



Sierra Inline Hockey League Information

Adult League – Age 18 and Up Competitive and Recreational Leagues

Sierra Inline Hockey League, a non-profit organization, has two adult, co-ed leagues: one for competitive skating and one for recreational skaters. To play, you must be age 18 by December 31 of the current league year. We are a no-check league but there are occasional collisions. We play only in the Pony Express Pavilion in Carson City, Nevada. Our rink is identical to an ice hockey rink, except the floor is plastic sport-court tiles. Teams consist of four skaters and a goalie. Unlike ice hockey, there is no offsides or icing; with just four skaters, this makes for a wide-open game. Although our facility is covered, it is not enclosed, so we usually have about three game cancellations due to blowing snow or rain. We play from mid-October through mid-May.

We recommend the competitive league for advanced skaters or young intermediate skaters. We recommend the recreational league for beginners, intermediate older skaters, and intermediate female skaters. You can form your own team or be assigned to one based on your verbal description of your hockey skills.

Two registrations are required: one for the Sierra Inline Hockey League and one for USA Hockey Inline (our sanctioning organization and insurer). Both can be completed on the SIHL website, www.sierrainline.com. You must complete both registrations before you skate on the rink.

The following hockey equipment is required:

- Inline hockey skates (we recommend soft sport-court wheels to grip the plastic surface)
- Inline-hockey pants or ice-hockey socks (to cover shin pads)
- Shin pads
- Elbow pads (we recommend pads with slash guards)
- Hockey gloves
- Helmet (we recommend face-guards although they are not required for adults)
- Hockey stick
- Jersey (to cover elbow and shoulder pads)
- Mouth guard (tooth guard)
- Athletic protector (cup)

In addition, we recommend the following equipment:

- Shoulder pads
- Ice-hockey pants, girdles, or other butt-pad liner beneath your inline pants

The league supplies the following:

- Game jersey
- Hockey facility (per an agreement with the Carson City, the facility's owner)
- Referees and scorekeepers
- Insurance via USA hockey (player-paid benefit as part of registration fee)

The cost is \$135 (\$55 for goalies) for the season, including all practices and games. If you want to play on a second team in the other division the cost is an additional \$100 for skaters, \$235 total. You must also pay the \$30 USA Hockey Inline fee separately to USA Inline Hockey as part of their online registration, SIHL does not collect that fee. If you play on 2 teams, they cannot be in the same division, you must play on one A and one B team.

Adult-League Rules for A (Competitive) and B (Recreational) League

In addition to USA Hockey rules and other Board approved rules, the following are special rules that apply only to the adult league:

Special Rules for A (Competitive) and B (Recreational) League

Rule: Players must be league-age 18, except substitute goalies may be league-age 15 or older with a liability waiver signed by a parent or legal guardian.

Purpose: To avoid injury to non-adults. To allow goalies, who are unlikely to be injured, to substitute for adults in those cases where an adult team cannot find an adult substitute.

Rule: Teams may use substitute players to field a full team (four skaters plus a goalie) in regular season play; however, the opposing Team Captain or Alternate has the option of declaring the game forfeited regardless of the game's outcome. No substitute players are allowed for the playoffs.

Purpose: To allow games to be played even when a team cannot get enough of their players to show. Often this is the result of work, family, and social commitments and not negligence.

Rule: Each adult league team must name a Team Coordinator and an Alternate Team Coordinator. These individuals must have e-mail and telephones. These individuals should be players who have good knowledge of inline hockey rules of play per USA Hockey and Sierra Inline Hockey League.

Purpose: To assign responsibilities and provide a communication channel to the Team Coordinator or Alternate Team Coordinator. To have a team representative during games for problems involving rule infractions or inappropriate behavior. Responsibilities include the following:

- Providing the Adult-League Coordinator with the names of the Team Captain or Alternate.
- Providing the Adult-League Coordinator with a team roster.
- Providing team liaison with the Adult-League Coordinator. All communication with the Adult-League Coordinator will be through the Team Coordinator or Alternate Team Coordinator and visa versa.
- To check for phone messages or e-mails from the Adult-League Coordinator and to call 775-882-RINK (7465) before scheduled games in case of rink closures or other unpredictable events.
- To check for e-mails from the Adult-League Coordinator regarding league schedules, schedule changes, team standings, or other important information.
- To provide schedules to team members.
- To provide other messages to your team members as necessary to improve adult-league coordination, cooperation, and rule compliance.
- To report incidents to the Adult-League Coordinator which adversely affect Sierra Inline Hockey League's ability to develop a safe, fun, and growing hockey program.
- Poll their teams for individuals who may be willing to referee adult games and provide the Adult-League Coordinator with names, phone numbers, and e-mail addresses for those individuals.
- To collect league fees from each player who has failed to pay league fees during regular registration and remitting those fees to the Adult-League Coordinator before allowing those players on the rink.
- To order team jerseys by January 1.
- To meet with the Adult-League Coordinator before January 1 to discuss competition, fairness, facilities, referees, possible roster moves, player behavior or other issues that will help Sierra Inline Hockey League's develop a safe, fun, and growing hockey program.

Rule: No new teams will be allowed after January 1.

Purpose: To finalize the regular season schedule and prevent teams from showing up only for playoffs.

Rule: No roster changes will be allowed after March 1 unless a team loses a goalie, has less than four other players, or accepts a member of a team which has disbanded.

Purpose: To prevent teams from adding top-notch players just for playoffs.

Rule: Teams who fail to field four skaters plus a goalie for four regular-season games will be disbanded. Players from such teams may join other teams with their permission. No refunds will be allowed.

Purpose: To assure that teams show up to play. To allow players to join other teams when their team folds through no fault of their own.

Rule: No player will be allowed on the rink until they have paid all league fees.

Purpose: To prevent uninsured players from becoming a liability for Sierra Inline Hockey League and other players. To assure the league is compensated for its costs.

Rule: A-League teams will not play B-League teams.

Purpose: For safety and competitive fairness.

Special Rules for A-League (Competitive Hockey)

Rule: Show up, behave, and realize you're destiny is not the NHL.

Purpose: To have a successful season and avoid having the job of Adult-A-League coordinator bestowed upon you.

Special Rules for B-League (Recreational Hockey)

Rule: A-League goalies may substitute for B-League goalies in regular-season games but not in playoffs, except with the permission of the opposing team's captain.

Purpose: Fairness. An outstanding goalie can control the game outcome.

Rule: Players must meet the conditions specified below:

Purpose: To reduce player injuries and to keep teams fairly balanced in their abilities, while recognizing *limited* special dispensation for teams where players cannot meet the standards below and reasonably participate.

Players allowed:

- Females age 18 or older.
- Males age 35 or older.
- Males age 18 to 35 with less than three years of hockey experience.
- Males age 18 or older who reasonable persons agree are not skilled enough for A-League (competitive) play.
- Up to two players per team (non-goalies) who reasonable persons agree are skilled enough for A-League play, but because of special circumstances desire to play recreational hockey. These players must be 25 or older. Special circumstances may include, but are not limited, to the following:
 - Long-distance travel with other B-League players
 - A desire to play on a spouse's team
 - Need to oversee a handicapped player
 - A player who does not wish to play in the A League and agrees to take it easy on the B-League players and demonstrates it in play

Contact Information

Adult A League Coordinator: Scott Foster

Adult B League Coordinator: Tim Dry