LEAGUE RULES AND REGULATIONS

ROLLER HOCKEY

Youth & Adult

UPDATED 7/30/2026

Apart from, and in addition to, the following rules, the most recent rules of USA Hockey will serve as the standard for all Longplex league play. Official USA Hockey rules can be found at USAHockey.com. *See Appendix C*

REGISTRATION

- *Sign-up for new league registration will be posted no later than 2 weeks prior to the start of the season*
- *Captains will register teams on Longplex.com prior to players signing up*. Not always applicable-contact hockey@longplex.com*
- *Captains will be required to place a $50 deposit to register their team. The deposit will be deducted from their league fee once league play begins.*
- *Leagues will be capped at 8 teams. Teams will be accepted on a "First Come, First Serve" basis. Longplex Hockey reserves the right to extend a league cap to 10 teams.*

*Directions for online registration will be listed in Appendix A, below.

GAMEPLAY

- Teams will be allowed a maximum of 3 minutes on the rink to warm up prior to the start of the game.
- Games will consist of three 15-minute periods
- 1st and 2nd periods are stoppage time with 30 seconds remaining, regardless of score, during a power play, or when the puck leaves the rink. During matching penalties, the clock will NOT stop.
- 3rd period is stoppage time with 3 minutes remaining when the score is within 3 goals.
- If tied after regulation (regular season):
    - 3 on 3 for one 3-minute overtime period (running time) until a team scores.
    - If still tied after overtime, there will be a sudden-death shootout until a team wins a round. (both teams will have a chance to shoot each round)
    - At the end of regulation, there will be NO intermission before overtime. In the playoffs we will have a 1 minute intermission.
    - Players that are serving a penalty at the end of overtime will not be allowed to participate in the shootout.
- If tied after regulation (playoffs):
    - 3 on 3 for 10-minute overtime periods (running time) until a team scores.

GENERAL RULES

- All participating players much have a valid Longplex Player's Card
- Players must be 18 or older, unless otherwise stated for specific leagues.
- All teams must have a designated captain and alternate captain that will serve as the primary lines of communication between Longplex and the team.
- Each team will have 1 60 Second Time-out and 1 60 Second Goalie Time-Out per game. During the goalie time out, the players cannot go to the bench unless they are making a line change. **You CANNOT use the time-out's during overtime in the regular season.**

Forfeit Deposits

- All captains must sign the captain agreement prior to the first game.
- A refundable $70 forfeit deposit must be paid by each team upon registration for each new session. This does not count towards the team fee. If a team forfeits, these funds will be used to pay any associated forfeit fees as stated in the "FORFEITS" section of the rulebook. If, at the end of a session, a team has no forfeits, the deposit will be refunded or rolled over to the next session.

- Prior to the start of each team's first game of a new session, all participating players and goalies must pay a minimum of $50 towards their league fee. The remaining balance must be paid in full by the designated payment dates of the session.
- Captains are responsible for making sure that the full team balance is paid on time.
- Captains must have a valid credit/debit card on file that will be charged the remaining balance if the total team fee is not received by the midway point of the session. This card may belong to anyone on the team.

HOUSE GAMEPLAY RULES

- Puck is live and remains in play if it hits the netting surrounding the glass.
- Play is blown dead if the puck enters, or touches anyone or anything in the player's benches, penalty boxes, or scorekeeper's box.
- Play is blown dead if the puck exits the rink completely and/or hits any object outside of the rink, including scoreboard, excluding the netting surrounding the glass.
- All games will be played with delayed blue line offsides, unless otherwise stated for specific leagues.
- **If a player's helmet falls off, play will immediately be blown dead.**
- **If a player' glove comes off, you must put glove back on immediately, if you play the puck without your glove, a minor penalty will be issued without warning.**
- Team captains will be held responsible for the conduct of their players and will serve any outstanding penalties assessed to players that are ejected from the game.
- Any player that receives three penalties in a single game will be ejected from the game.
- Match/Game Misconduct penalties assessed within the last 5 minutes of the 3rd period, or unsportsmanlike conduct directly after or following a game, is subject to Longplex Management review and will result in a minimum of a two-game suspension.
- **MERCY RULE-**Any team that goes down by 10 goals at one point in the game will have the option to end the game at that time. This will be at the discretion of the captain, nobody else.
- If a player is ejected from the game, the team he is ejected from CANNOT get a sub player mid game. If offending team is down to 5 skaters, they must play with 5 skaters.

MANDATORY EQUIPMENT

- Helmet with fastened chin strap, if you do not have a proper chinstrap, you will be warned, and then assessed a minor penalty if you do not correct it.
- Full face shield or cage (if under 18, *Strongly recommended otherwise*)
- Elbow pads
- Gloves
- Protective cup
- Shin pads

- Inline skates
- Hockey stick

JERSEYS-THIS WILL BE STRICTLY ENFORCED

All teams must have matching, numbered jerseys. Captains will be allowed FIVE weeks from the start of the session to obtain these jerseys for their team. This is more than enough time to order custom jerseys and have them delivered. After the five-week grace period, the following penalties will be assessed:

- Week SIX
    - If there are any players who do not have a matching jersey, the team will start the game with a 2:00 minor penalty (to be served by the captain).
    - Stats will no longer be kept for any players who do not have a matching jersey.
- Week SEVEN and all subsequent weeks
    - If 4 or more players do not have a matching jersey, the team will start the game with a 5:00 major penalty (to be served by the captain).
    - If 3 or less players do not have a matching jersey, the team will start the game with a 2:00 minor penalty (to be served by the captain).
    - No stats will be kept for any players who do not have a matching jersey.

While we expect all jersey issues to be resolved before playoffs, these games are excluded from any of the above penalties to keep these games as fair as possible. Please continue to wear your matching jerseys. Any deliberate jersey issues during this time will be dealt with accordingly.

The three-week grace period will extend to individual players who are added to a roster after the start of the session.

Substitutes will be excluded from the matching jersey rules above, however captains are encouraged to purchase extra jerseys to keep on hand for these types of situations.

If two teams with similar jerseys are playing one another, the home team has the right to keep their regular jersey. The away team must use an alternate jersey. Home and away jerseys are encouraged.

ROSTERS

Our goal at Longplex is to maintain competitive parity across all leagues with the objective of having all games be as fair and competitive as possible. This makes for a more enjoyable and rewarding experience for everyone. While this is not always easy to accomplish, we will continuously do our best to maintain an equal playing field by focusing on team balance rather than individual player skill levels. This means that players may be allowed to play up or down a division if it puts their team more in line with the rest of the teams in that same division. We aim to keep an open line of communication with all captains, listening to and offering suggestions on

the addition/removal of players or the transfer of teams to a higher or lower division. Longplex Management reserves the right to allow or disallow players and/or teams from playing in a specific division based on their effect on competitive parity within that division.

- ALL ROSTERS MUST BE FINALIZED BY WEEK 7. You cannot add any players after week 7.
- The maximum number of rostered players that a team can have is 11 skaters plus 1 goalie.
- Team captains must sign off on their rosters prior to the midway point of the session, after which the rosters will be locked for the remainder of the session.
- **Players can only be rostered on one team at a time per league, unless approved by Sean.**
- Players may transfer from one team to another within the same league if it is done with fairness in mind and under the specific guidelines of the league.
- Only rostered players who have played a minimum OF **7 GAMES** regular season games are permitted in the playoffs (goalies exempt, but must be permitted by substitution rule), or if a player is injured.
- If a player is injured, but rostered from the start of the season, that player CAN play in the playoffs, regardless of games played in the regular season.
- Captains are to provide player numbers for each player on the roster by week 2.
- **IF A PLAYER ON YOUR TEAM QUITS AND STILL HAS A BALANCE, THE CAPTAIN IS RESPONSIBLE FOR THE PAYMENT. NO EXCEPTIONS.**

SUBSTITUTES

While we encourage captains and players to win and lose as a team, Longplex allows substitutes to be utilized during regular season games to assist when a team is short players. Substitutes may only be used in a way that is fair to both participating teams. Substitutes are not meant to be brought in to have a major impact on the outcome of a game. Any abuse of this or the following guidelines will be addressed. Substitutes can be either Registered Team Substitutes or Outside Substitutes as defined below:

- **Registered Team Substitutes (ON ROSTER)**
    - Teams are encouraged to register team substitutes on their roster, up to the maximum roster limit.
    - Team substitutes are required to be within the same skill level of the league.
    - Team substitutes can only be rostered on one team per session.
    - Team substitutes act as regularly rostered players and can be used in as many, or as few, games as necessary, with no restrictions.
    - Team substitutes may be eligible to play in playoffs if they play at least 7 of the regular season games, if team is under salary cap.

- Sub pricing is $20.00 per game.

- **Outside Substitutes (OFF ROSTER)**
  - Outside substitution eligibility is restricted under the following guidelines:
    - Players ONLY from within in the current league may be used as outside substitutes. **UNLESS APPROVED BY SEAN.**
    - Outside substitutions are permitted as follows: (See Appendix B for further explanation)
      - SUNDAY (A Thru C) ONLY B- (200) players and below
      - MONDAY (A+) - (any amount)
      - TUESDAY (B-) - ONLY C+ (80) players and below
      - WEDNESDAY (A-) - ONLY B+ (350) players and below
      - THURSDAY (B) - ONLY B- (200) and players and below
      - FRIDAY (C) - ONLY C (40) players and below
  - Outside substitution use is restricted under the following guidelines**(totals NOT including goalie):**
    - **If a team has 6 or more rostered players dressed for a game**, the team is NOT allowed ANY outside substitutions.
    - **If a team has 5 rostered players dressed for a game**, the team is allowed ONE outside substitution.
    - **If a team has 4 rostered players dressed for a game**, the team is allowed TWO outside substitutions.
    - **If a team has 3 or fewer players dressed for a game**, no outside substitutes will be allowed, and the game will be considered a forfeit. Teams may still scrimmage (**without referees**) if desired.
    - If any team violates the sub rule, they will forfeit that game automatically.
    - **GOALIE**-ANY GOALIE THAT IS ROSTERED IN SAID LEAGUE, CAN BE A SUB REGARDLESS OF RATING. IE: Any rostered Tuesday goalie, can fill in for a Tuesday team. If a goalie in the league cannot sub, you can request a goalie from another night WITH approval from Sean. If your goalie cannot make a playoff game, a goalie substitute will be allowed, but that sub goalie must be rostered in the current league he is subbing for.
    - If a goalie is rostered on the team, he must play goalie. You cannot get a sub goalie if you want to play out. You will forfeit the game if you do not follow this rule.

FORFEITS

To maintain the integrity of our leagues and provide a consistent product, we strongly discourage forfeits. If a team must forfeit, however, the following forfeit fees will apply as a way

minimizing the effect on opposing teams: **FORFEIT FEE IS $70.00 PER GAME AND WILL BE BILLED TO THE CAPTAIN.**

PLAYOFF TIE BREAKERS ARE AS FOLLOWS:

- **POINTS**
- **WINS**
- **HEAD TO HEAD RECORD**
- **GOAL DIFFERENTIAL VS TEAM TIED WITH**
- **TOTAL GOALS FOR**

UNSPORTSMANLIKE CONDUCT

Longplex Family Sports Center maintains a ZERO TOLERANCE policy for unsportsmanlike conduct. All incidents of "Unsportsmanlike Conduct will be handled in accordance with our Unsportsmanlike Conduct Policy. Captains will receive this policy once their roster has been approved, and it is the responsibility of the Captain or their designee to ensure each player is familiar with the policy.

APPENDIX A

Captain Registering Team:

1. Select "I am registering a new team".
2. On the drop-down menu, select
    1. Existing team - If you are re-entering your team from the previous session
    2. New Team Fee - If you are new to the Longplex **OR** to that league night

Existing Team Renewal -

3. Fill out all required information

New Team Fee

1. Teams that are new to Longplex Hockey in general, or to that particular league night, must select this option. The team captain will have a $50.00 new team fee hold placed on the account. This will be a forfeit fee. In the event your team forfeits(Longplex reserves the right to pardon one or more forfeits), this fee will be assessed. A second $75 fee will be held to your account in the event of subsequent forfeits. See below:

Player Registering for a Team - All players will be required to register for their respective teams, or as a "free agent". Longplex will no longer enter players manually. Captains needing assistance with this procedure can reach out to hockey@Longplex.com for guidance/assistance.

1. *If you are a player who has been asked to play for a team, you will select "I am Registering for a Team".*
2. *Below that you will select the team you have been asked to play for. See Below: 3. If your team is not listed, please leave a note in the comments section for the team you've been invited to play with.*

4. If you are a free agent, interested in playing on a house team, or to fill empty spots on an established team, select "Free Agent"

****NOTE* If you have not filled out a player or goalie assessment(or are new to the Longplex), please take the assessment located here. Once you have your assessment grade, please forward that information to hockey@longplex.com.***

APPENDIX B

Divisional Salary Cap Breakdown

All players/goalies will count towards the salary cap. For teams having fewer than 8 skaters and 1 goalie on their roster, a league-specific point value will be assigned to each "empty spot". This will be done to prevent teams from deliberately having shorter rosters so that they can spend more points on fewer players. All teams are allotted an extra 75 points over the cap.
Example-Tuesday Salary Cap is 1200. You are allowed 1275, no higher.

Monday		Tuesday		Wednesday	
Skill Level	A+	Skill Level	B-/C+	Skill Level	A-B-C
Salary Cap	None	Salary Cap	1200	Salary Cap	3600
Empty Spot Value	None	Empty Spot Value	120	Empty Spot Value	360

Disallowed Rating	None	Disallowed Rating	275 and above	Disallowed Rating	1200 and above
Allowed Substitutes	Any	Allowed Substitutes	C+ (80) and Lower	Allowed Substitutes	B+ (350) and Lower

Thursday		Friday		Sunday 35+	
Skill Level	B+/C	Skill Level	C	Skill Level	A-B-C
Salary Cap	2000	Salary Cap	600	Salary Cap	2200
Empty Spot Value	200	Empty Spot Value	60	Empty Spot Value	220
Disallowed Rating	700 and above	Disallowed Rating	125 and above	Disallowed Rating	1000 and above
Allowed Substitutes	B+ (200) and Lower	Allowed Substitutes	C (40) and Lower	Allowed Substitutes	B+(200) and Lower

SUNDAY LEAGUE-WE ALLOW 1 350 RANKED PLAYER AND 1 275 UNDER 35 TO BE ROSTERED. ANY AGE PLAYER RANKED 200 OR LESS CAN PLAY SUNDAY.

Appendix C

Gameplay Rules

The referee shall blow the whistle once the offending team has possession of the puck. Possession does not mean off a skate, or if a player blocks a shot, or a goalie makes a save. The offending team must have control of the puck.

Any player who shoots the puck after the whistle shall be given a minor penalty, without warning.

1. BOARDING A player cannot commit any infraction, including body checking, for the purpose of intimidation or punishment that causes their opponent to go dangerously or excessively into the boards.

2. CROSS-CHECKING A player cannot use the shaft of the stick between the two hands to forcefully check an opponent with no portion of the stick blade on the ice. Examples include: • When a player in front of the goal uses the shaft of the stick and extension of the arms to contact an opponent in a dangerous manner to create space.

3. HEAD CONTACT A player cannot contact an opponent in the head, face or neck, including with the stick or any part of the players body or equipment. The onus is on the player delivering the check, regardless as to size differential, to not make contact in the head/ neck area of the opponent.
4. ROUGHING A player cannot use the hands, stick or extension of the arms to body check an opponent or deliver a late body check to a player who is not in control of the puck.
5. HOOKING A player cannot use their stick against an opponent's body (puck carrier or non-puck carrier) to gain a positional advantage.
6. TRIPPING A player cannot use their 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.
7. HOLDING A player cannot wrap their arms around an 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.
8. INTERFERENCE A player cannot use their body ("pick" or "block") to impede the progress of an opponent with no effort to play the puck, maintain normal foot speed or established skating lane.
9. SLASHING The use of the stick will be limited to only playing the puck. Any stick contact, as a result of a slashing motion, to the hands/ arms or body of the opponent will be strictly penalized. 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 puck, shall also be penalized.
10. HIGH STICKING Using stick above crossbar, making contact on opposing player with or without injury resulting

Zero Tolerance Policy

Longplex is committed to creating a safe and fair environment for all participants. Respect for the game, the opponents, coaches and officials is a critical part of the environment that is created. This Zero Tolerance Policy summarizes required actions to be taken when violations occur. All players, coaches, officials, team officials and administrators and parents/spectators are required to maintain a sportsmanlike and educational atmosphere before, during and after all games. Thus, the following points of emphasis must be implemented by all Hockey participants and spectators.

Players

A minor penalty for unsportsmanlike conduct (zero tolerance) shall be assessed whenever a player:

1) Openly disputes or argues any decision by an official.

2) Taunts or incites an opponent or official, including foul language

3) Visually creates a disturbance during the game. Any time that a player persists in any of these actions, they shall be assessed a misconduct penalty. A game misconduct shall result if the player continues such action.

4) A 10 minute misconduct penalty may be imposed by the officials to a player if they continue to be disruptive, followed by an ejection from the game.

Coaches

A minor penalty for unsportsmanlike conduct (zero tolerance) shall be assessed whenever a coach:

1) Openly disputes or argues any decision by an official.

2) Uses obscene, profane or abusive language to anyone at any time.

3) Visually displays any sign of dissatisfaction with an official's decision including standing on the boards or standing in the bench doorway with the intent of inciting the officials, players or spectators. Any time that a coach persists in any of these actions, they shall be assessed a game misconduct penalty. In addition, any player/coach who uses language that is hateful or

discriminatory in nature anywhere in the rink before, during or after the game shall be penalized resulting in a match penalty. Such behavior is reprehensible and has absolutely no place in our game.

Parents

Parents/Spectators Parents are expected to be a positive role model by treating all players, coaches, officials and fellow spectators with respect and support. The game will be stopped by game officials when parents/ spectators displaying inappropriate and disruptive behavior interfere with other spectators or the game. The game officials will identify violators to the coaches for the purpose of removing parents/ spectators from the 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 Longplex Administration. This inappropriate and disruptive behavior shall include:

1) Use of obscene, profane or abusive language to anyone at any time.
2) Taunting of players, coaches, officials or other spectators by means of baiting, ridiculing, threat of physical violence or physical violence.
3) Throwing of any object in the spectators viewing area, players bench, penalty box or on hockey surface, directed in any manner as to create a safety hazard.

PENALTIES:

- **Minor Penalty – 2:00**
- **Double Minor – 4:00**
- **Major Penalty – 5:00, player does not return to play if goal is scored**
- **Game Misconduct – Ejection from game, possible suspension at discretion of Longplex Management/Officials**
- **Match Penalty – Ejection, 5:00 major assessed, served by team Captain, possible suspension at discretion of Longplex Management/Officials**
- **A 10 Minute Misconduct Penalty can be assessed to a skater and he will have to serve the duration of that penalty regardless if the opposing team scores. It will NOT count against the team, just the player it is assessed to.**

***Any ejection from a game within the last 5 minutes of the game (overtime included) shall be subject to review and a minimum of a two week suspension.**

**** Any player, spectator, coach, or parent engaged in unsportsmanlike conduct shall be subject to Longplex Administration review, and will result in a suspension from the building of a minimum of 2 weeks.**

****If a player is suspended, the decision is final. It is not reviewable, by said player or Captain.****

*****No one other than players will be allowed on the player benches during games. No exceptions*****

Examples of Game Misconduct Penalties:

- First to intervene in a fight, "3rd man in"
- 3RD MAN IN=IF 3RD MAN IS INVOLVED IN ALTERCATION, IF PLAYER IS NOT INVOLVED BUT COMES OFF THE BENCH, EXCEPTIONS MAY BE MADE
- 3 penalties in the same game
- Deliberately removing own or opponent's helmet/facemask prior to or during an altercation
- Physically interfering with any game official performing their duties, this includes the scorekeeper. (on or off court)

- Exiting the bench during a fight/altercation
- 2nd Major Penalty
- You cannot play the puck without a glove, or helmet. If you do not let the puck go, and retrieve your equipment, other than stick, you will be given a minor penalty, without warning.

APPENDIX D

UNSPORTSMANLIKE CONDUCT POLICY

A message to all guests,

Longplex Family & Sports Center is committed to providing a safe, family- friendly environment where everyone willing to participate is given the opportunity to SAFELY participate in all that we have to offer.

While we encourage competitiveness in all activities, UNSPORTSMANLIKE CONDUCT OF ANY KIND WILL NOT BE TOLERATED. This includes, but is not limited to, fighting, use of derogatory language, verbal and/or physical abuse of an official, scorekeeper, event staff member, Longplex employee, or any other participants, intentional destruction or careless treatment of Longplex property, possession and/or usage of prohibited items, etc.

Offenders of this policy will immediately be removed from the facility and are subject to further disciplinary action. Discussions of the incident will take place no sooner than 24 hours after the incident to allow for a necessary "cool down" period. Longplex reserves the right to consider all actions observed, referee reports, surveillance footage, game situation and circumstance, player history, severity of act, etc. to make this judgment. Disciplinary action may include, but is not limited to, fines, suspensions, banishment from the premises, or outside legal action. All incidents will be dealt with on a case-by-case basis. No assumptions about the length or severity of disciplinary action can be made based on similar prior incidents.