



Rules & Regulations

These are the rules and regulations for the Falkland Islands Hockey Association. They may be amended at any time with or without notice.

*Last update: **March 2024***

It is the responsibility of the player to be familiar with these rules and adhere to them at all times.

Falkland Islands Hockey Association Rules for DEK & Inline Hockey, Youth & Senior leagues 2023

1 Rink markings and face off dots are as follows: Centre dot and two dots in each team end zone – one on the left-hand side and one on the right. The goal crease in front of each goal is marked in yellow.

2 Goals are of International Regulation size – 6' wide, 4' high and 2' deep.

3 No youth match (peewee, junior, rookie or elite) can be played unless their designated team manager or a stand-in adult (18 or over) is present.

4 A team should consist of a minimum of 3 outfielders plus a netminder. All games will be played in a 3+1 format with no limit on substitutions.

5 Playing with guests or forfeiting games.

a. No guest player (excluding netminders) is allowed to play.

b. If a team has 3 of their rostered outfield players, plus a netminder, the game must be played.

c. If a team cannot be raised, it is recorded as a 3:0 loss against the side who cannot field a team.

d. If both sides fail to field a team, then it is recorded as a 0-0 draw.

e. No games will be rescheduled unless rescheduled by the committee due to unforeseen circumstances.

f. The game can go ahead for the recording of player statistics only (not team points) with guest players so that rostered players who are attending are not losing out on player points. This requires the agreement of both captains (or Youth team managers) and the officials. Goals and assists will only be recorded for the rostered players in the player statistics. Team and league points will be recorded as with rule 5 c and d.

6 If the rostered netminder is unable to play, then the floating netminders must be used first before approaching any other netminder who currently plays for another team in the same league.

7 3 points will be awarded for a win; 1 point for a draw and 0 for a loss.

8 A player who scores a goal will receive 1 point. A player who assists the scorer will also receive 1 point. This includes double assists (passing to a player who then passes to the goal scorer). The referees are the ONLY people who can award assists, and these will be communicated clearly to the score recorders (off court officials) during a game prior to the next drop of the puck. The ref will sign off the scoresheet at the end of each game. Any player who repeatedly argues with the referees or other officials about missed assists could be awarded a minor penalty. Netminders can also score goals and assists. The clock will stop for the recording of goals if necessary.

9 No player will play a game if they are missing their correct team shirt and socks.

10 No player will play a game if they are missing any part of their protective equipment as follows:

- a. Inline (senior and youth) outfield players: helmet (all straps and fixings in full working order and fastened), body armour, elbow pads, gloves, shorts, jock box/pelvic protector, hockey shin pads, skates
- b. Inline and DEK (senior and youth) netminders: all of the above plus leg pads (in place of hockey shin pads), blocker, catcher, throat guard and neck guard
- c. DEK senior: protective kit is discretionary
- d. DEK under 18: helmet (all 3 straps in full working order and fastened), shin pads, gloves
- e. DEK suitable sporting footwear will be worn
- f. Helmets:
 - i. Under 18's: must be full cage or full visor
 - ii. Over 18's: Half visor permitted

11 A player's stick must be cut to an appropriate length with its butt-end in situ or taped accordingly. Any blade that is damaged will not be allowed to be used. This will be determined by the official.

12 A standard game will consist of 2 x 20 minute periods running time (although see rule 8 regarding goal recording). If the goal difference is 0 or 1 with 2 minutes remaining in the final period, stop time will be used.

13 A game will start no later than 5 minutes past the hour. Any player not in the hall when the first whistle goes will not be allowed into the hall until the start of 2nd period. Any player not in the hall at the start of the 2nd period, will not be permitted to play in the second half.

14 Each team has a maximum of 1 x 1-minute time out per period played. Failure to start on time will result in the removal of the time outs. When there is a time out called (by a

netminder in the senior league and a team manager in the youth leagues) by notifying the official, the scoreboard will be placed in the countdown mode. Players cannot leave the hall or remove their kit during this time.

15 There will be an interval of 2-5 minutes (officials' discretion) between periods which will be counted own on the scoreboard. Anyone not in the hall when the first whistle goes will not be allowed back in. Youth players are not permitted to leave the hall during the interval without the manager's permission.

16 Teams will have a HOME and AWAY cupboard for use during the game. It is the responsibility of the team manager/captain to ensure that the cupboard is left in a tidy state at the end of the game. If the official deems that this has not happened, they will advise the team manager/captain and then if not rectified they will deduct 1 point from the team statistics.

17 Each allowed goal will be followed by a centre face off.

18 If there is interference or obstruction of the puck caused by it hitting the official, it is at the discretion of the official as to whether a centre face off will take place.

19 Netminders are allowed to exit their crease as far as the centre line.

20 Netminders can only freeze or dive for the puck, if part of their body is in the crease otherwise a minor penalty is awarded for delay of game. An outfield player, on the court at the time of the penalty, must serve the 2 minutes.

21 The faceoff is taken at the nearest faceoff dot to where the play stopped.

22 Penalties.

a. There are 3 grades of penalties: minor, major, and game misconduct. Penalties can run consecutively. Where a player commits a penalty (see 22d), the referee will blow the whistle and indicate the penalty.

For minor penalties the penalised player will sit 2 minutes of game time and their team will play short-handed 3-2 until the penalty has expired. During this 2-minute period if the offending team score a goal, then the penalty still runs. If the offended team score, then the penalty is cancelled.

A 5-minute penalty will run to completion regardless of goals scored. In the event of additional infractions committed whilst a penalty is already being served (a consecutive penalty), the additional penalties will not begin until the first penalty has been served.

For major penalties, a major and a game misconduct will be assigned. The penalised player will leave the playing area (including the viewing area) for the remainder of the game. A player from the offending team, on the court at the time, will serve the 5-minute penalty. In the event of a goal, the penalty will not be washed out; the full duration of the penalty will be served, and the team will be disadvantaged for the whole 5 minutes.

b. Game misconduct is for repeat offending or for committing a serious aggravated offence. The player is removed from the rest of the game and the team remains at full strength. Game misconduct may also carry additional game bans and will be reviewed by the Referee Committee.

c. If the offending action interferes with a legitimate scoring chance, the ref may decide to award a penalty shot rather than a time penalty. In a penalty shot, the time will be stopped, the puck is placed at the furthest central face off dot and the taker takes a single shot, the player must remain in forward motion for the duration of the scoring attempt. No chasing of this player by their team mates or opposition is allowed. Either a goal is scored or the puck is considered stopped. Play restarts at the centre face off dot.

d. Players cannot undertake cross checking, boarding, hooking, slashing, spearing, tripping, butt-ending, head contact (accidental contact will be awarded a minor penalty, deliberate contact will be awarded a double minor), interference, diving or throwing a stick otherwise a penalty will be awarded to their opposition. If a facial injury is sustained due to a stick, whether deliberate or accidental, a penalty may be awarded.

e. Fighting, abusive language or an unsportsmanlike attitude (but not impeding the play of the game which is covered by rule 24) will result in a major penalty.

f. Stick slamming: Players who slam their sticks deliberately on the floor in a way that may cause damage to the floor, will result in a minor penalty or a major penalty at the discretion of the referee for unsportsmanlike behaviour.

The official has the authority to eject a player from a game for repeat offending.

Youth team managers have the authority to bench players for the remainder of the current match (and possibly the next match) if players use racist, homophobic or sexist insults.

23 Fighting, abusive language or an unsportsmanlike attitude from spectators will result in the official halting the game. The official will issue one warning then the spectator will be required to leave.

24 During line changes if a changing player obstructs the play an interference or 'too many men' penalty will be awarded to the opposing team.

25 If the puck goes out of play due to hitting a light fitting, curtains or other structure; goes into the viewing gallery; lands on the goal net; if the fire doors on the south wall open; a player goes through the main entrance doors; or a goal is significantly moved off its goal line, a face off will be taken from the centre dot.

26 All team players and managers must shake hands at the start or end of the game as instructed by officials.

27 All rostered players are expected to participate in all training sessions and matches as posted in the fixtures. Failure to do so may result in disciplinary action. Parents of youth players will be advised.

28 All complaints will be directed to the Chair (or in their absence the Vice Chair) who will appoint 3 unconnected members of the committee to decide on what action should be taken. An acknowledgment of receipt of the complaint and an indication of the possible actions will be given within 48 hours.

29 In a playoff final game there has to be a clear winner. Therefore, this game will be played over 3 x 20 minute periods (stop time) if that duration is possible, if not then the standard 2x20 minutes will be used (running time only). In the event of a tie there will be another 5-minute golden goal period. If no-one scores the golden goal there will be 3 non-chasing, single shot penalty shots taken from the blue dot furthest from the target goal by 3 different players. Following that, sudden death penalties will be taken by the remaining players until there is a winner.

30 No outfield player is allowed to touch the puck whilst it is on the floor. In the youth leagues, no puck handling by outfield players is permitted. For the senior league, outfield players are allowed to deflect the puck when it is in the air.

31 Players fees will be invoiced once a player has been rostered into a team. All outstanding debts must be paid prior to the start of the season otherwise players will not be allowed to play