



# Official Escondido Sports Center Adult Roller Hockey Rules

Adopted 08/14/2019  
Revised 01/07/2020  
Revised 05/15/2023  
Revised 01/10/2026

*The Official Rules of Hockey as updated and developed by USA Hockey, the National Governing Body, shall apply to all game play unless otherwise noted below.*

## 1. PLAYERS AND TEAMS

- 1.1. **Divisions:** Skill and age divisions are defined as follows. The Escondido Sports Center (“ESC”) reserves the right to adjust or combine divisions as participation dictates. ESC reserves the right to reassign any team to a different division at any time if, in the League’s judgment, such reassignment is necessary to maintain competitive balance, ensure fair play, or address logistical considerations. Factors that may be considered include, but are not limited to (1) team skill level and performance history, (2) roster composition and player eligibility, (3) overall impact on league scheduling and parity.
  - 1.1.1. **Bronze:** Players must be 18+ to participate. Teams should consist of 80% of novice-level players. Teams may NOT include any rostered Silver, Gold, or Platinum players.
  - 1.1.2. **Silver:** Players must be 18+ to participate. Teams should consist of 80% of intermediate-level players. Teams may NOT include any rostered Platinum players
  - 1.1.3. **Gold:** Players must be 16+ to participate, players under the age of 18 requires parental waiver. Teams should consist of 70% of intermediate-level players. Teams may include up to four (4) rostered Platinum players, these players must be indicated with an asterisk on the roster.
  - 1.1.4. **Platinum:** Players must be 16+ to participate, players under the age of 18 requires parental waiver. Teams must consist of a 80% of advanced-level players.
  - 1.1.5. **30+ :** Players must be 30+. Teams may include up to two (2) players aged 28 or 29, these players must be indicated with an asterisk on the roster.
  - 1.1.6. **40+ :** Players must be 40+. Teams may include up to two (2) players aged 38 or 39, these players must be indicated with an asterisk on the roster.
- 1.2. **Registration:** All registration and processing fees are nonrefundable. If a team misses their second half payment date, they will be ineligible to use Installments for future seasons.
- 1.3. **Eligibility:** All players must be of the appropriate age on the day of the first official game of the season.
- 1.4. **Team Names:** The City of Escondido reserves the right to change team names that are in violation of the Community Services Department Code of Conduct.
- 1.5. **Rosters:** Team rosters must be submitted to the ESC office by the published due date. Rosters lock after the third game of the season. Rosters may not exceed 15 players and a goalie.

- 1.5.1. Each player must sign the team waiver prior to playing in a league game.
- 1.5.2. Any person participating without being rostered will be declared an ineligible player. The penalty for an ineligible player is forfeiture of all games in which the ineligible player participated. The ineligible player and team manager are subject to suspension for the remainder of the season. Any player playing under an assumed name will be suspended for the remainder of the season unless there are three or less games remaining. Then any ineligible player's suspension will extend for five additional games of the next season.
- 1.5.3. Players transferring teams in-season must do so by the third game, and receive approval by both team managers and the League Coordinator.
- 1.6. Players: Only rostered players who have signed the team waiver, and are in full uniform (including helmet and skates) shall be permitted to occupy the bench area.
- 1.7. Player/Team Eligibility: Players may play in different qualifying divisions; however, they may not play on multiple teams within the same division (goalies are exempted from this rule). If divisions are combined at the end of a registration period, players may seek permission from the League Coordinator to be rostered on two teams.
- 1.8. Player Uniforms: It is the responsibility of the team manager to ensure all players are properly outfitted for games and practices. Teams must be uniformed by their third game. Players not properly outfitted are not eligible to play. Uniforms must have matching colors with permanent numbers. Tape or other similar materials are not permitted.
- 1.9. Player Equipment: Player equipment shall be considered an extension of the uniform. All players are required to wear a hockey helmet with all safety straps snapped, elbow pads, hockey gloves, knee and shin protection, and skates with all axle spaces filled with wheels. All equipment must be covered with uniform, including but not limited to shin pads, elbow pads, shoulder pads.
  - 1.9.1. A player must not use equipment or wear anything that is dangerous to themselves or another player, including but not limited to hard splints or casts and any kind of jewelry. When requested by league/game officials, the player must remove such items prior to game play.
- 1.10. Insurance: The City of Escondido does not carry sports insurance to cover the players. Teams or players must carry their own insurance if they wish to be covered.
- 1.11. Alcohol: Possession and/or consumption of alcoholic beverages at the Escondido Sports Center including the adjacent parking lot is prohibited (EMC 18-102(a)). If a player is suspected of being intoxicated while participating in a game, the referee has the ability to issue a game misconduct for unsportsmanlike behavior, and remove that player from the game.

## **2. GAME PRELIMINARIES**

- 2.1. Game Times: Game times shall start promptly as scheduled. If one or more teams are not ready to start at game time, the clock will commence until five minutes have run off. At that point the game is a forfeit win for the team that was ready. In lieu of a forfeit win and only if both teams agree, the game may commence after the five minute mark with the understanding that the outcome of the game is final. The clock will continue to run, resulting in a shortened first period. Teams must have at least three players and a goalie on the rink (including penalty box) throughout the entire game.
- 2.2. Player Check-in: Managers and players are responsible for checking in with the scorekeeper and informing them of players' jersey numbers prior to game time. The scoresheet is the official document used to track games played. Managers must account for all players present in order to earn credit; this includes any players that arrive late.

- 2.3. Warm Up: If time allows, each team will be permitted five minutes of warm-up practice before a game. Teams must wait until all players have exited from the bench area before entering for the next game.
- 2.4. Protests: Game protests are only permitted for ineligible players (see Rule 1.3.).

### **3. GAME PLAY**

- 3.1. Duration of Games: Games consist of three 15-minute periods with 1-minute intermissions. Running clock except for the final two minutes of a game when a two-goal difference or less separates the teams.
- 3.2. Timeouts: Each team will be allowed a one-minute timeout per game.
- 3.3. Goalies: Goalies may play for any team when the goalie for a specific team is not present.
- 3.4. Overtime: During the regular season, there is no overtime.
  - 3.4.1. During playoffs, continuous 15-minute “sudden-death” overtime periods will be played until a winner is determined.
- 3.5. Postponement: If there is a possibility of games being canceled due to inclement weather or other unforeseen circumstances, team managers will be notified as necessary. Only a league official may postpone games.
- 3.6. Forfeits: Managers must contact the Escondido Sports Center prior to forfeiting any game.
  - 3.6.1. If a team forfeits two games, they will not be eligible for playoffs.
  - 3.6.2. If a team forfeits three games, they will be removed from the league. No refunds of league fees will be issued.
  - 3.6.3. If a team is removed from the league or forfeits out of the league, the players on that team will not be allowed to add to another team without permission from a league official.
  - 3.6.4. If a team forfeits during regulation time or the game is canceled due to weather, as long as half of the game is played, the game is considered complete and will not be rescheduled to another date.

### **4. STANDINGS & PLAYOFFS**

- 4.1. Standings: The winning team shall receive two points in the league standings. The losing team shall receive zero points. In the event of a tied game, each team shall receive one point.
- 4.2. Playoff Seeding: Teams will be seeded in the playoffs based on the regular season standings as determined in the following order: (1) Points (2) Most Wins (3) Head-to-Head (4) Overall goal differential.
- 4.3. Playoff Eligibility: In order to be eligible for playoffs, players must play in at least three regular season games. Any team found to be playing with ineligible players will forfeit all playoff games in which the ineligible player participated.
  - 4.3.1. Each team may have one designated substitute player who can be eligible for playoffs and finals if they are checked in for two regular season games. The designated substitute can only play in a playoff or final game if the number of players for that game does not exceed six players and a goalie.

### **5. OFFICIATING**

- 5.1. Referees: A minimum of one referee will be assigned to each game. The referee(s) shall be in complete charge of the game. Their authority and the exercise of the powers granted to them by

the rules of the game commence as soon as they arrive at the ESC and continue for as long as they are at the ESC.

- 5.2. Violation of the Law: The players and managers acknowledge and agree that all activities at the ESC shall comply with all applicable federal, state, and local laws, ordinances, regulations, codes, and all other orders of governmental authorities having jurisdiction over the facility, now or hereafter, in effect during the season.

## 6. PENALTIES

- 6.1. Penalty Box: Players must remain seated while serving a penalty in the penalty box.
- 6.2. Four Penalty Rule: A player receiving four penalties in one game will be ejected from that game. This player is eligible to play in the next game unless they received a Match Penalty or Game Misconduct.
- 6.3. Game Misconducts and Match Penalties: Game Misconducts and Match Penalties, as defined in the USA Hockey Rulebook, are assessed by referees and will result in suspension from the Escondido Sports Center.
- 6.4. Suspensions: After receiving a Game Misconduct or Match Penalty, a letter from a league official will be sent to the team manager regarding the suspension length. Any suspension includes all divisions played at the ESC. Holidays, weather cancelations, byes, and league gaps will not qualify as weeks served for a suspension.
- 6.4.1. Individuals serving suspensions will be subject to a three-year probationary period from the time of the first incident. Each time an individual receives a suspension from the league, their minimum level of suspension will increase as follows:
- 1<sup>st</sup> suspension – 3 games for stick fouls, abusive or physical misconducts
  - 2<sup>nd</sup> suspension – current season, plus an additional season
  - 3<sup>rd</sup> suspension – permanent dismissal from the Adult Hockey League at the ESC
- 6.4.2. The City of Escondido reserves the right to increase or decrease penalties based on circumstances surrounding an incident.
- 6.4.3. Teams will lose one point in the standings for each Game Misconduct or Match Penalty they accrue in a season.
- 6.5. Team Dismissal: If a team accrues four Game Misconducts or Match Penalties in one season, the team will be dismissed from the league. Any suspension includes all divisions played at the Escondido Sports Center.
- 6.6. Appeals: The suspended player's team manager may submit a written appeal, within seven calendar days from the date of suspension, stating the reason(s) why the suspension should be re-evaluated. Re-evaluation will be handled by a senior member of the Community Service Management team and a response will be provided within five business days. All decisions will be considered final after any re-evaluation.
- 6.6.1. The suspended player may participate in subsequent games while the appeal is under review; however, if the appeal is denied those games will be deemed a forfeit.

## 7. CONDUCT AND SPORTSMANSHIP

- 7.1. Abide & Consent: By participating in the Adult Roller Hockey Program, all managers and players agree to consent and abide by the rules, herein, and the code of conduct as established by the City of Escondido Community Services Department.
- 7.2. Sportsmanship: Following each game, it shall be customary, but not required, for players to move to

the center of the rink and shake hands with their opponents.

- 7.3. Violations of the Code of Conduct: All individuals are expected to abide by the Community Services Department Code of Conduct available upon request or through the City's website. A violator of the standards contained in the Code of Conduct may receive a verbal warning from staff. If a violator fails to correct a violation, then the violator shall be ejected from the Escondido Sports for a period of 72-hours. A warning is not a prerequisite for a re-occurring violation of the same provision within a 90-day period or a serious violation (e.g., violent acts, threats of violence, menacing, intimidating behavior, inappropriate physical contact). Failure to comply, or re-occurring or serious violations may result in a longer ejection period (e.g., 7, 30, 90 days or longer) from the recreational area. (EMC 18-70)
- 7.4. Provision of Recreational Areas: Application of the Community Services Department Code of Conduct applies to all recreational areas in which violations may result in administrative citations including fines and/or criminal charges which may further result in fines and/or custody time.
- Recreational area means a park, playground, recreation center, public school athletic field, or any other area in the City owned or used by the City which is devoted to active or passive recreation. It shall include all adjacent facilities used in conjunction with the park such as parking lots, restrooms, and locker rooms.