



Roller Hockey Handbook & Local Rules

Mission statement

“Bainbridge Roller Hockey League encourages spirited competition, teamwork, good sportsmanship, and fun on and off the rink. We strive for a mix of age, gender and ability in every division. Our community embraces the physical challenge, encourages leadership and values fair play for all.”

About BRHL

BRHL is a co-ed, mixed-ability; recreational roller hockey league for players ages 7-17. Founded in 1996, we are one of the most popular sports on the Island. All games and practices take place at Battle Point Park (no off-island travel) and all games are played against other BRHL teams. Play is fast-paced and fun, and players with all levels of skills are welcome. BRHL is a non-profit 501(c)(3) organization.

Divisions

Players are grouped by age (as of May 1) into three divisions. BRHL conducts a weekend of mandatory, but relaxed, pre-season skater evaluations to create balanced teams. Because our top priority is to create balanced teams, we do not accept requests to place skaters with certain skaters or coaches. Because team assignments are not known until after the evaluations are completed, we cannot guarantee practice nights prior to the start of the season. Divisions are based on age and contain a mix of new and experienced players.

- **Division 1 (D1): 7 – 10 years old**
 - Practice either Mon/Wed or Tue/Thu from 4:30-5:30pm
 - Saturday Games
 - 12 Regular Season Games + 2 Playoff Games

- **Division 2 (D2): 11 – 13 years old**
 - Practice either Mon/Wed or Tue/Thu from 5:30-6:30 or 6:30-7:30pm
 - Weekday, Saturday & limited Sunday Games
 - 15 Regular Season Games + 2 Playoff Games

- **Division 3 (D3): 14 – 17 years old**
 - Returning full-time 18 year-old HS students (as of 12/31) may be eligible with league approval
 - Practice either Mon/Wed 6:30-7:45pm or 7:45-9:00pm
 - Weekday, Saturday and limited Sunday Games
 - 15 Regular Season Games + 2 Playoff Games

Required Gear

Player safety is of the utmost importance, all gear is required at all practices and games:

Helmet with cage

Mouthguard

Elbow Pads

Jersey or T-Shirt (practice)

Girdle

Protective Cup

Shin Guards

Pants

In-Line Rollerblades/Skates

Stick (no tape on blade)

Helmets On!

For the safety of our community and all our players, please be sure all skaters wear their helmets when skating. Feel free to “remind” any helmetless player, whether you know them or not, to don their helmets.

Concussion Information

BRHL adheres strictly to the WA State Concussion law established July 2009. Players suspected of sustained a concussion must be immediately removed from a practice/game. Athletes (under the age of 18) cannot return to practice/game until evaluated by a licensed physician trained in the diagnosis and management of concussions and given written medical authorization.

The 80% Attendance Guideline

We base teams on a commitment of at least 80% attendance at games and practices. Please consider any family vacations, summer camps or other athletic commitments on your calendar before you register for BRHL Hockey and confirm that your skater can reasonably fulfill the 80% attendance guideline. D2 and D3 players must participate/attend a minimum of 10 regular season games to be eligible to play in the playoff and championship games at the end of the season. D1 players must participate/attend a minimum of 8 regular season games to be eligible to play in the playoff and championship games at the end of the season.

Sportsmanship

Simple. Play Fair. Respect the Referees. Cheer all good plays and players.

BRHL Rain Policy for Games

Plan to play! In the event of standing water and unsafe skating conditions, BRHL will make a league decision 30 minutes prior to the start of the game to cancel/reschedule games. Information will be posted on the web site in as timely a manner as possible – in addition text alerts are available, please see the web site to sign up for these.

Game On-Time Policy

All players must be completely geared up 10 minutes prior to the start of each game. D1 & D2 players must be in attendance in full gear at the pre-game equipment check. If players fail to make the pre-game equipment check, they will not be permitted to play in the first period of their game.

Game Play with Limited Players

In order to respect the players/families, referees and other volunteers, who are able to play the game and who have planned their schedules accordingly, we utilize the following options. **All games should be played as scheduled** (note: D3 may, on occasion, have exceptions to this). Rainout games will be rescheduled by the league. **Five players is the minimum number needed to play a game.**

- **Game day options for small teams:**

1. The team lacking players may opt to play the game with a small, or no bench.
2. The team lacking players (six or less players) may opt to forfeit the game, and then add players to their roster in order to play the game. A team may add any number of players to reach a total of 9 players (two lines and a goalie), but not exceed 9 players. Fill in players can come from the same division or a lower division. (this is a great opportunity for some of our stronger younger players to get some experience playing a division up).
3. In the event that both scheduled teams cannot field 5 players, both teams will take a loss in the standings, but every attempt to play the game should still be employed. Again, this is in the spirit of respecting those who are available and ready to play.

- **Game accommodations:**

The referees have the authority to grant additional time outs and longer breaks between periods when teams have fewer than 6 players. Obviously, we do not want to risk the health and safety of our players, so adequate rest and water breaks are something that we can and should build into any game where benches are small. It is up to the coaches and game officials to facilitate optimum playing conditions.

Game Format

Division 1

- A Game consists of (3) 15-minute PERIODS with a 2-minute BREAK between each period.
- Time begins when the referee drops the ball and RUNS CONTINUOUSLY (except for “stop clock timing” noted below) until the end of the period.
- LINE CHANGES occur every 3 minutes during play (clock continues to run). Lines rotate equally throughout the game.
- The GRETZKY RULE is in effect for D1 only. No player may score more than 3 goals in a single game. There is no limit on assists.
- Players on the rink consist of 4 skaters and 1 goalie per team at a time.
- Penalties (please see Penalties Explained section):
 - Minor Penalties (3 min).
 - Major Penalties (10 min).
 - Game Misconduct (suspension from next league game).
- STOP CLOCK TIMING. IF the score is within 2 goals in the last 2 minutes of the FINAL PERIOD, the clock is stopped whenever the referee blows the whistle.
- TIME OUTS are one minute long. A team may use up to 2 time outs during a game.
- REGULAR SEASON GAMES may end in a tie. Playoff-Games use Tournament Rules.

Division 2: Same as D1 except:

- LINE CHANGES occur during play, the clock is not stopped.
- DOUBLE GRETZKY RULE is in effect for D2 only. No player may score more than 6 goals in a single game. There is no limit on assists.

Division 3: Same as D2 except:

- A Game consists of (3) 20-minute PERIODS with a 2-minute BREAK between each period.
- GRETZKY RULE does not apply.

Penalties

Two penalty keepers and stopwatches are stationed at the rink doors on the spectator side of the rink. The penalty keeper keeps time and opens the door when the player can resume play.

- **Minor Penalties (3 min).** Minor penalties include, but are not limited to; hooking, roughing, tripping, slashing, missing gear, and unsportsmanlike conduct. Minor penalties, for every division, are served for **3 minutes**. *See Game Misconduct for penalty limits per game.
- **Major Penalties (10 min).** Major penalties include, but are not limited to; checking from behind, unsportsmanlike conduct, spearing, no mouth guard, and unnecessary roughness. Major penalties, for every division, are served for **10 minutes**.
- **Game Misconduct (suspension from next league game).** Game Misconduct penalties include, but are not limited to; second Major penalty in same game; five (5) penalties for D3, or four (4) penalties for D1 & D2, to the same player in a game; obscene gesture; continuing altercation after warning; persisting in unsportsmanlike conduct.

Game Day Responsibilities

Home Team

- First Team of the Day Set up Snack Shack (tent, table and putting out food)
- Responsible for preparing the rink for play (this will normally require at least 20 minutes to dry the rink)
- Scorekeeper and Time Keeper (please provide two people from your team for this)
- Game and Rink Preparedness (scorekeeper table, scoreboard, first aid kit, stopwatches and horns, balls in cooler)

Visiting Team

- Last D3 Team of the day break down Snack Shack and put tent, table in shed
- Put away scoreboard, table, first aid kit and any other league gear
- Make sure players benches and bleachers are neat and tidy (pick up trash)
- Put any Lost and Found items in the Shed

Scorekeeper and Time Keeper are game official responsibilities. Please refrain from coaching, cheering, or otherwise interfering in the flow of the game. Your demeanor must be neutral. Thank you.

Scorekeeper Basics

- **EQUIPMENT CHECK:** 10 Minutes prior to the start of the game, conduct the pre-game “equipment check” with the referees. Note: D3 Coaches check their own equipment.
- **LATENESS POLICY:** Any player, who is not fully dressed and ready to play at the equipment check, will not be allowed to play in the first period.
- **RECORD GOALS, ASSISTS AND PENALTIES:** Using the Score Sheet, record goals, assists and penalties per player as confirmed by the referee. Note, all goals are recorded on the score sheet, but the scoreboard should never show more than a six goal differential.
- **REGULAR SEASON GAMES** may end in a tie.

Time Keeper Basics

- **CHECK STOPWATCHES** prior to the game
- **START STOPWATCH** on referee’s whistle and let it run continuously until the end of the period (unless authorized by the referee to STOP TIME).
 - D1/D2 3 15-Minute Periods
 - D3 3 20-Minute Periods
 - **Penalty Note:** No need to time penalties, penalty box volunteers do that
- **BLAST THE AIRHORN** at the end of each period
- **RESET STOPWATCH** for 2 minutes between periods.
- **CHANGE TO STOPTIME** In the last 2 minutes of the game, if the teams are separated by 2 or less goals. Stop the watch each time the whistle is blown.
- **D1 LINE CHANGE STRATEGY.**
 - **Line changes every 3 minutes.** (Do not stop the clock). With 30 seconds until the end of line change, please let the referees know there is 30 seconds to line change. Repeat this with about 10 seconds remaining. The **referees** will call “Line Change”, it is the time keepers task to keep them informed of the time.
 - **3 minutes** (2min30sec alert ref)
 - **6 minutes** (5min30sec alert ref)
 - **9 minutes** (8min30sec alert ref)
 - **12 minutes** (11min30sec alert ref)

BRHLisms

The Unwritten Code

Players carry their gear, parents do not.

All Dogs MUST be on Leashes

We love having dogs come to the games, however, we do ask that dogs be kept away from the player benches, gear bags and inside the rink – this ensures a safe, healthy place for our youngest to our oldest players to dress, skate and play.

Parents and all other Spectators in the Bleachers During Games

Only players and coaches are permitted on the player side of the rink during games. This allows the players space to move around and allows the coaches to coach their teams. Thank you for being respectful of this ism.

Help Keep the Rink Clean

Please help keep the rink, bleachers and players benches clean. A community effort here makes a nicer environment for all.

BRHL Tournament Rules

1. If a game ends in a tie, one **sudden-death overtime** period will be played after a two minute intermission. The over time period will be six minutes in length. Penalties carry over from the game. No goalie change will be permitted for the overtime period. D1 teams will continue their line rotation into the overtime period – no creating of “power lines” or starting the overtime period by double skating the line that played the last shift of the regular game.
2. If the game is still tied at the end of the overtime play, a **shoot out** will be held. No goalie change will be permitted for the shoot out. Each team will have four pre-designated shooters take penalty shots – before each game, each coach must give a list to the scorekeeper of who these shooters will be. If the score is still tied after these players have each taken one shot, the shoot out will continue with the remaining players from each team participating until one team is ahead at the end of a round of shot. Thus, if the fifth shooter for Team A scores and the fifth shooter for Team B does not score, team A wins the game. If all players on a team have shot, that team will start over with players shooting in the same order as previously.
3. Each team is entitled to one **time out** per overtime. Time outs last for 60 seconds, and can only be called during a stoppage of play
4. Referees will be watching **mouth guards** and calling penalties if players do not have them in place. This is an important safety issue and the coaches need to help enforce this rule.
5. Make sure your players have all **wheels** in their skates. The referees have occasionally let this slide during the season, but will not let it slide during the tournament. Again, this is a safety issue.
6. Please encourage your players to attend the BBQ and D3 finals and Mary Clare award ceremonies at the end of the day on Saturday. This is our league finale, and it is great for the younger players and their families to be part of it.