors and/or the activities of the League. Volunteers may be candidates for one of the nine positions on the Board of Directors, subject to acceptance by the current Board, supporting roles/functions to the Board in the capacity of Secretary, Treasurer or Legal Counsel, serve on committees and/or functions as defined by the Board, or provide support and/or service for League events and management, etc. Roles may also include those focused to the quality of on-rink and/or off-rink functions of the League. Clubs that do not nominate a representative to assist the League, or nominees who fail in fulfilling their obligations in the opinion of the IHF Board, will be subject to additional penalties including exclusion of their Club from the playoffs.

2. Teams shall consist of players in the ninth through twelfth grade levels; players must be enrolled and attending throughout the current school year. Players must be able to provide a current and valid school ID on request. Student-athletes who are Home Schooled or involved in a Home Study Program are currently not allowed to participate on an IHF team. The Board will consider specific requests for acceptance on a case-by-case basis, but only through petition by the individual participating schools.

3. (A) All team members must wear properly numbered jerseys that are significantly matched to the rest of their teammates. "Out of uniform" players will not be allowed on the playing surface. "Significantly matched," as noted above, is at the discretion of the IHF Board or duly appointed representative on-site.

(B) Each player shall have a permanently assigned jersey number for the entire season and this number must be permanently and securely attached on both the home and away jerseys. Jersey numbers made of tape, hanging numbers, and removable numbers are prohibited. Players out of compliance with this may not play until the situation is rectified.

4. Each team must have a set of home (light) and away (dark) jerseys with numbers matched to players as noted above. There shall be a maximum of 2 numbers, "0" and "00" are acceptable, and a 10" minimum size is suggested but not mandatory.

5. The Home team must wear a light-colored jersey.

6. During the preseason, no game rosters are necessary. Players may play on more than one team in the interest of player assessment and placement. Coaches or managers must ensure, however, that all players have current 949 Roller Hockey Center, or other rink facility membership. Final rosters must be submitted as directed by the IHF Board of Directors for that season.

7. Before each game, coaches or managers are required to provide the scorekeeper with an accurate legible roster of players – using only the official IHF Roster form – signed by the players participating in that specific game. This must be done before the team takes the rink. Teams in violation may be assessed a two minute delay of game penalty.

8. Coaches shall maintain control and discipline of their team at all times. Failure to maintain discipline can result in suspension or removal from IHF competition. Coaches and players will display good sportsmanship at all times. The use of foul language, verbal or physical abuse or any other offensive behavior shall be grounds for immediate removal from that game, and a one (1) game suspension to be served in the next scheduled game, with additional penalties subject to IHF Board review. All of the above are subject to the rink official and the IHF's duly appointed representative discretion and review by the IHF Board for further disciplinary action.

9. Derogatory Slur. Any player or coach who is given an Unsportsmanlike Penalty as a result of using any slur regarding religion, gender, nationality, or sexual orientation will be immediately suspended for one (1) game. Upon further review of the incident, the Board may issue additional discipline if warranted, including expulsion from the League]. The slur must be documented on the

score sheet and/or in the referee's report.. This Rule would also apply to a fan attending a game, if the slur can be verified by a League or facility official.

10. Any player issued a penalty will remain seated while serving said penalty in the penalty box and for the entire duration of the penalty save the last 30 seconds before re-entering the rink surface.

11. Spectators are prohibited from talking to players in the penalty box.

12. Coaches and players must shake hands at the conclusion of the game. An unsportsmanlike conduct penalty may be called, resulting in a one game suspension, on any individual failing to participate in the handshake unless ruled "removed from the playing surface" by the officials.

13. **Zero Tolerance Policy.** The game will be stopped by game officials when the parents and/or spectators displaying inappropriate and disruptive behavior interfere with other spectators or the game. The game officials will identify violators to the rink management and coaches for the purpose of removing parents and/or spectators from the spectator's viewing and game area. Once removed, play will resume. Lost time will not be replaced and violators may be subject to further disciplinary action by the IHF. This inappropriate and disruptive behavior shall include: Use of obscene or vulgar language in a boisterous manner to anyone at any time; Taunting of players, coaches, officials or other spectators by means of baiting, ridiculing, threat of physical violence or physical violence; Throwing of any object in the spectators viewing area, players bench, penalty box or on rink surface, directed in any manner as to create a safety hazard; or coming on to the playing surface or bench without being directed to do so by an official or an IHF duly appointed representative. Anyone that violates any of these rules is subject to being banned from attending anymore IHF League games. The proper authorities will be called to remove anyone that causes such disturbances.

a. CALIFORNIA PENAL CODE SECTION 243.8. BATTERING A SPORTS OFFICIAL

i. When a battery is committed against a sports official immediately prior to, during, or immediately following an interscholastic, intercollegiate, or any other organized amateur or professional athletic contest in which the sports official is participating, and the person who commits the offense knows or reasonably should know that the victim is engaged in the performance of his or her duties, the offense shall be punishable by a fine not exceeding two thousand dollars (\$2000), or by imprisonment in the county jail not exceeding one year, or by both that fine and imprisonment.

ii. For purposes of this section, "sports official" means any individual who serves as a referee, umpire, linesman, or who serves in a similar capacity but may be known by a different title or name and is duly registered by, or a member of, a local, state, regional, or national organization engaged in part in providing education and training to sports officials.

SECTION II. GAME MANAGEMENT

1. All Head Coaches and Assistant Coaches must have a current AAU Inline Hockey Registration and Coaching Certification as required by IHF.
 - a. All IHF Coaches must meet a minimum Coach Certification requirement in accordance with CIF guidelines for basic coach training: All Coaches, paid or unpaid, must be certified in Coaches Education by December 31, 2008. Coaches can now become certified online for \$52 or in a classroom setting by one of California's Instructors as offered through the NFHS Fundamentals of Coaching Course at <http://nfhslearn.com/>. Coaches must provide the League with certification in advance to the first game in January, 2009. Failure to provide requested evidence of certification will result in ineligibility to coach any team in playoff or post-season and/or IHF sanctioned competitions in 2009.
 - b. All IHF Coaches and Assistant Coaches must be in compliance with Scholastic level certification requirements as may be defined by USARS, the AAU and/or the IHF by or before the beginning of the first regular season game of each season beginning after 2008.
 2. All Head Coaches or Assistant Coaches who are new to IHF may start the season without coaching certification, but must have their appropriate coaching certification in place no later than December 31st of each season.
 3. Those returning IHF Head Coaches and Assistant Coaches who failed to attain the minimum coaching certification in the previous season may not be rostered on any team until the minimum appropriate coaching certification for that level has been achieved.
 4. All bench personnel must be properly rostered as a Coach on the official roster. Managers and trainers are not considered coaches of a roster.
 5. At least one Registered Coach must be on the bench any time members of the team are on the rink, either while practicing or during games. A maximum of three registered coaches per team may be on the bench at one time. A registered coach is defined as a person who:
 - a. Is 21 years old or older for all Varsity teams. Coaches between the ages of 18 – 21 years will be restricted to Junior Varsity; and
 - b. Has signed and filed a Coaches Conduct form with the IHF.
- PLEASE NOTE: No additional persons are allowed on the bench, except photographers with IHF Board or Supervisor approval.
6. Teams must have five eligible players ready to play at the scheduled game time. Failure to comply will result in a delay of game penalty. At the conclusion of the penalty, the team that cannot present its five players will forfeit the game. A goalie in pads DOES NOT have to be on the rink to start or finish the game.
 7. The team will not be given a forfeit if the delay is the result of the goalie from a previous game still suiting up with necessary goalie gear. A delay-of-game penalty may be applied.
 8. Game pucks will be supplied by the facility (rink) and shall be black or red in color.
 9. Each team will designate a Team Captain and Alternate Captain(s) to be designated by a "C" or "A" affixed onto the their jersey (front, upper right) and/or by sleeve slip-on marker. During a game, only one player, either the Captain or Alt. Capt., may approach a Referee (on-rink official) or the IHF Board member or duly appointed representative at the scorer's table with any question relating to interpretation of rules which may arise during the progress of a game. Any player other than the Captain or Alternate Captain who comes off the bench and makes any protest or complaint to the Referees for any purpose may be assessed a misconduct penalty. A complaint about a penalty is NOT a matter "relating to the interpretation of the rules," and a minor penalty may be imposed against any player making such a complaint.
 10. Each game will consist of three fifteen-minute running time periods, with one five-minute warm-up, and one-minute breaks between periods.
 11. Stop time will occur in the last two minutes of the game if the score difference is two goals or less.
 12. Games will be considered final if 2 periods of play have been completed.
 13. All games (pre-season or regular season) that end in a tie after three periods will be considered a tie. There are no shootouts or overtime periods.

14. If a Playoff or Championship game ends in a tie, the game shall be decided by a sudden death overtime period (or periods, as required). The clock for each overtime period shall be set at 15 minutes. There will be no shootouts.

15. If coincidental penalties are assessed, play will continue with teams at the same strength (e.g., 4-on-4, 4-on-3, etc.) existing when play stops. The penalized players will remain in the penalty box for the duration of the penalty time and may not leave until play stops again.

16. Each team will play three preseason games and fifteen regular season games. The top eight teams in each division will play a single elimination playoff round in which they will be seeded according to their regular season win/loss record. In the case of teams with equal records, the following tie-breakers will be used:

- a. Head to head game(s);
- b. Average scoring margin;
- c. Average goals against;
- d. Average goals for; and
- e. Coin toss

17. **Forfeit Policy.** If a team fails to show for a game or does not have a sufficient number of players in accordance with Section II, Rule 6 above, the game will be cancelled and the team that failed to show will be charged with a loss. The team that showed up WILL NOT be credited with a win. (With teams in competition for playoff spots, the board feels it is inappropriate to award unearned wins.) If both teams are willing, an attempt will be made to reschedule the game at a later time. The forfeiting team will be asked to pay for the referees for the makeup game to prevent a financial impact to the rinks. If the game is made up, the team that showed at the original date and time will get a win or loss in accordance with the result. If the team that failed to show at the original date and time wins the makeup game, their forfeit loss will not be erased, but they will be awarded a win for the makeup game. If the team that failed to show originally loses the makeup game, they WILL NOT be given a second loss. If the team that failed to show originally declines to play a makeup game, one of its remaining games might be awarded to the team that showed originally, depending on the circumstances.

SECTION III. PLAYER ELIGIBILITY

1. Every player must be a student who is currently enrolled and attending classes at the High School represented by his or her team. Coaches are responsible to ensure that all players are eligible for every game they play.

2. Every team in each division must submit a separate Team Binder by the date directed by the IHF Board of Directors for that season. The master team binder will be maintained at the primary facility for League reference at all times. A Team Binder copy, black & white acceptable, must accompany each team and be made available to officials at each roller hockey facility where the team may travel and play league game(s). All Team Binders will be 1 1/2", white 3-ring and color coded on the binder's spine by Division. The IHF will provide each team with a Binder and produce a color-coded label at time of Check-In as the Board may direct. Color codes by division are:

1. Varsity = Black;
2. JVA = Blue;
3. JVB = Red; and
4. JVC = Green

The Team Binder(s) must contain:

- 1 Official IHF Team Profile form. (must be typewritten);
- 2 Official IHF Final Team Roster (typewritten);
- 3 Official IHF Game Roster (typewritten);
- 4 Completed IHF Conduct of Coaches Form for each coach;
- 5 Legible color copies of each student's current school ID, enlarged to fit on an 8 1/2 x 11" page, with a photo that clearly shows the student's face;
- 6 Completed IHF Liability Release Form for each player;
- 7 Completed IHF Player Conduct Form signed by Player and/or Parent of minor;
- 8 Extra copies of the team's official IHF Game Roster (typewritten) – 20 recommended.

3. Player additions to any team will only be allowed prior to the 1st regular season game, or subsequent to this at the discretion of the IHF Board through a majority vote.

4. Each team may roster a maximum of 12 players, not including goalies or substitute goalies. Subject to IHF Board approval, an exception may be considered if the participating school has only one team.

5. No player shall play on more than one team in any division per school, except as noted in the special rule pertaining to goalies.

6. Player Movement – Player movement is subject to the following restrictions:

1. During the preseason games, a school can use any player in any division; and
2. Final official Rosters for each team must be submitted prior to the 1st regular season game (the specific date will be noted on that season's IHF Calendar). Players are locked in that division for the remainder of the regular season, and may not play up or down. The IHF may make an exception, but this is subject to IHF Board approval and will not be given on short notice. The only exception is for goalies, as noted below;

Goalies

3. Each school may designate up to 3 players per team or from another same-school team in a different division as "substitute goalies" on the official Team Roster for that division;

4. A goalie may play "out" in his or her rostered division. Similarly, any player may play goalie in the division where he or she is rostered.

5. Goalies are only eligible to participate in the playoffs in a particular division if they have played in goal at least 3 regular season games in that division. This is subject to review on a case-by-case basis by the IHF Board.

7. Players who expect to begin playing partway into the season must be named on the official Team Roster at the beginning of the season and must otherwise meet IHF eligibility requirements. Players may compete in playoff games only if they are shown to have played in a minimum of five (5) regular season games on the official score sheets (three games for goalies).

8. Any player who transfers out of a school may not compete for his former school's team in any game after the effective date of the transfer. Further, that player may not compete as part of the new school's team until approved to do so by the IHF Board.
9. Any team found skating an illegal player will forfeit all games in which that player has illegally participated. Players must remain eligible throughout the entire IHF season. Further, the player may face rink sanctions in addition to those levied by the IHF.
10. Any team found playing an illegal player will have an automatic suspension assessed to the Head Coach of up to 5 games, based on the particular circumstances. The IHF Board may assess additional disciplinary action if warranted.
 1. Any team found using a player who is participating under a false identity will be subject to game forfeiture; Coach suspended for up to 5 games including but not limited to possible dismissal; Player suspended for up to 4 games including but not limited to possible dismissal, and/or actions at the discretions of the Board.
11. Any exception to the eligibility rules requires approval of the IHF Board.
12. All exceptions to IHF rules are at the sole discretion of the IHF Board.

SECTION IV. SUSPENSIONS AND SUPPLEMENTAL DISCIPLINE

1. Any player or coach who physically or verbally incites, instigates, or participates in a fight shall be immediately expelled from that game and assessed a MINIMUM one-game suspension, to be served in the next scheduled game, with additional penalties subject to IHF Board review.
2. A "one-game suspension" is defined as the next time that particular division plays. For example, a player suspended from a Varsity game will sit the next time that Varsity team plays, a player suspended from a Junior Varsity A game will sit the next time that Junior Varsity A team plays, etc. At the discretion of the IHF Board, a player who is a "named" substitute goalie (see Section III) may play for another of the school's teams while suspended from a specific division.
 - a. A suspended player will be required to serve their suspension the next time that particular team plays at the location of their game. The suspended player may or may not attend his suspended game, based on the requirements of the individual Coach or Club policy.
3. The first infraction for fighting assessed to a player will result in a game misconduct and a MINIMUM one-game suspension.
4. The second infraction will result in the player being suspended for 3 games: a third will result in removal from the league, subject to IHF Board review and appeal.
5. Rink suspensions from non-IHF league play will be honored by the IHF for the duration of the suspension. There is no appeal to this through the IHF.
6. All Gross Misconduct penalties and penalties with intent-to-injure will result in immediate suspension. The player or coach will be suspended until a review by the IHF Board and facility management is complete.
7. All suspensions assessed shall commence at the next scheduled game. Removal from the playing surface with time remaining in a game does not constitute serving a suspension.
8. The IHF Board will review all "Game Misconduct with intent-to-injure" penalties. If, as a result of the infraction, a player is injured and forced to miss a game (or games), the suspended player may be barred from playing until the injured player is cleared to play (or dresses for a subsequent game); at that time the suspension will be served.
9. The on-site IHF Board member or duly appointed representative has the right to cancel games as deemed necessary to ensure the safety of all parties. Games that have completed two (2) or more periods of play will be considered a complete game and the score will be counted as final. If the game is cancelled prior to the completion of two (2) periods of play, the League will attempt to reschedule and complete the game beginning from where it was stopped.
10. Any verbal or physical aggressive behavior exhibited toward any IHF Board Member and/or duly appointed representative will not be tolerated and will result in disciplinary action including but not

limited to temporary or permanent suspensions from the league. This applies to Players, Coaches, Team officials and Fans.

11. All protests and appeals must to be submitted via email to the IHF Board by the Coach or Team Manager, and this action must occur within 24 hours of the game or suspension in question. The IHF Board will then deliberate the protest or appeal and respond back to the team(s) and coaches prior to their next regularly scheduled game.

12. A player will be immediately expelled from a game after receiving three penalties in that game.

13. Any player ejected from a game, for any game ejection or gross misconduct, must immediately leave the rink and spend the duration of the game in his/her team's locker room or leave the premises. Failure to do this may result in IHF sanctions beyond any assessed for the infraction.

14. Mouthpiece violations: Any player without a mouthpiece in his or her mouth while on the playing surface is subject to a 2 minute equipment violation minor penalty (the team will play short-handed while the penalty is served). The referees will issue one warning per team before assessing the penalty to any player in violation. Further, any IHF Board Member and/or duly appointed representative may direct the referees to call the penalty as deemed necessary in the interest of safety.

15. If the IHF Member and/or duly appointed representative watching the game observes any objectionable behavior (physical or verbal abuse, profanity, etc.) not seen or called by the referees, major or minor, he or she has the discretion to assess a game misconduct penalty to be served the next game. The Board will notify the coach or manager about the suspension as soon as possible and at least one day prior to the next game.

16. Except in the case of mouthpiece violations and the unusual circumstances covered in rule 14 above, the IHF Board Member or Game Supervisor on duty will not call penalties during play for actions on the rink. The referee, however, has the discretion to ask the IHF Board Member or duly appointed representative for input.

17. The IHF may assess penalties for actions that occur by players, coaches or team management off the rink, separate or in conjunction with any sanctions imposed by the facility's management.

18. 10 PENALTY RULE: If a team accumulates 10 or more penalties in one game, the Coach will be suspended for a minimum of one Game.

SECTION V. REQUIRED EQUIPMENT

All approved equipment listed below is required by the IHF. All players shall wear any other safety equipment required by the facility (rink) operator while on the playing surface. A minor penalty shall be assessed to any player not wearing all required protective equipment. That player may not return to the playing surface without all required equipment.

Forwards and Defensemen	Goaltenders
H.E.C.C. Approved Helmets (must be worn at all times)	H.E.C.C. Approved Helmets (Must be worn at all times)
Inline skates in good repair * (5-wheel permitted)	Inline skates in good repair (5-wheel permitted)
Full fingered gloves	Catcher and blocker
Shin pads extending over the knee and shin. Hip pads/girdles are recommended	Leg pads
Protective cup or pelvic guard	Protective cup or pelvic guard
Full length Hockey Pants or sweat (shells)	Hockey Pants or Shorts (Protective)
H.E.C.C. Approved Full face mask or cage	H.E.C.C. Approved Full face mask or cage
Elbow Pads	Chest protector
Mouth guards are required	Mouth guards are required

1. Inline skates with flush mounted axles are required. No brakes of any kind are allowed.
2. No exposed protective equipment shall be allowed.
3. Absolutely no lubrication of any kind is allowed on goalie pads.
4. Excessive holes in hockey equipment may eliminate a player (at Official's discretion).
5. Failure to wear a mouthpiece may invalidate insurance coverage for any injuries sustained during league activities.

Revised September 28, 2008
IHF Board of Directors