



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 make it more *compatible with our facility and the philosophy of our league. 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.*

Dreamsports Center Rec Hockey League Policies

Philosophy

The DreamSports rec league philosophy is to encourage participation for players of all skill levels. Our goal for the league is to provide a fun environment where players can focus 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 win-loss records are not the primary focus. 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 a certain number of 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 may be scheduled for any remaining open slots the following weekend on Monday of each week.

Number of practices for each age group will be as follows:

- 8U, 10U & 12U will be allotted up to 5 practices
- 14U will be allotted up to 4 practices
- 17U will be allotted up to 2 practices

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.

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- 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. Only Team Captains 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. Referees will issue penalties per the Rule book for inappropriate commentary.
- Spectators yelling negative comments during the game.
- Players taunting or '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.
- Fighting will not be tolerated. Any player engaging in a fight will be banned for a minimum of one year and may be banned for life at the discretion of the Director of Sports Programming. Any retaliatory action by a player engaged by another will be considered fighting with equal penalty.

Game Times

We will change the start of games times on Monday and Thursday on one rink to 5pm and the start time of games on the other rink will be 5:30pm. We will attempt to balance early games for our youth leagues as we do late games for our adult teams to make sure everyone has the same number of early games. This is being done to reduce the number of games that end at 11:30 for both our customers and our staff. It should also help with parking as arrivals and departures will be staggered.

Age Limitations

Playing up: Players will no longer be permitted to play outside of their age group. Dreamsports Travel Players (Dragons and Action Players) may play up two years of eligibility if they meet the following three criteria: 1) if they are already playing in their age group and want the ability to get more playing time, and 2) They obtain the approval of the Director of Sports Programming. Goalies may also play one age group if they are playing on two rec teams. There is a \$25 second team discount for any player playing on multiple teams.

The minimum age for our Adult League is 18 years of age. Travel Players, with the approval of the Director of Sports Programming, may be allowed to play in our Adult League. Under no circumstance will any player under 16 be allowed to play in our Adult League.

New Sunday Teen League

We will be introducing a new league starting with our Summer Session. This league is intended for players 14 – 18 years of age that want to play with a self made team. Dreamsports will not manage the rosters of these teams. The team fee will be the same as our adult league with no practices included. Games will be held Sunday afternoons and evenings depending on the number of teams that register. This league will be managed much as our adult league is and will be a transitional step for our youth players before moving into the adult leagues.

Team Placement

Players in our Youth recreational league sign up to play in the league. Team placements may be requested but are not guaranteed, even if the player has previously been a member of a specific team. Team rosters will be shuffled approximately two times per year based on coach, referee and statistical evaluations. We reserve the right to move players during the season as well to improve balance in the league. We do not expect to have to make roster changes after 3 weeks of league play in a season.

We will no longer have any players designated "helpers". There will be no restrictions on players from scoring goals of any sort. Coaches are encouraged to not allow teams to run up the score. We will discontinue keeping score once a team advances to an 8 goal differential.

Adult players playing in multiple Divisions may play up or down a maximum span of 3 Divisions. E.g. A Gold player may only play on Silver +, or Silver. A Silver -1 player may play from Silver + to Bronze +.

Team Balance

DreamSports strives to keep the rec league teams balanced so the games are competitive and enjoyable for Everyone in our Youth Rec League. 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 Director of Sports Programming may shift team assignments within the first three weeks.

USA Inline Hockey Rules

Dreamsports will adhere to USA Hockey inline rules in all of our hockey leagues. In all cases where this represents a change that would result in a penalty (e.g. Clearing the puck from the defensive zone out of bounds), warnings will be issued for the first three weeks of the Summer season. After this transition period we will play to USA Inline Hockey Rules with the following exceptions:

The following are deviations from USA Inline Hockey rules. The full rules are available at www.usahockey.com under the "Officials" drop down menu.

Age determination: USA Hockey determines eligibility based on a players age on 12/31 of the playing year. Dreamsports will use the player's age on the first day of the specific season to determine eligibility. (e.g. The Spring hockey season begins April 5th. The players age on that date determines the age division they are eligible for in the spring season).

Equipment: Clear mouth-guards will be permitted until the end of the Spring Season after which all mouth guards must be colored (Youth Leagues only). This will bring us in compliance with USA Inline Hockey Rules. Inexpensive mouth-guards are now available at the concessions stand. Dreamsports rec jerseys are required equipment. Players will not be permitted to wear any other jersey during rec games.

Fighting is not tolerated at Dreamsports. Any player engaging in a fight will be banned for life. Any retaliatory action by a player engaged by another will be considered fighting with a minimum one-year suspension.

Coaches, Managers, and Trainers on the rink: Contrary to USA Inline Rules, team officials will be permitted on the rink surface during the warm-up period for instructional purposes (maximum of 3). Team officials will also be permitted to assist injured players on the rink. Any other instance where a team official enters the rink surface will be penalized per USA Inline Hockey Rules. Spectators are not permitted in the bench area or on the rink and anyone under the age of 18 must wear a helmet while on the bench.

Per USA Inline Hockey Rules, one person must be designated as Team Captain to the referees prior to the start of the game. They will be afforded the responsibilities of Captain as defined in the rules.

Youth teams must designate a single coach to this responsibility. Adult teams must designate a Captain to the referee prior to the start of the game. Only the Captain shall have the privilege of discussing with the Referee any matter relating to the interpretation of rules that may arise during the course of a game. A complaint about a penalty is not a "matter relating to the interpretation of rules" and a minor penalty shall be assessed to any Captain or other player making such a complaint.

Team Rosters

Only players officially on the roster may play for a team. Players not paid in full for the current season including any outstanding balances for any other Dreamsports activity may not play in any game. Substitutes will only be allowed to bring a team up to a total of 7 players including goalie, except 8U where subs may bring the team to 8 skaters and a goalie. No subs will be allowed in the playoffs except goalies unless there were on the roster during the season. Substitute players must be handwritten on the roster, approved by the referee, and already be players on another Dreamsports Rec league team in the same age group. Exceptions must be pre-approved by the Director of Sports Programming. One bench minor will be assessed for each violation of this rule to be served at the start of play following the determination of the violation. If the

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violation is determined following the conclusion of the game, the team in violation will have a double bench minor penalty assessed at the beginning of their next scheduled game.

Intact Teams

There will be no allowance for teams that play in other leagues to remain intact in our Youth rec league, except for our Sunday Teen league. There will be a maximum number of travel players on each team in our Youth league.

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.

We will stop posting the score in our Youth Rec Leagues once an 8 goal differential is achieved. Teams will continue to play the balance of the game until time expires.

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 the Director of Sports Programming.

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 Director of Sports Programming. Coaches should contact the Director if a goalie substitute is needed for a playoff game. We will then help locate a goalie of similar ability to the regular goalie in order to ensure fairness.

Substitutes in our Adult League and Intact Team League will continue to be managed as they are today. If the team's fee is paid in full, they may add substitutes to the roster. All players must be on the roster with a waiver on file in order to play. Substitutes playing for a team that has not paid the full team fee must pay \$14.50 per game before they will be allowed to play. Substitutes that play on another team in our league must meet the 3 division rule.

Injured Players

USA Inline Hockey Rule "(d) When a player is injured and cannot continue play or go to the players' bench, play shall not be stopped until the injured player's team has secured possession of the puck. If the player's team is in possession of the puck at the time of injury, play shall be stopped immediately unless the team has a scoring opportunity. In the case where it is obvious that a player has sustained a serious injury, play shall be stopped immediately."

WE BELIEVE THIS RULE IS NOT IN KEEPING WITH THE RECREATIONAL NATURE OF PLAY AT DREAMSPORTS FOR OUR YOUTH DIVISIONS, THE FOLLOWING RULES WILL APPLY FOR ALL GAMES INCLUDING ADULT:

Dreamsports Rule

When a player is injured and cannot continue play and is down on the rink surface, play shall be stopped at the referee's discretion. If the player's position at the time of injury places him or her at risk of additional injury as determined by the referee, play will be stopped immediately regardless of who is in possession of the puck. A delay of game penalty will be assessed if the referee determines a player has faked injury while the other team is in possession of the puck and in a position to score. A player whose injury causes stoppage of play may not resume play until the first stoppage of play following the resumption of play after his or her injury. A Referee may deny any player from resuming play if, in their discretion, it is not safe for this player to do so.

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Substitute Goalies will be given appropriate time to dress following a goalie injury requiring substitution.

Only a parent or legal guardian is permitted to provide direction as to the care of an injured player, otherwise Dreamsports management, referees, or the team's coach will be in charge. Dreamsports' policy is to call Apex Emergency Services anytime there is a loss of consciousness or indication of serious injury. **PLAYERS OVER THE AGE OF 18, OR PARENTS OF A MINOR, MAY REJECT THE ADVICE OF THE EMERGENCY PERSONELL REGARDING TRANSPORT TO THE HOSPITAL BUT WILL BE REQUIRED TO SIGN A DREAMSPORTS RELEASE IF THEY CHOOSE TO DO SO.**

ALL OTHER USA INLINE HOCKEY RULES WILL BE APPLIED PER THE RULEBOOK. A COPY OF THE RULEBOOK WILL BE AT EACH SCOREKEEPERS TABLE. IT IS THE RESPONSIBILITY OF ALL COACHES AND PLAYERS TO BE FAMILIAR WITH THE RULES OF PLAY.

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

All ages: Colored Mouth Guard, Elbow Pads, Appropriate chin straps, DSC reversible jersey or Single Sided DSC jersey(does not include goalies), shin guards, gloves and helmet. All protective gear (excluding gloves) must be colored.

Misc. Policies

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

Spectators

Hockey is an exciting game to watch. We encourage our spectators to be supportive of our players at all times and to exhibit the same sportsmanship we expect from our players. If an official or DSC Manager determines that a spectator is out of line, one warning will be given before the spectator will be asked to leave the facility. After two ejections, a spectator will be asked not to return.

Coaching Expectations:

All of our coaches at Dreamsports are volunteers. While they get a large reward by being able to participate in the fun and excitement of the game of hockey and being able to see the personal growth of the kids involved, there is a large commitment of time and effort on their parts.

Since September of 2008 we have provided many opportunities for coaches to receive training, free of charge, and in some instances in exchange for house credit at Dreamsports. We have made available free First Aid and CPR certification and USA Clinics certification in addition to free coaching clinics. Many of our coaches have taken advantage of these opportunities. We will continue to do this and will strive to elevate the skills and knowledge of all of our coaches as much as we can. We will also request our coaches help evaluate our players to help to balance the teams.

We have the following expectations regarding how rec teams are coached:

1. All players have equal time in the game. Teams should not have Power Play and Penalty kill lines. Rotation of players should be done in a manner that gives all players equal opportunities to play in all aspects of the game. Benching a player for disciplinary reasons can be appropriate but should be discussed with the team ahead of time and situations that require this should also be discussed with the parent of the player.
2. Coaching should be done in a positive, supportive, and encouraging manner. We should never have situations where coaches lose their tempers, and yell in a negative manner at players, Officials, spectators

or other coaches.

3. Coaches should not coach youth players to “cherry pick” or stay back in front of their goalie to overcome skill deficiencies. These practices are not good hockey systems. Players should be coached on appropriate positioning.
4. Spectators are advised to not coach from the bleachers. This can be very distracting for the players, especially if this spectator coaching differs from the direction provided by the coach. If a spectator disagrees with coaching direction, they should pull the coach aside following the game and discuss your concerns with the coach. Coaches should also use parents to help support the messages they are delivering to the younger players.
5. 8U and 10U Divisions: Whenever possible, we would like all players to have the opportunity to experience the position of Goalie. We have good goalie equipment available for check-out from the front desk to allow this with out any further expense to the players or parents.
6. Our coaches’ actions teach good sportsmanship to our players. We expect the highest standards in this area from our coaches. We require that teams all shake hands following every game including coaches, and we expect coaches and referees to shake hands following every game.
7. We expect our coaches to schedule a minimum of 4 practices for all teams 12U and under. We expect 14U to have a minimum of 3 practices and have no minimum for 17U teams.
8. We will make available several training opportunities during the course of the year. Coaches that take advantage of at least 2 of these will be given a \$30 house credit for any team fee or non-retail product at Dreamsports. These training opportunities will include coaching clinics, First Aid/CPR certification, and seasonal coaches meetings.
9. The use of foul language or abusive behavior will not be tolerated from any coach or volunteer at Dreamsports.
10. Starting with the summer session, we will implement a “Our Best Coach” award in our youth leagues. Players, parents, ref’s and Dreamsports management will vote and the winner will receive a free season of hockey at Dreamsports and appropriate attribution in the facility and on our website.

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

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