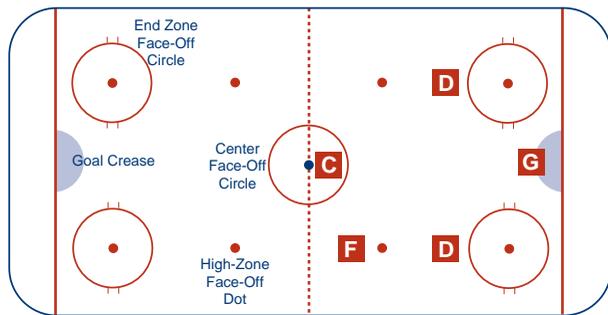


This brochure contains a brief overview of inline hockey and useful information that will provide the beginner player, parent and/or spectator with a fundamental understanding of the game of inline hockey. Some of the rules that govern inline hockey are similar to the rules of ice hockey, but there are also many differences.

## THE BASICS

Inline hockey is played in an area known as a “rink.” A rink consists of a playing surface that is surrounded by a boundary (commonly referred to as “dasher boards”), that is designed to separate the players from the spectators as well as to keep the puck/ball in play. There are many different types of dasher board systems that are used for both indoor and/or outdoor play. The playing surface is marked with special lines that help the referees officiate the game according to the official rules of inline hockey.

### THE RINK



Inline hockey is a fast-moving sport played with four players and one goaltender, for each team on the playing surface. Players maneuver on inline skates that feature either 3, 4 or 5 wheels on each skate. At the amateur levels of play, there are no offside or illegal clearing (icing) rules. As a result, the game is played in a wide-open manner that creates continuous action and many scoring opportunities. Both body checking and fighting are illegal in the sport of inline hockey and result in severe penalties against any offending player. Unlike ice hockey, in which games are normally played with three 15-20 minute periods, inline hockey normally features two 20-25 minute running-time or two 15-minute stop-time halves, at most levels of competition.

The object of the game is quite simple — score more goals than your opponent. Goals are scored when a

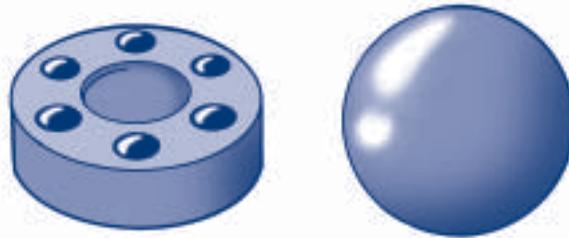
player shoots the puck/ball into the opposing team’s goal. The shooter is credited with a goal and the player(s) who passed the puck/ball is credited with an assist. Up to two assists are allowed for each goal scored. Unlike other sports, inline hockey does not have many pre-set designed plays. Instead, the game is played at a quick pace where players rely mainly on their skills, instincts and reactions to carry out their coach’s systems.

## THE PUCK/BALL

Inline hockey is played with either a puck or ball, depending upon the surface on which the game is played. Games can be played either outdoors on rough surfaces or indoors on very smooth surfaces. When playing on a rough surface, balls are generally used because they tend to move (roll) smoothly along the surface.

Smoother surfaces are more suited for play with a puck. The puck used in the game of inline hockey has a similar shape to an ice hockey puck, but that’s where the similarity ends. The majority of inline hockey pucks are made with plastic “runners” on both sides to help the puck lie flat and slide smoothly when passing, stick handling or shooting.

### THE PUCK AND THE BALL



## THE PLAYERS

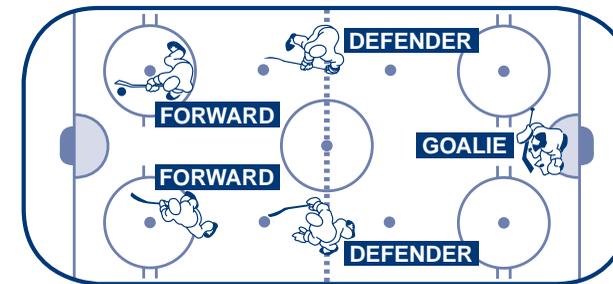
**Goaltender** — The goaltender’s (more commonly referred to as the “goalie”) main responsibility is to keep the puck/ball from entering his/her team’s goal. The goaltender uses various techniques and maneuvers to stop the puck/ball. He/she is the last line of defense.

**Defender(s)** — The role of a defender is to keep opposing players from entering favorable scoring areas, preferably stopping the opposing players before they can get a reasonable scoring opportunity. Defenders are also responsible for starting the “break” from the defending zone by moving the puck/ball forward either

by passing or stick handling it to the opposite end of the rink to create an offensive opportunity.

**Forwards** — Generally, forwards are responsible for both scoring goals and creating scoring opportunities when they have possession of the puck. They also initiate the forecheck up front when the opponent has possession and are also responsible for taking face-offs.

### PLAYERS AND THEIR POSITIONS



## THE RULES

Of course, there is a set of rules by which the players must abide. When a player breaks one of these rules, the team must play with fewer players on the playing surface, providing the non-offending team with an increased chance for a scoring opportunity. Depending on the infraction, a team could be shorthanded from two to five minutes. Penalties force both teams to play a different style of play. The short-handed team deploys their top defensive players to run out the penalty time while the full-strength team utilizes four players with strong offensive skills.

**Minor penalty** — The offending player is sent to the penalty bench for two minutes while his/her team plays short-handed. If the opposing team scores a goal during the penalty, the penalty automatically terminates. (Minor infractions include hooking, holding, tripping, slashing, etc.).

**Major penalty** — The offending player is sent to the penalty bench for five minutes while that team plays short-handed for the full five minutes, regardless of goals scored by the opposing team. (Major infractions include fighting, injuring an opponent with a high stick, slash or other stick infractions, etc.).

**Bench Minor Penalty** — This team penalty is assessed for a number of reasons, but primarily for penalties assessed to the coach. Any player, except a goaltender, may serve a bench minor penalty. (Bench minor

infractions include arguing with the referee from the bench, too many players on the surface, etc.).

**Misconduct Penalty** — A misconduct penalty is typically assessed to a player who uses abusive language toward an official or opponent. The offending player is sent to the penalty box for 10 minutes, but the team does not have to play short-handed. (Misconduct penalty infractions include verbal obscenities directed at the referee, banging a stick on the boards, etc.).

**Game Misconduct** — A game misconduct penalty results in the offending player being disqualified from any further play for that game. In amateur inline hockey, a game misconduct also results in the player having to sit out the next scheduled game for that team. (Game misconduct infractions include inciting opposing players, obscene gestures, etc.).

**Match Penalty** — A match penalty occurs when a player deliberately injures or attempts to injure another player. The player is immediately ejected from the game and the team must play short-handed for five minutes. The player is then suspended from any league play, including practice, until the situation (case) has been handled by league authorities. Another player on the same team must serve the five-minute penalty.

**Penalty Shot** — The penalty shot is a free shot awarded to a player who was illegally deprived of a scoring opportunity. All players, other than the opposing goaltender, are removed from the playing surface and the fouled player is allowed to skate in from the center face-off dot — and take one shot against the goaltender. (Infractions that call for a penalty shot include falling on the puck in the goal crease and fouling a player on a breakthrough).

**Goaltenders Penalties** — Goaltenders do not serve any minor, major or misconduct penalties that they may incur. Instead, another player who was on the playing surface at the time of the infraction shall serve this penalty for the goaltender.

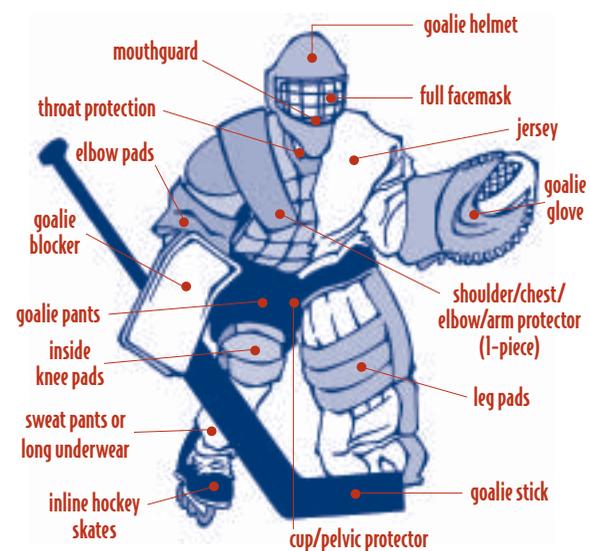
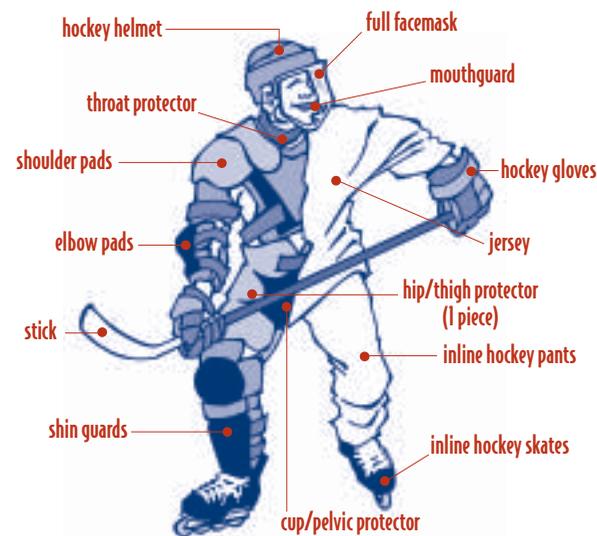
## EQUIPMENT

**Player’s Equipment** — Inline hockey players are required to wear inline hockey skates, a hockey helmet, shin guards, elbow pads and hockey gloves. Youth age divisions (10-, 12-, 14- and 17-and-Under) are also required to wear a full facemask and a mouthguard. Other suggested pieces of protective equipment to wear include: hip pads, protective cup/pelvic protector, shoulder pads and throat protection.

**Goaltender's Equipment** — Goaltenders are required to wear inline hockey skates, a hockey helmet, full facemask, a mouthguard, leg pads, elbow pads and hockey gloves. Their equipment looks much different and bulkier compared to the other players.

**Wheels** — “Soft” wheels are used for soft surfaces such as Sport Court™ (interlocking plastic tiles) or gym floors, and “hard” wheels are used for harder surfaces such as asphalt.

#### WHAT SHOULD I WEAR?



## INLINE HOCKEY LINGO

**Assist** — An assist is awarded to a player(s) who helps set up a goal by passing the puck/ball or shooting it on the goal.

**Back Check** — When a forward skates back into the defensive zone to help the defenders play defense.

**Body Check** — Purposely using your body to make physical contact with an opponent. Body-checking is illegal at all amateur levels of competition in inline hockey.

**Breakaway** — A situation in which an attacking player with the puck or ball has no other opposing player to skate around, other than the goaltender.

**Center** — The center is the player who participates in faceoffs and generally controls plays in the attacking zone.

**Dasher Boards** — The wall that encloses the playing surface and separates the players from the spectators.

**Faceoff** — When the referee drops the puck/ball, to resume play, between the sticks of two opposing centers.

**Forechecking** — Applying pressure to the opposing team when it has the puck/ball in its defensive zone, in an effort to force a change of possession.

**Goal Crease** — The semicircular area located in front of the goal in which the goaltender has certain privileges and limitations. Attacking players are not permitted to enter the goal crease unless the puck/ball is already in the goal crease.

**Hand Pass** — Passing the puck/ball to a teammate by batting it with the hand. This type of pass is only legal in a team's defending zone.

**Hat Trick** — When a player scores three goals in one game.

**Point** — The spot at which the defenders are positioned when their team is attacking the opponent's goal usually near the high zone faceoff spots.

**Power Play** — When the opposing team is shorthanded due to a penalty, the full strength team is said to be on a power play.

**Puck/Ball** — The object used to score goals and determine possession.

**Save** — What a goaltender makes when he/she prevents the puck from entering the goal.

**Short-handed** — When a team is penalized and must play with less than a full set of players on the surface.

**Slap Shot** — A type of shot that is executed by taking a full back swing and follow-through with the stick.

**Slot** — An area of the attacking zone that is between the two end-zone faceoff circles, in front of the goal.

**Stick Check** — Lifting an opponent's stick to steal the ball/puck away.

**Stick Handling** — The process of moving with the ball/puck (dribbling) either back-and-forth or side-to-side, in an effort to avoid opposing players.

**Wrist Shot** — This is a quick method to shoot the puck/ball toward the opponent's goal by using a flicking motion of the wrists to shoot.

## WHERE TO PLAY

If you are interested in playing in a USA Hockey InLine-sanctioned league, please contact the following league:

PLACE LEAGUE INFORMATION HERE

## MARKETING PARTNERS



## FOR MORE INFORMATION, CONTACT:

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# USA Hockey InLine