



## Sierra Inline Hockey League Rules

1. The Sierra Inline Hockey League has adopted the USA Hockey Inline Hockey rules and regulation to govern play.
2. Use of alcohol, tobacco and other drugs is strictly prohibited.
  - a) 1<sup>st</sup> Offense: Player will be asked to leave the facility.
  - b) 2<sup>nd</sup> Offense: Player will be suspended from the league with no refund.
3. Zero tolerance towards fighting
  - a) 1<sup>st</sup> Offense: Immediate suspension from the league with no refund. Players who in the opinion of the floor officials have engaged in a fight or have committed a gross misconduct to another player, official or the game, will be ejected from that game and suspended for the remainder of the season. Suspensions occurring at the end of the season may be held over to the next season at the discretion of the board of directors.
  - b) Players must not throw a punch, drop their gloves, kick, slash, or take any fight actions towards another person. Any incident will be at the discretion of the on floor officials.
4. Do not act with intention to do harm to another person.
  - a) 1<sup>st</sup> Offense: Suspension from the game as determined by the referee.
  - b) 2<sup>nd</sup> Offense: Suspension from the game and the next game.
  - c) 3<sup>rd</sup> Offense: Suspension from the league with no refund.
5. Do not verbally or physically abuse any game or league official
  - a) Verbal Abuse: Suspension from game.
  - b) Physical Abuse: Suspension from the league with no refund.
6. Do not engage in the use of profanity, objectionable cheering or gestures
  - a) 1<sup>st</sup> Offense: Verbal warning.
  - b) 2<sup>nd</sup> Offense: Asked to leave the facility.
7. Respect the facility
  - a) Do not litter. Use the trash cans provided for all trash including but not limited to stick and leg tape, water bottles and all other trash.
  - b) Do not intentionally damage the facility in any way. Intentional damage to the facility may result in a suspension from the league with no refund as determined by the board of directors.
8. Show good sportsmanship
  - a) Respect your coach, teammates, parents, opponents and league and game officials.
  - b) Be on time for practices, games and other league events.
  - c) Play for fun!
9. Penalties
  - a) Any player receiving 4 penalties in a game will be automatically suspended from that game.

By registering with SIHL I agree to the above and all other established SIHL rules. I also agree that if registering a player under 18 that I am agreeing to the rules for them.