North Jersey Youth Roller Hockey Association

Administrative Guide & Rule Book 2026-27

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ADMINISTRATIVE GUIDE 5

1 ORGANIZATION HISTORY

The North Jersey Youth Roller Hockey Association (NJYRHA) is a non-profit organization comprised of local leagues who have agreed to play roller hockey games under the rules within this booklet and USA Roller Sports.

All items contained within this official "NJYRHA Administrators Guide & Rulebook" supersede any rule, regulation, requirement, or standard found anywhere else. However, for any rule not specifically covered in this guide, the USA Roller Sports 2016-17 edition of "THE OFFICIAL RULES OF INLINE HOCKEY" rule book and penalties apply. This guide book is not intended to describe and explain the rules of USA Roller Sports.

2 GOALS OF THE ORGANIZATION

Promote the sport of roller hockey as a "non-checking" light contact, skills-oriented game.

Do not tolerate players: who fight, show poor sportsmanship, antagonize other players, show disrespect for coaches, referees or administrators.

Do not tolerate coaches who argue, disrespect players, referees or administrators; or who show disregard for our rules

3 ORGANIZATION HISTORY

The NJYRHA was created more out of necessity than inspiration. In the spring & fall of 1992 scrimmage games were played between Glen Rock and Carlstadt. By October, both towns independently began searching for other towns to participate in inter-borough competition, since their own local leagues were growing and they were looking for competitive outside play. In December 1992 the NJYRHA was officially organized. Regular season and playoff games were completed in April 1993 – our first season!

In June 1994 we added All-Star games to the schedule. In 1996 we separated the league into two divisions, American and National as well as two conferences, North and South. We also conducted separate National / American division All-Star games.

We have evolved over time and now (are comprised of approximately 20 teams from 9 charter towns competing in three divisions (Midget, Junior & Senior).

4 2025-2026 Past Season Officers

All member towns have a representative on NJYRHA Board.

5 2026-2027 SEASON CHAMPIONS

Midget American- Wyckoff Midget National- Oakland White
Junior -Dumont Senior -Dumont

6 LEAGUE PARTICIPATION 6

To participate in the NJYRHA each town must be approved by the membership. A "Local League Application" form must be submitted to the NJYRHA League office. In addition all local leagues must have an adequate rink as described in Section 9 of this booklet. Any deviations must be noted to the league for review. All rinks must be reviewed for approval by the facilities committee on an annual basis.

The NJYRHA season is based on the calendar year and generally is played from December until March

To help separate players by maturity/skill level, there are three divisions: Midget, Junior and Senior

7 LEAGUE STRUCTURE

The NJYRHA League Office will call at least one meeting per month from September until April. Additional meetings may be held as deemed necessary.

The Local league must designate one point of contact as the league representative and one alternate representative- with two more additional available..
A Local league must be present at 75% of League Meetings otherwise voting privileges will be suspended.

By the November meeting each local league must submit to the board

a. Local league application (Charter) and local league fee
b. Certificate of Insurance (covers entire season)

By December 1 each local league must submit to the NJYRHA:

a. One complete roster which includes:
    a. final team roster, including call-up players and coaching staff
b. Towns will be required to keep the following information (to be used for verification if necessary):
    a. recent picture of each player
    b. signed copy of the Player / Parent Code of Ethics
    c. signed copy of the Coaches Code of Ethics
c. One copy of the roster is to be submitted to the Discipline Committee Chairperson via email.

Weekly results must be maintained by the local league representative and reported to the league statistician within 24 hours of the game being played. These reports should include the home teams local league name, level, team name, opponent information (local league name & team name), game number and the score.

The assignment of officials is the responsibility of the Supervisor of Officials, who reports directly to the NJYRHA Office. Duties shall include:

a. Scheduling of all officials for all league sanctioned games
b. Sponsoring of clinics and meetings for all officials
c. List a roster of all officials to be documented and submitted to the NJYRHA Office.

8 FEES AND PAYMENTS 7

Local league Membership $300 per town
Team Fees $215 per team
Referee Fees:

a. Midget: $45/game each referee
b. Junior: $55/game each referee
c. Senior: $65/game each referee

Games that are cancelled after the second period are considered completed games and require full referee payment.

Games that are suspended during the first or second period require half referee payment.

Games which are suspended or cancelled upon arrival require a special case travel fee of $10.00 per referee.

Games that are forfeited, require a full referee payment by the forfeiting team.

Games that are officiated by only one referee shall require payment of both fees to the one referee.

Each team will pay one of the referees for each game.

9 THE RINK

9.1 RINK REQUIREMENTS

The playing surface must be reasonably smooth, obstruction free and must be level.

Team benches are required with gates.

A separate penalty box is required for each team bench.

Prior to the start of a game, the rink shall only be deemed playable upon inspection by the hometown league officials. Once a game has started, only the game officials (referees) can suspend or cancel that game.

A minimum 3 ft high by 8ft long tarp or screening material must be located on the fencing behind each goal net during all games

9.2 DIMENSIONS OF RINK

As nearly as possible the preferred rink dimensions are 180 feet long by 80 feet wide. The maximum rink dimensions are 200 feet by 85 feet, while the minimum rink dimensions are 150 feet by 65 feet

Perimeter Boards are mandatory and may consist of: standard rink boards of approximately 4 feet in height with rounded or angled corners

9.3 DIVISION OF PLAYING SURFACE 8

The playing surface shall be divided into two halves by a Center Red Line which must be clearly marked.

Blue lines must be clearly marked and positioned so that the entire rink is divided into three equal parts. A minimum distance between the goal line and the blue line must be 42 feet for all NJYRHA approved rinks of less than 150 feet and 60 feet for all NJYRHA approved rinks of more than 150 feet.

9.4 FACE-OFF CIRCLES

Face off circles are required. Two should be positioned in each defensive zone, four in neutral zone and one at center rink

9.5 GOAL POSTS, LINES AND CREASE

Each goal must be 6 feet wide 4 feet high and 2 feet deep. Some means of keeping the goal stationary is necessary.

Goal line(s) shall be the full width of the rink and must be a minimum of 8 feet from the rink end. The rear of the goal must have a minimum clearance of 6 feet behind it (10-15 feet is ideal). Goal lines must be 2 inches in width.

A goal crease must be clearly marked in front of each goal. It must extend 36 inches beyond both sides of the goal posts and extend 72 inches in front of the goal line. This translates into a 6 foot radius semi-circle in front of the goal

10 THE TEAM

10.1 PLACEMENT OF TEAMS

Teams in the Midget, Junior and Senior divisions will be created based on age-based formula as follows: Players ages are based on their ages as of September 1 of the current year. The general guidelines are as follows:

Midget – 8-11
Junior – 12-15
Senior – 16-18

The ages of female players and any special needs exempt players will be reduced by one year and they will be eligible to stay down one level

10.2 COMPOSITION OF TEAMS

A team is composed of five players on the playing surface plus a goaltender. A minimum of 10 players and a maximum of 20 players shall be permitted on a team, unless an exception is granted by the NJYRHA League office.

10.3 ROSTERS

Rosters will be submitted the NJYRHA office. An electronic copy wlll be emailed to all NJYRHA LEeague member represenentaives and officials.

All rosters will be finalized by January 1, after which time no changes will be allowed. Any deviations are illegal and will result in a forfeit of games played and possibly league membership. In addition, the head coach will be suspended for the remainder of the game and the next game. He may not return to coaching until a special NJYRHA League Office review, whereby further action may be taken.

The frozen team roster must display all components of the team as follows:

a. Division (Midget, Junior or Senior)
b. Local league name, including Team name (if applicable)
c. Full player name, home address, home phone number
d. Jersey number (permanently assigned for the entire season)
e. Birth date and players age as of September 1
f. Head coach and assistant coach/coaches (with phone numbers)
g. Call-up players

**electronic rosters will ONLY include players name and jersey number.

11 THE PLAYER

11.1 PLAYER GUIDELINES

An NJYRHA player may only be on one roster, however a limit of 10 players may be listed as "call-ups' on the roster of the next level (refer to Rule 11.2 for specific requirements). Proper age classifications are as follows:

a. Midget- At least 8 years as of September 1 of the current season and no more than 11 years of age as of September 1 of the current season.
b. Junior- At least 12 years of age as of September 1 of the current season and no more than 14 Years of age as of September 1 of the current season.
c. Senior- At least 15 years of age as of September 1 of the current season and no more than 17 Years of age as of September 1 of the current season.

*A player may play up one level only, provided that the player is in the last year of eligibility in the level immediately lower.
*Female players are allowed to play down one additional grade or year to determine their appropriate level
*All players must wear all protective gear as described within Section 15 of this booklet, when they are on the rink

ILLEGAL AGED PLAYER: **Any use of illegal aged player in any age division shall result in:
1)Minimum loss of Home Playoff games for offending team
2)Additonal sanctions to coach, team and offending program
-All such offenses shall be reviewed by the Displinary Committee for additional sanctions will be final.
***Any roster exceptions for aged players must be vote upon by the NJYRHA Board.

*All rostered players must play in 30% of all teams COMPLETED games. Forfeits do not count as games played. Any injuries must be league approved by the playoff meeting.

11.2 CALL-UP PLAYERS 10

A team may list up to a maximum of 10 players as “Call-ups” on the roster from a team or teams at the next lower division. As an example a Midget player can be “called-up” to a Junior team. This is to ensure that teams have enough players to avoid forfeits, etc. Players also cannot move down to a lower level.

If a local league has more than one team at a given level, all those teams can share the same call-up list if desired.

There is no limit as to the number of times a call-up player can be used during the season.

Players in their first year of eligibility cannot be used as a “call-up”.

NOTE: This only applies to the Midget level. First year Junior players will be allowed to be used as a call-up for Seniors.

Coaches of teams using call-ups must notify the referees and the scorekeepers prior to the start of the game.

Violations of this rule will result in the offending team forfeiting its game and losing its call-up privileges for the remainder of the season.

Call-ups are permitted during both the regular season and playoffs.

11.3 WHERE TO OBTAIN PLAYERS

Players may be drawn from an area restricted by their “approved” local league application. For example a local league called, “hometown, USA”:

a. can draw from all residents of Hometown
b. can draw from legal residents of other towns provided they are not part of another town’s charter
c. can not draw from residents of other NJYRHA local leagues without NJYRHA board approval

11.4 INJURED PLAYERS

On a whistled injury, the injured player must leave the playing surface and cannot return until the next whistle.

Any player with an open cut or has blood on their uniform or equipment, will cause the game to be stopped. In addition to caring for the injury, the player will be allowed to return to the game only when: the bleeding has stopped, the wound is completely bandaged, and the player has their equipment and their uniform free of all visible blood.

12 THE COACH

A team must designate one head coach and may also designate assistant coaches. A maximum of 3 coaches may be present on the rink during the game. All coaches’ names must be accurately reflected on the frozen team roster.

All coaches must be a “certified coach”. A coach is deemed “certified” if they have taken any of the various coaching certification courses and attended a NJYRHA coaches meeting as applicable.

The conduct of a NJYRHA coach must be beyond reproach. The example of good sportsmanship and respect towards all coaches, players and officials must be clearly demonstrated. All coaches must sign the coaches CODE OF ETHICS to be allowed in the players' bench and to actively coach any team(s). Any coach not adhering to the CODE OF ETHICS, is subject to expulsion from the game. These should be held by the members town and may be reviewed by the NJYRHA league office at any time. Further disciplinary action can be taken pending board review. In addition, any coach suspended from coaching in any division, is suspended from all league activities for the duration of the suspension. (See Section Two - Goals of the Organization)

Coaches should not over coach their team during games. This is intended to mean that your players should be the focus of attention for your spectators. Parents want to see their children play roller hockey, especially at the midget level. Coaches should refrain from an overzealous style of coaching.

Coaches are responsible for ensuring all of their players comply with all equipment regulations.

In order to avoid re-scheduling games due to player or coach availability, the use of a substitute coach is permissible, as long as he/she is a certified coach.

13 THE OFFICIALS

13.1 APPOINTMENT OF OFFICIALS

The official method of officiating NJYRHA games is with a two referee system

a. Games may be played with only one referee if both teams agree.

All referees are independent contractors of the NJYRHA and report directly to the NJYRHA Supervisor of Officials, who is appointed by the NJYRHA. The Supervisor of Officials reports directly to the NJYRHA League Office.

All referees must be certified via a referee clinic which will be conducted prior to the start of the season. Referees should wear the following: Skates, Helmet, Officials shirt, Black pants, and protective gear

13.1 REFEREE RESPONSIBILITES

Referees will arrive 15 minutes prior to scheduled game start time to perform:

a. Rink Inspection
b. Introductions
c. Equipment & Roster Checks

2. The Referee is responsible for the following:

a. Ensure all score sheets are: ready at game time, used during the game, verified and signed by all game officials at the conclusion of the game.
b. Ensure all penalties, goals, and assists are recorded on the score-sheet.
c. Ensure all correct reports are filed for Game Misconducts and any other incidents. These reports must be submitted to the Supervisor of Officials within 2 hours of game completion.
d. Maintain control of the game. The game includes all players, coaches, referees, administrators and crowd (fans). If the fans become a problem it is the Referees responsibility to locate home

e. rink management to diffuse the situation. The game will not continue until the situation is resolved.
f. All Referees should signal an infraction twice. Once at the site of the penalty call and once at the scorer's table

13.2 PAYMENT OF REFEREES

Payments must be made by EACH team before the start of the game. Those towns that use a voucher system will ensure that proper paperwork is completed by all referees at the rink and payment is processed immediately.

RULE BOOK 13

1 GAME PLAY

1.01 THE GAME

Game shall be played 5 vs. 5 plus goaltender.

No checking. Incidental contact is permitted, provided that the player is playing the ball and not the player. In addition, an inadvertent collision should not be deemed as a check. This call is based solely on the judgment of the referee.

Offside will be called using the blue line.

An icing call will be made when an attacking player passes shoots or clears the ball from behind the center red line and it travels untouched, is not playable and crosses the opponents' goal line. The obvious three exceptions are when the ball passes through the crease, a goal is scored or when the goaltender leaves the crease completely whether or not he/she attempts to play the ball.

Player substitutions can be made on the fly.

1.02 TIME OF GAME

The game will consist of three 15 minute periods with stop time on all whistles.

A running clock will be implemented when the score differential is seven (7) goals. Failure to adhere to this rule will result in the home team forfeiting the game.(For all Midget games this will only be applicable in the third period.)

-There will be a mandatory two (2) minute rest time in between all periods.

-Each team is permitted one (one minute) time out per period. They cannot be carried over.

-A game will be considered an "Official Game" after two full periods have been completed.
(all playoff games must be completed to be considered official)

-A game shall be considered a "Suspended Game" if it does not meet the criteria for an official game. The Scorekeeper should document all necessary game information so that the game can be continued at another time. Referees must sign this scoresheet to officially authorize the suspended game.

Overtime - Regular Season

a. 5 minutes stop time sudden death period. Each team receives one point in standings for the regulation tie. Teams play 5 vs. 5 plus goaltender, One (1) time out per team is allowed.
b. Shoot-out
c. If after the overtime period the score is still tied then a shoot-out will be used to determine the winner of the game.
d. Each team will select three shooters, which will alternate shots. The team with more goals wins.

e. If tied, we go 1 vs 1, sudden death until there is a winner. NO player may shoot twice until all shooters have shot once. The minimum number of shooters that can shoot will be based on which team has the least number of shooters.

If a team is already down to three (3) skaters due to penalties and another penalty is called on the team with three skaters, a penalty shot will be awarded to the opposing team. If the opposing team scores then the game is over. If not, continue play with the shorthanded team still down by two players (5 on 3) until that penalty expires or the overtime period ends (whichever comes first).

Overtime - Playoffs

a. One (1) 15 minute stop time period, 5 on 5 plus goalie.
b. If there is no winner, then all following overtime periods will be 10 minutes stop time each, 5 on 5 plus goalie, until there is a winner.
c. One timeout per team will be allowed during each overtime period

1.03 GAME CONDITIONS

Home town representatives are required to notify the opposing town representative of any delay of start time or weather cancellations with 2 hours notice. Officials are required to contact the home town representative for any games.

Spectators are not permitted on the team bench, penalty box, or rink during pre-game warm up, during the game or between periods. A spectator is anyone who is not a rostered player or coach, referee, administrator or scorekeeper.

Pre Game Rink Inspection-

a. Rink inspection by all officials
b. Goal inspection by all officials
c. c. If a rink is deemed not playable, that game should be cancelled.

1.04 START OF GAME

To start a NJYRHA game each team must have six (6) team members present. These team members do not have to include a goalie; a player may stand in the goal, but will NOT have any goalie privileges.

Games must not be started prior to their scheduled start time

Games can be delayed by no more than 30 minutes from their original start time in order to ensure the rink is in a safe and playable condition.

If there is a goalie injury then that team will be allowed to play with six (6) attackers until a goalie is dressed. (no goalie privileges will be awarded)

A current roster will be posted on the league website.

a. Referees will check the roster of all teams to verify team and player eligibility. Rosters for each team should be available to be checked by referees before the start of each game. If one or both teams do not submit their team rosters at the start of each game, they must do so before the start of the third period or be subject to forfeit of the scheduled game as a non-qualified loss.

Additionally, any team which does not submit its team roster at the beginning of the game, but prior to the beginning of the third period, is subject to a bench minor penalty for delay of game at the time they produce their roster.

b. Only individuals listed on the team roster are considered "eligible players", and only "eligible players" are allowed to participate in the game played.
c. If an "ineligible player"- one who is not listed on the team's roster and/or whose individual player information is not contained in the team roster- is included on a team for a game (either prior to the game, or on the bench or involved in play during the game), the team in question will immediately forfeit that game, whenever the team's roster is verified by the referee, either before or during the game. Additionally, the person or persons serving as head coach (es) for the offending team will receive an automatic one-game suspension. In the case of ineligible players, the offending team and coach will be subject to further penalties upon review by the league's executive board."

The designated home team shall provide:
-Score sheet and official scorer
-Game Balls (three new ones to start the game handed to the game official)
-Rink Preparation (free of all debris, dirt, leaves etc) also known as Rink Maintenance

1.05 CHANGE OF GAME SITE

If the home rink is not playable, but the visitors rink is playable; allow for a change of location to the visitor's rink.

1.06 MAKE-UP GAMES

If a game cannot be played due to inclement weather, lack of referees or rink conditions it is the responsibility of the NJYRHA schedule committee to reschedule the game.

The rink does not have to be played at either team's rinks and does not have to be at the same rink the originally scheduled game was being played.- Originally scheduled home team is responsible for all referee fees

1.07 POST SEASON GAMES

All post season games will be played under the same rules as the regular season except:

Play-off qualifications:

a. A team must play 75% of its regularly scheduled games to qualify for the playoffs. Forfeits will only count as games played for the team that receives the forfeit in that situation. The forfeiting team (which receives a non-qualified loss) will not get a game played.
    a. Games will require two officials.

All-Star Games:

a. Selections will be handled by the responsible committee
b. Sites and Times will also be handled by the responsible committee.
c. Travel and Tournament teams will be selected by the appropriate committee. (if necessary)

Bench Clearing Altercation during Playoffs

a. The team initiating this will forfeit the first game of the following season. A board review will determine whether further disciplinary action is required.

1.08 FORFEITS 16

If the minimum numbers of players are not present to start game within 15 minutes of scheduled game time, then the game will be declared a forfeit.
A forfeited game must be reported to the NJYRHA League Office within 24 hours of schedule game time. The team forfeiting the game will receive zero (0) points and a non-qualified loss, which means no credit for a game played. The other team (winning team) will receive 2 points, and credit for a game played.

If the visiting team forfeits a game within 12 hours of that game time, it will be responsible for the home team fees, including those referees and scorekeepers (if applicable).

1.09 EXCESSIVE SCORING

As a matter of basic sportsmanship, the league will not condone excessive scoring by winning teams. It is the responsibility of winning coaches to ensure that margins of victory in all games do not exceed the amounts described below.

a. Midget and Junior levels
    a. The margin of victory must not be greater than 10 goals;
    b. The following penalties will automatically be applied to Midget and Junior level coaches whose teams exceed an 8-goal margin of victory (final score) in any regular season or playoff game:
        i. First offense: The coach will receive a one-game suspension;
        ii. Second offense: The coach will be suspended for the remainder of the regular season and the playoffs.
            1. The coach and the town program will also then be subject to additional disciplinary action, based on review by the league Board.

b. Senior level- Games will automatically be ended if there is a 10-goal differential by the end of the second period or at any time during the third period(Mercy Rule). If the score is 6 or more during the 1st/2nd period, the clock will run.

c. Midget/Junior Level-clock will run 6 goals or more in the 2nd or 3rd period. There is no mercy rule.

2 EQUIPMENT

2.01 GENERAL EQUIPMENT

All equipment must be in good condition, properly used and properly worn with no exposed parts. Skates must be in good condition with ALL wheels in proper place. This will be enforced before and during all games. No player will be permitted to participate with exposed equipment. Misuse of any equipment will not be tolerated and will result in the following penalties:

a. First Offense BY team, WARNING PER TEAM.
b. Second Offense – Minor penalites throughout remainder of game.

The following equipment is mandatory for all players regardless of league level and/or division:

a. Padded hockey gloves
b. Full shin and knee protection
c. Elbow protection
d. Protective cup (except female players)
e. Shoulder pads (hockey type)
f. Hockey sticks which are properly butt ended and which cannot fit through a face mask

Girdle made for hockey underneath their shorts or pants. Inline skates

Colored Mouthpieces must be in good condition and worn by ALL players and MUST be attached to the player's helmet. All must be attached as factory made with no alterations. Clear mouthpieces are NOT permitted.
Orthodontist mouthpieces are excluded, provided a comment on roster with NJYRHA League office.

02 GOALIE EQUIPMENT

A. Goalies are required to wear goalie equipment which includes:

a. Ice hockey HECC approved helmet
b. Throat protector
c. Chest protector with arm guards
d. Catcher and blocker glove
e. Elbow protection
f. Goalie leg pads
g. Hockey pants
h. Inline skates

2.03 GAME BALLS

Hockey balls are available in Orange (hot), Pink (warm) or Yellow (cold); however, the pink ball will be considered the official game ball unless BOTH coaches agree on the use of a different ball. If both coaches cannot agree on a particular ball then the pink ball will be used. Use of a puck is not permitted.

2.04 UNIFORMS

A. Players must wear a team jersey that:

a. is identical in style to all players on the team
b. has a number that is clearly visible on the back.
c. has a number that matches the number on the team roster
d. Teams may opt to have home and away jerseys. If they do so, the numbers on both sets of jerseys must be the same and match the roster numbers.
e. Every team in a town must wear the same approved chartered colors. (unless specifically approved by the NJYRHA)
f. Visiting teams must wear pinnies or other colors, if the teams' colors are similar. The home team must provide the pinnies to the visiting team.

It is the responsibility of coaches to check all their players before each game to ensure that those players comply with all the above equipment and uniform rules.

3 PENALTIES, SUSPENSIONS & PROTESTS

3.01 PENALTIES

Penalties shall be divided into the following classes:

a. B. Minor Penalties
b. C. Major Penalties
c. D. Misconduct Penalties
d. E. Match Penalties
e. F. Penalty Shot

If a Midget level player receives five (5) penalties (in any combination) during the same game, the player will automatically receive a Game Misconduct. Future disciplinary action is subject to board review.

If a Junior or Senior level player receives four (4) penalties (in any combination) during the same game, the player will automatically receive a Game Misconduct. Future disciplinary action is subject to board review.
Call-up players will be judged at the level game they are playing in.

3.01.1 MINOR PENALTIES

Any player that is assessed a minor penalty (other than a goalie) shall be ruled off the playing surface for two minutes.
If a goalie is assessed a minor penalty that another player that is on the playing surface at the time of the penalty will serve that minor penalty

3.01.2 MAJOR PENALTIES

Any player that is assessed a major shall be given an automatic game misconduct and the team will skate shorthanded for five minutes.

3.01.3 MISCONDUCT PENALTIES

A misconduct penalty involves the removal of the offending player (except the goalie) for a period of ten minutes. The team is allowed to substitute a skater for the penalized player and will not play shorthanded. The penalized player cannot return to the playing surface until his allotted time is served and a stoppage of play.

A Game Misconduct penalty requires the suspension of the offending person for the remainder of the game. In addition there is an automatic next game suspension plus a NJYRHA board review (which may result in additional disciplinary action)

A Gross misconduct penalty shall be assessed when:

a. A player or team official becomes involved in a fight with a team official or spectator.
b. Any player or team official who sprays water or throws equipment at an official
c. Any player or team official who engages in verbal taunts based on discriminatory grounds (race, ethnicity, religion, gender, sexual orientation)

Any player that receives a game misconduct / gross misconduct shall automatically be suspended indefinitely pending further review by the NJYRHA League Office.

3.01.4 MATCH PENALTIES

A match penalty involves the immediate suspension of the player or coach for the remainder of the game The offending player's team must place another player into the penalty box to serve the five minute portion f the penalty and any other penalties that may have been assessed.

A team official who receives a match penalty is not allowed near the bench area or any other area surrounding the rink.

Any player that receives a game misconduct (match penalty/intent to injure) shall automatically be suspended indefinitely pending further review by the NJYRHA Displinary Committee.

Any player or coach who receives a second game misconduct during the season will be automatically suspended indefinitely pending a disciplinary hearing conducted the NJYRHA League Office.

3.01.5 PENATLY SHOTS

Any infraction of the rules which calls for a penalty shot shall be taken as follows:

a. The referee shall place the ball at the center face-off spot.
b. Upon the referees whistle, the player will attempt to score on the goaltender.
c. Once touched the ball must be kept in motion by the player and rebound shots are not permitted.

Any player that is assessed a one way fighting penalty, will serve the major penalty and the opposing team will also be awarded a penalty shot.

3.02 ON RINK ALTERCATIONS

Coaches and players are expected to stay on the bench during an altercation. Any player or coach that leaves the bench to join a rink altercation shall be ejected immediately and be suspended accordingly. This penalty automatically carries a game misconduct.

3.03 SUSPENSIONS

All suspensions will be served upon notice and served in succession.
-Remainder of Season suspensions includes all NJYRHA sanctioned games
-Any incomplete suspensions will carry over to the next season.
Suspended players that are also NJYRHA referees will also suspended from working any NJYRHA games during their suspension.

a. Additional sanctions may also be set forth by the Supervisor of Officials.

Any player who is suspended as a call-up will serve the suspension in their regular division and will not be allowed to be used as a call-up during that suspension period. A board review will be conducted to determine the player's eligibility for further use as a call-up player

3.03.1 SUSPENSIONS DURING FINAL GAMES

Any league member that is suspended during their final game of any given season, that member's local league township will be fined $100. The local league the member is involved with must pay the fine prior to any acceptance of Charter for the upcoming season. Additional Board Review and sanctions may follow as deemed necessary.

3.03.2 SUSPENSION APPEALS

Any appeals of suspensions must be made to the league president within 24 hours of notification to the local league. This includes ALL suspensions.

3.04 PROTESTS

To file a protest, a head coach must:

a. File it verbally to the official at the time of the action
b. File it at the end of the game & ask scorekeeper to document on the scoresheet
c. Protest the game in writing to the NJYRHA Executive Board via the Town Representative.

4 PENALTY DESCRIPTIONS

4.01 CHARGING

A major penalty plus Game Misconduct, at the discretion of the referees, will be imposed on a player who violently runs, jumps into, or charges an opponent, or blindsides an opponent from behind.

4.02 CROSS CHECKING OR BUTT ENDING

A minor or major penalty shall be assessed on any player that cross checks an opponent.
Note: Crosscheck shall mean a check delivered with both hands on the stick and no part of the stick on the surface. A major penalty shall be assessed on any player that makes contact with butt ending.

A major plus game misconduct penalty shall be assessed to any player that injures an opponent by cross-checking or butt ending.

Note: Attempt to butt end, shall include all cases where a butt end gesture is made regardless of whether body contact is made or not and will carry a Double minor plus game ejection.

4.03 DELAY OF GAME

A minor penalty will be imposed on any player who delays the game by, deliberately displacing the goalpost from normal position, or any coach refuses to place the correct number of players on the surface to commence play after being warned by a referee.

A minor penalty shall be assessed to any goalkeeper who clears the ball over the glass, penalty box or player or penalty benches without it touching any other object, and must be done in the defensive zone(inside their own blue line).

A minor penalty shall be called on any team who cannot start at given scheduled game time.
If a player, except the goalkeeper closes his/her hand intentionally on the ball the play will be stopped and a minor penalty will be assessed for delay of game.

4.04 ELBOWING AND KNEEING

A minor penalty shall be assessed any player who fouls an opponent in any manner with his elbow or knee.

A major penalty plus game misconduct shall be assessed any player who injures an opponent by elbowing or kneeing.

4.05 FIGHTING

A fighting penalty involves a player who has made a fist and thrown a punch at an opposing player. Any player called for a fight, dropping the gloves or not, shall receive a 5 minute major and a game misconduct.

NOTE: If a player enters an altercation that is already in progress, that player (including goalkeepers) will be assessed a 5 minute major and game misconduct penalty as third man in.

4.06 LEAVING PLAYER BENCHES/PENALTY BOX DURING ALTERCATION

A player may NOT leave the penalty box or player bench during an altercation. Any violation of this rule shall result in a double minor penalty plus game misconduct

Any player who leaves the penalty box before their penalty has expired shall receive a minor penalty for leaving the penalty box prior to expiration of penalty

4.07 HIGH STICKING

High sticking shall occur when the hockey stick makes contact with the opponent above the shoulder. The referee shall:

a. Signal a minor penalty, for no injury..
b. Signal for a 5 minute major and Game Misconduct if the high stick cause injury and bleeding.

4.08 HOLDING

A minor penalty will be imposed on a player who holds an opponent with his hands, stick, or in any other way.

4.09 HOOKING

A minor penalty will be imposed on a player who impedes or seeks to impede the progress of an opponent by hooking the body with his/her stick. This rule will be strictly enforced.

A major penalty will be imposed on a player who injures an opponent by hooking.

a. When a player is checking another player in such a way that there is only stick-to stick contact, such action is not either hooking or holding. He may turn the stick down over the opponent's stick.

4.10 INTERFEReNCE

It is a violation of the rules to interfere with or impede the progress of an opponent who is not in possession of the ball.

When a player deliberately impedes the movement of an opposing player after puck/ball has been faced-off.

When a player deliberately holds the stick of an opposing player.

When the puck/ball carrier makes a drop pass and follows through as to take his/her opponent out of the play, thus opening the way for the puck/ball carrier.

Goalie interference occurs when an offensive player interferes with or impedes the progress of the goalie while the goalie is in his/her crease or privileged area.

4.11 UNSPORTSMANLIKE CONDUCT/ABUSE OF OFFICIAL

Coaches who enter the playing surface without being beckoned by an official shall receive a minor penalty.

Coaches who act in an unsportsmanlike manner shall receive in procession:

a. Bench penalty – Unsportsmanlike
b. Game misconduct

Players who act in an unsportsmanlike manner shall receive in procession:

a. minor penalty- unsportsmanlike conduct
b. 10 minute misconduct
c. Game misconduct

4.12 SLASHING

A minor or major penalty, at the discretion of the referee, will be imposed on any player who impedes or seeks to impede the progress of an opponent by slashing with his/her stick.

A major penalty and game misconduct penalty will be imposed on any player who injures an opponent by slashing.

Any player who swings his/her stick at another player in the course of any altercation will be subject to a match penalty.

Note: Officials may call a slash whether body contact is made or not.

4.13 SPEARING

A major penalty will be imposed on a player who spears an opponent. A double minor penalty plus a game ejection penalty shall be imposed at any player who attempts to spear an opponent, regardless of whether bodily contact is made or not

4.14 TRIPPING

A minor penalty will be imposed on any player who places his stick, knee, foot, arm, hand, or elbow in such a manner that it causes his opponent to trip of fall.

When a player is in control of the puck/ball in the attacking zone and has no opponent between him and the goaltender, and is tripped or otherwise fouled from behind, thus preventing reasonable scoring opportunity, a penalty shot will be awarded to the player. If when the opposing team has pulled the goalie, the above infraction occurs, the attacking team will be awarded a goal.

4.15 UNNECESSARY ROUGHNESS

A minor or double minor at the discretion of the referees, will be imposed on any player who uses unnecessary roughness.

4.16 GRABBING FACE MASK

A major penalty plus game misconduct shall be assessed to any player who grabs the face shield of an opponent.

5 FACE-OFF LOCATIONS

Face Offs can only take effect at the 9 face off dots on any given rink.

5.01 HIGH STICK

Any play where the ball is played above the shoulders or high stick-ed on goal the ensuing face off shall be in the offending team's defensive zone. It shall be conducted on the side of the rink that the infraction occurred.

5.02 HAND PASS

Hand passes are legal in any team's defensive zone. Hand passes cannot be made in the neutral or offensive zone by team. A violation of this rule shall result in a face-off in the offending team's defensive zone. It shall be conducted on the same side of the rink that the infraction occurred.

5.03 COINCIDENTAL PENALTIES

Any play where co-incidental penalties are called, the ensuing face off shall be at the last play the ball was played. This is also known as the last play-face off

5.04 PENALTY FACE-OFF (POWER PLAY)

After a penalty is assessed to any given team, the ensuing face off shall be conducted in the offending teams defensive zone. It shall be conducted on the same side of the rink that the infraction occurred

Appendix A

Directions To Rinks

Carlstadt

From Route 17 South: Take to the Hoboken Road exit (the Meadowlands Diner is right at the exit). Follow Hoboken road to Garden Street. Make a right onto Garden Street to Central Avenue. Make a right onto Central Avenue to Interstate Place. Make a left onto Interstate Place through the gate into the parking lot.

Dumont

Route 4 to Teaneck Road exit (North). Teaneck Road will turn into Washington Avenue. Follow Washington Avenue through town and make a left onto Columbia Avenue (Mullane Ford dealer is on the corner). Go several blocks to the end and make a right onto Prospect Avenue. Go two blocks and make a left onto Twin-Boro Lane. Bear right (past the Bergenfield rink) then make your first quick left. Follow the road into the parking lot.

Hawthorne

Route 17 North to Route 4 West to Route 208 North. Take the second Goffle Road exit (Hawthorne/Paterson). Travel approximately 1 mile on Goffle Road and make a left onto Warburton Avenue. The rink is located at the high school which is immediately on your left.

GPS Address: 140 Bamford Ave, Hawthorne, NJ

Lyndhurst

Route 17 South to the end, follow the bend to right. Stay straight to the 3rd traffic light, make a left onto Ridge rd (which is a continuation to Route 17 South). Continue on Ridge Rd to the 5th traffic light and make a left onto Page Avenue. Take Page Avenue about 100 yards to Sparta Drive, make a left and the rink is on the left.

GPS Address: 1 Sparta Drive, Lyndhurst, NJ

Oakland

Route 17 to Route 4 West to Route 208 North (about 11 miles) till it becomes Route 287 South. Get off at Exit 58 (Route 202). Make a left at the bottom of the exit ramp onto Ramapo Valley Road (Route 202 South). Make a right at the second light onto Oak Street. Follow Oak Street for a very short distance and look for the tan building on the left after passing the tennis courts and baseball fields. Park below the building and the rink is just above the parking lot and building.

Wyckoff

From Route 208:

> Route 208 to Russell Ave. exit. Take Russell Ave. east to Wyckoff Ave. Turn left onto Wyckoff Ave. At first light, turn right onto Franklin Ave. Proceed on Franklin Ave. less than 1 mile to Town Hall complex on the right. Make a right into Town Hall complex and proceed to the rear of the complex for the rink.

GPS Address: 195 Woodland Ave., Wyckoff, NJ 07481