

Hockey Rules:

The Dreamsports Center Inline Hockey program follows the USA Hockey Inline Rulebook for the majority of its hockey rules. The Dreamsports Center also maintains certain house rules that supersede the USA Hockey Inline rules to help adapt the game to make it more compatible with our facility. In cases where the House Rules come into conflict with the USA Hockey Inline Rulebook, the House Rules will always act as the final authority.

House Rules:

The following is a list of some of our most common house rules. This is not intended to be a comprehensive list, but rather is intended to inform the participant of the major differences between our inline hockey program and those of other organizations.

- **Stop Clock:** Games consist of a running clock except in the case of a 3 goals or fewer differential with less than 3 minutes to play in the 3rd period. In this circumstance the clock will stop every time there is a stoppage of play. If during this time the goal differential changes and exceeds 3 goals the running clock will resume.
- **Extra Time Out:** If one team has less than 7 skaters on their bench both teams will be granted an extra time out. This rule will go into effect before the beginning of the game and will not be applied if one team drops below 7 skaters due to ejection or players leaving early.
- **Substitutions:** Any team utilizing a substitute that has not been granted prior approval from the Director of the League will be issued a forfeit for the game in question.

Dream Sports Center Youth Hockey Rec League Polices

Philosophy

The DreamSports rec league philosophy is to encourage participation for players of all skill levels. The main focus of the league is on skill development, team work, and character building. Coaches should strive to keep games and practices fun for everyone.

Playing Time

This is a rec league where won-loss records are not the primary focus. So, all players should be given roughly equal playing time. Less experienced players should also be given the opportunity to play in key situations such as power plays or penalty kills to give them a chance to develop and enjoy the excitement of these situations.

Practices

Each team may schedule five practices at the start of the season for any open practice slot during the season. Teams will usually be given a half-rink but are encouraged to pair up with other teams in the same age group. This allows teams to combine portions of the practice and also provides good scrimmage opportunities.

Additional practices (beyond the five regular practices) may be scheduled for any remaining open slots the following weekend on Monday of each week.

All players are encouraged to attend practice wherever possible. This helps each player develop and it's also difficult to hold a productive practice with only a few players. Coaches can help encourage participation by making sure all team parents are aware of the scheduled practices. Playing Time cannot be taken away if player does not attend practices.

Sportsmanship

Players, coaches, and parents should all strive to display good sportsmanship. Examples of good sportsmanship include:

- Players supporting opposing players who were shaken up during play by tapping sticks as the player returns to the bench.
- Shaking hands with a good attitude following the game.
- Parents supporting their team with positive comments.
- Parents and coaches cheering on nice plays made by the opposing team.
- Coaches shaking hands with referees after the game.

Poor sportsmanship will not be tolerated. Examples of poor sportsmanship include:

- Players, coaches, or parents yelling about officiating calls. Coaches are allowed to ask for an explanation of a referee's call, not to use that as an opportunity to force their opinion. Referees, at their discretion, can explain their calls to the players.
- Parents yelling negative comments during the game.
- Players 'talking trash' to opposing players during or after a game.
- There is a maximum of 4 penalties per player per game before they are suspended for the remainder of that game.

Helper Policy

DreamSports strives to keep the rec league teams balanced so the games are competitive and enjoyable for everyone. New players are assessed at the beginning of each season in an effort to keep teams balanced. However, there are times when it becomes clear during the first part of the season that a team will need some help to be competitive during that season. In such a case, the Commissioner may add a highly skilled player to that team to help them out. The primary rule for helper players is that they may not score a goal which will give their team the lead. Helpers cannot participate in a shootout unless they are the last person remaining.

The idea here is not that helper players will use the opportunity to showcase their skills by scoring lots of goals, retaining possession of the puck for long periods, etc. Instead, helper players are encouraged to assist their teams by helping the other players develop their skills, by playing good defense, and by distributing the puck to their teammates.

Helper players will not be added after the fifth game of the season.

Lopsided Games

At times, usually because one team is missing some key players, a lopsided score may begin to develop during a game. Since this is a rec league, the coaches of the stronger team should take steps to keep the margin under control. Suggested steps include:

- Increase playing time for less skilled players.
- Use less-skilled players on special teams (power plays or penalty kills)
- Put players in positions they do not normally play. In addition to providing some help to the opposing team, this helps the stronger team's players develop other areas of their game.
- Ask players who have already scored to stop shooting and instead try to find an open teammate.

Sub Policy

Since most rec teams have 9 or 10 skaters, substitute skaters should not be necessary. If a coach expects to have fewer than five skaters, please contact Commissioner Bob Boucher.

Goalies substitutes are permitted so long as the team has a regular goalie that will miss the game. Goalie substitutes for regular season games do not need to be approved by the Commissioner. Coaches should contact the Commissioner if a goalie substitute is needed for a playoff game. Bob will then help locate a goalie of similar ability to the regular goalie in order to ensure fairness.

Equipment Requirements(referees will check these items or should before the game)

All ages: Mouth Guard, Elbow Pads, Appropriate chin straps, DSC reversible jersey or Single Sided DSC jersey(does not include goalies).

Misc. Policies

Girls are allowed to play one age group down according to USA Hockey Inline Rules.

Travel Players are encouraged to play one age group up for the rec. leagues. Each situation should be discussed with Bob Boucher.