

GOLDEN SKATE HOCKEY LEAGUE RULES

1. Rules of Play.

Golden Skate Hockey League has adopted USA Hockey's Rules and Standard of Play. The Standard of Play emphasizes skating, ball possession, and the proper use of the body to establish position and competitive advantage. The standard is based on the following principles:

In general, use of the stick is limited to playing the ball

A player can't use the stick to impede another player's progress;

A player can't use a hand or arm to grab or impede another player's progress;

Players who use their physical skills and/or anticipation and have a positional advantage shall not lose that advantage as a result of illegal acts by the opponent.

The Standard of Play is aimed at reducing restraining infractions, such as holding, hooking, and impeding a player's progress. However, using body contact/position to gain a competitive advantage is not generally penalized under the new rules.

In implementing the USA Hockey Rules and Standard of Play, the GSHL referees will emphasize the following rules:

a. No Checking. The GSHL is a non-checking league. "Checking" is intentionally colliding with another player in a forceful manner.

b. Hooking. A player cannot use his/her stick against an opponent's body (ball carrier or non-ball carrier) to gain a positional advantage. Examples include:

- ↳ Tugs or pulls on the body, arms or hands of the opponent which allows for the space between the players to diminish;

Placing the stick in front of the opponent's body and locking on, impeding the opponent's progress, or causing loss of balance; and

Stick on the hand/arm that takes away the ability for the opponent to pass or shoot the ball with a normal amount of force.

c. Tripping. A player cannot use his/her stick on the legs or feet of an opponent in a manner that would cause a loss of balance or for them to trip or fall. Examples include:

Placing the stick in front of the opponent's legs for the purpose of impeding progress (even if the stick is in contact with the rink surface), with no effort to legally play the ball;

Placing the stick between the legs of the opponent (the "can opener" or "corkscrew") that causes a loss of balance or impedes the progress of the opponent.

d. Holding. A player cannot wrap his/her arms around the opponent or use a free hand to clutch, grab, or hold the stick, jersey or body on the opponent in a manner that impedes their progress. Examples include:

Wrapping one or both arms around the opponent along the boards in a manner that pins them against the boards and prevents them from playing the ball or skating;

Grabbing the opponent's body, stick or jersey with one or both hands; and

Using a free arm/hand to restrain or impede the opponent's progress.

e. Interference. A player cannot use his/her body to impede the progress of an opponent with no effort to play the ball, maintain normal foot speed or established skating lane. Players are allowed to compete for body position using their strength and balance in front of the goal or along the boards. Examples of interference include:

Intentionally playing the body of an opponent who does not have possession, or possession and control of the ball;

Using the body to establish a "pick" or "block" that prevents an opponent from being able to chase the ball carrier;

- ↳ Reducing foot speed or changing an established skating lane for the purpose of impeding an opponent from being able to chase a ball carrier.

f. Slashing. The use of the stick will be limited to only playing the ball. Any stick contact, as a result of a slashing motion, to the hands/arms or body of the opponent will be strictly penalized (two-minute penalty). In addition, hard slashes to the upper portion of the stick (just below the hands) of an opponent, with no attempt to legally play the ball, shall also be penalized as a major five-minute penalty.

g. Other Infractions. Other infractions include

rough play (e.g., pushing and shoving short of actual fisticuffs; contact to the head);

checking from behind;

boarding (a check that throws an opponent forcefully into the boards

cross-checking (a cross-check is a check rendered with both hands on the stick with the arms extended);

high sticking (striking an opponent with the stick above shoulder level); and

roughing (including late avoidable checks).

h. Penalty Box. A penalty box will be set up between the two benches. A penalized player will immediately take a seat in the penalty box and remain there for the duration of the penalty.

2. Player Conduct.

a. Fighting. Fighting is not tolerated, no matter the circumstances. The following penalties for fighting are mandatory:

For the fight instigator: game ejection and game misconduct (5 minutes); the instigator's team will receive a 2-minute roughing minor. Total penalty time for instigator's team: 7 minutes.

For any player who, having been struck, retaliates with a blow or an attempted blow: game ejection and game misconduct (5 minutes).

For any “third man in” (that is, one who intervenes in an altercation already in progress), a penalty ranging from a minor (2 minutes), double minor (4 minutes), or game misconduct (5 minutes), based on the player’s intention and actions. This will allow a referee to distinguish between a player going into a fight to “pull someone out” versus someone going in to join the melee.

In all cases, players involved in a fight will receive next-game suspensions.

In egregious cases, the league director may in his or her discretion suspend or expel the player from the league.

b. Cussing and Unsportsmanlike Conduct. Players may not “talk smack,” use profane language, or exhibit unsportsmanlike conduct. Referees will assess appropriate penalties. Coaches will counsel players to avoid inappropriate conduct and playing too rough. Repeat offenders will be benched.

c. Throwing Equipment. Players who throw their stick, helmet or gloves when exiting the rink will receive a five minute penalty and be replaced on the rink by another player.

d. Time Out To Cool Down. If player conduct during a game threatens to get out of control, it is the responsibility of the coaches and the refs to call a time out, discuss the situation, and take remedial action.

3. Other Rules Relating to Players.

a. Mandatory Equipment. All players must be in full equipment for games and practices: helmet, mouthguard, shin/knee pads, elbow pads, gloves and skates. Cups for male players are optional, but highly recommended. No hockey player may enter the rink area without the above-listed gear.

b. No Skating Outside Building. Players may not enter or exit the building with skates on. Shoes must be worn to enter and exit the building (no bare feet). Skating is not allowed outside the building or in the parking lot.

c. Entries and Exits to Rink. Players must not exit the rink via the gate next to the DJ booth. Everyone will enter and exit the rink surface from the three openings on the west side of the rink.

- d. No Sitting on Walls. Players must not sit on or jump over the carpeted green walls.
- e. No Hockey Play Outside of Rink; no pucks. Playing hockey with a ball is not allowed anywhere but on the skating floor. Hockey pucks are not allowed in The Golden Skate.
- f. No Tag or Other Games. Playing tag or other games on skates is not allowed in the lobby or the snack bar area.
- g. Hitting Balls at Walls Prohibited. Players may not hit balls at the walls and ceiling.
- h. No Pounding of Sticks. Players may not “pound” their hockey sticks in celebration or anger. They may use their sticks to tap the floor to signal their position to another player. Violation of this rule will result in a five minute penalty, and the player will be replaced by another player.
- i. Don't Go Behind Snack Bar. Players may not go behind the Snack Bar area.
- j. Pick Up Your Gear. Players must remove their belongings from the player bench area after a game and the coach must make a “final sweep” to ensure that the area is ready for the next team or for closing of the rink.
- k. Changing. Players should use the hall area near the rental skate booth and the player bench area to change into and out of their hockey gear. The snack area is reserved for spectators.
- l. Set Up and Take Down. Set up and take down of the rink for hockey practices (rink entry/exit dividers and goals) will be handled by coaches and players first to arrive and last to leave. Set up and take down for game days will be handled by first to arrive, and winner of the last game.
- m. Transitions Between Games. Players must exit the rink immediately following the handshake at the end of each game. The teams entering the rink for their game will be given a maximum of 5 minutes for warm up and the game will start promptly after the warm up.

4. Use of The Golden Skate Facility Generally.

- a. All food, snacks and drinks must be consumed in the snack bar area. Players may bring a water bottle to the player bench area as long as the bottle contains only water, and has a lid. No open containers are allowed. No gum on the skating floor.

b. No outside food or beverages may be brought into The Golden Skate, with the exception of baby food for infants and toddlers.

c. The Golden Skate maintains an “extra equipment” bin containing hockey gear that may be used by our players. A second “lost and found” bin contains hockey gear left behind by our players. Please keep the equipment in the two bins separate.

5. Rules of Conduct for Parents and Spectators.

a. Spectator Misbehavior. If a parent yells at and criticizes an official, the official may in his discretion call a two-minute penalty on the offending parent’s team. The penalty will be announced on the public address system. If the misconduct continues, the referee in his discretion may assess additional penalties, and/or eject the offending parent from the rink for the remainder of the game.

b. No Spectators in the Bench Area. Family, friends or other spectators are not allowed in the player bench area during practices or games. No exceptions.

c. Supervision of Children. All children/siblings must be kept with an adult at all times for safety reasons. Parents must supervise their small children at all times. Climbing on the tables, chairs, walls or machines is strictly prohibited.

d. Picking Up Children. Parents who drop off their child(ren) must only do so when their coach is present. Children must be picked up by the end of their practice or game.

The Golden Skate Hockey League fully endorses USA Hockey Inline's Sportsmanship Policy regarding parents and spectators:

“At the discretion of the Referees or the League Director, the game may be stopped when the parents/spectators displaying inappropriate and disruptive behavior interfere with other spectators or participants of the game.

The Referees or the League Director may identify violators to the coaches for the purpose of removing parents/spectators from the spectators viewing and game area. The proprietor of the facility reserves the same rights.

Violators may be subject to further disciplinary action by the local governing body and/or the facility.

This inappropriate and disruptive behavior shall include:

Throwing any object in the spectators viewing area, players bench, penalty box or the playing surface, that in any manner creates a safety hazard.

Taunting players, coaches, officials or other spectators by means of baiting, ridiculing, threatening physical violence, or physical violence.

Using obscene or vulgar language in a boisterous manner to anyone at any time.

Support the referees and coaches by trusting their judgment and integrity.

Respect players, coaches and officials.

Refrain from any offensive behavior” .

Signed by _____
Player

Dated: _____

Signed by: _____
Parent

Dated: _____