

Dummies Guide to Rink Hockey Refereeing

Guide & Quick Reference to Quad Skates Rink Hockey Rules – UK 2019 v1.6

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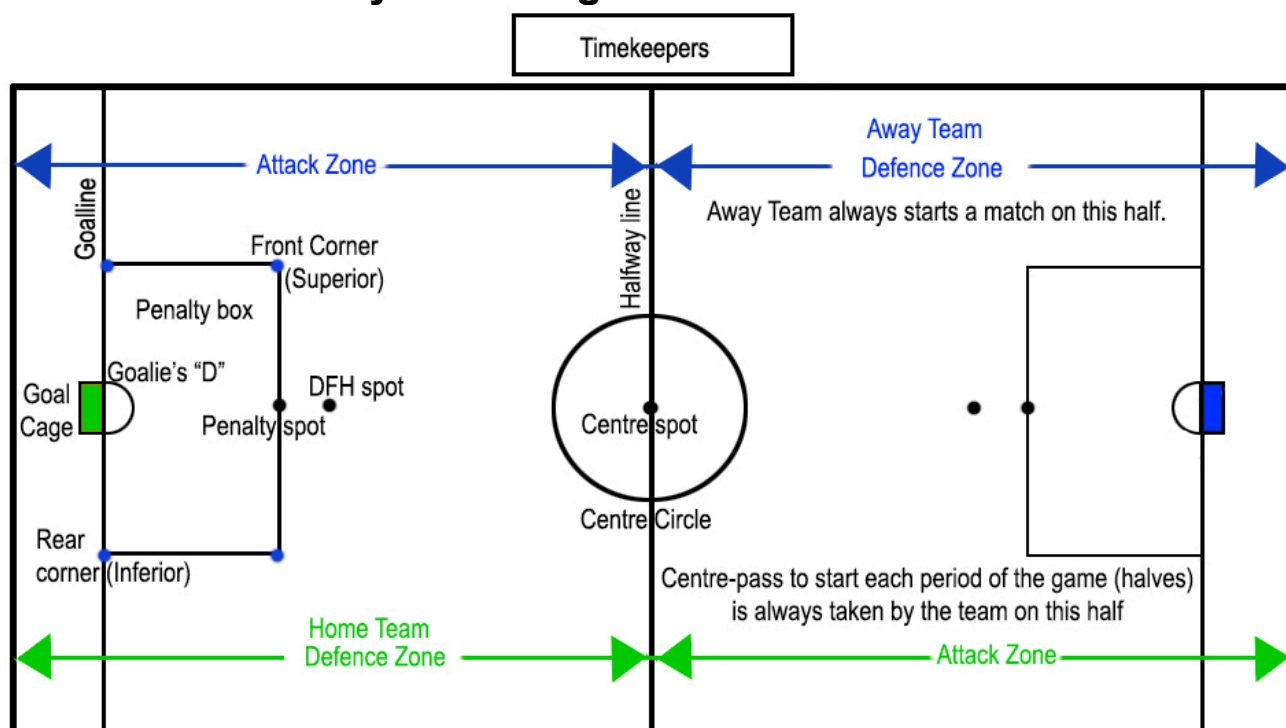
Abbreviations and Introduction

P: = Punishment. / **RS:** = Referee's signal

IFH = Indirect Free Hit / DFH = Direct Free Hit / DFH/P = Direct Free Hit or Penalty

This guide and quick reference is an unofficial condensed but comprehensive plain English interpretation of the "World Rules of the Game (Rink Hockey) 2019" for English referees.

Roller Hockey Rink Diagram at the start of a match



Outfielders Rules and Restrictions

High-Ball

The ball must not be hit or lifted above 1.5 m high (4'11"). Which is about chest height of the average adult player on skates or more accurately 350 mm (14") above the goal horizontal bar. It is not a "High-ball" if a ball ricochet off the goal cage, wall, player's body, skate or two sticks.

High-Stick

Players are not allowed to raise any part of their stick above the level of their shoulders when in close proximity to other players when attempting to play the ball, as it is considered dangerous. However, it is allowed without punishment when a player is not endangering any other person or in isolation and "controls the ball" (they are not allowed to smash a ball that is over 1.5m off the ground as it then becomes a High-ball). It's not a foul for a player not involved in play to raise their stick above their shoulders.

Stick-Fouls

The ball can only be moved with the flat parts of the stick, a player is not allowed to "cut" the ball i.e. the ball cannot be moved with the sharp edge of the stick.

Players must only use their stick to play the ball. They are not allowed to strike an opponent stick, skates, shin pads, but, ignore "slight touches" but do punish repetitive hitting or strong hits. Striking a player's unprotected parts of their body is a complete no-no.

Foot-Ball

Players must not “play the ball” with their skates by intentional kicking or redirecting it, i.e. “foot to ball”. However, it is not a foul if the player is in motion and should unintentionally, without changing direction of their skates towards the ball, hit with their skates a ball that has been struck their way. It’s not a foul if the ball hits a player’s foot “ball to foot” or a player is standing still.

Blocking

- Players are allowed to carry out legal tactical blocking to hinder the opposition progress but they must be within the opponent’s field of vision and without any physical contact
- When on the move they should give the opponent enough room to play, at least 50 cm
- They may not play with an aggressive attitude and should keep their stick low
- They are not allowed to press an opponent against the barrier or grab/lean against the goal cage or barrier to prevent them to play the ball and restricting their free movement
- If a player is in the opponent’s way, they are not obliged to step aside to clear the way, but can stand still without making any movement to block the opponent’s path
- Outside the penalty box they can stop the ball with their skates or any part of their body, but never with the hand.

Playing Zones

A team’s Defence Zone is the whole of its half and their Attack Zone is all the opposition half.

Passive-Play (Defence Zone)

When a team gains possession or passes back a ball into their own half (Defence Zone), it is allowed 5 or 10 sec. to play the ball back across the halfway line and into the opposition half.

RS: Countdown with one arm moving horizontally at waist height for each second. **P:** IFH

- If the ball is played into their half by the opposition then it’s a 10 sec. count starting from when a defending player touches the ball (Signal the whole 1-10)
- If the ball is passed or taken back by a player into their own half then the time is reduced to 5 sec. and the count starts as soon as the ball crosses the halfway line
- The count stops when the ball is driven across the halfway line into the opposition half (Attack zone) or if an opponent player takes possession of the ball

Passive-Play (Attack Zone)

1) A team gaining possession and holding onto a ball must make an “on-goal” shot at the opponent’s goal, hitting the front of the goal cage or the goalkeeper, within 45 sec.

2) Or when a player or players are clearly in a situation of scoring, but avoid doing so.

RS: One referee, usually the one nearest the action, gives warning by raising both open hands vertically above their head at 40 sec. and then countdown the last 5 sec. with one arm moving horizontally at waist height for each second. (either referee can start the count). **P:** IFH

- Count is not interrupted if the team benefits from an IFH or they regain a ball immediately after been touch by the opposition, e.g. ball hit out of the rink or high ball intercepted by opposition.
- The count only stops when they lose possession of the ball or a shot hits the front of the goal cage or goalie, or the game stopped for **Two-stick** or DFH/P
- **A team suffering a Period of Inferiority must also play by this rule now.**

Goalkeepers Rules and Restrictions

Goalie fully inside their Penalty Box in Normal Play and Specific Fouls

- Must wear specific protective gear i.e. mask/helmet/chest pad/gloves/leg guards
- Are obliged to clear the ball after a save and get it back into play
- Must get back on their skates but are allowed to be on one knee after making a save
- If their equipment is damaged or they lose their mask the game must be stopped immediately unless it happens whilst defending the goal cage when Advantage Law is

- played and then the game is stopped to replace the protection equipment in question
- If they are taken off and there is no reserve goalkeeper available then they must be replaced by an outfielder. 3 min. is allowed for player to put on goalie's protective gear
- A team must always have a goalkeeper, except in the last 5 min. of the second half of normal play **or the last minute of the second half of Extra-time** for tactical reasons a team can play without a goalkeeper, replacing them with an outfield player. (Max 5 outfielders with no goalkeeper's privileges)
- If a team, with the exceptions of the above, refuses or are unable to play with a goalie the game is terminated. (10-0 score against offending team)
- During an attempt to stop a shot on goal, they can kneel, sit, lie or crawl
- Stop the ball with any part of their body
- Play the ball with their stick irregularly, cutting or chopping with the sharp edge of the stick
- "High-ball" rule does not apply to goalies, they can hit the ball as high as they like
- They can grab or lean on their goal cage while playing the ball.

Specific goalkeeper fouls inside their penalty box:

Technical-fouls:

- 1) Playing the ball outside the penalty box when holding onto the goal cage or touching the floor with any part of their body or protective gear, other than their skates, e.g. kneeling and hitting the ball that is behind the goalline. **P:** IFH
- 3) Not being on their skates or one knee when not under attack. **P:** First offence Verbal-warning, second offence Blue Card. (Not strictly applied to young players).

Team-fouls: **P:** Team-foul and IFH

- 1) Hitting opponent – without violent – stick, skates or shin pads.
- 2) Not wearing their specific protection gear when playing the ball or defending their goal.
P: First offence Verbal-warning, second offence Blue Card.

Penalty Fouls **P:** Penalty (no Red or Blue Cards):

- 1) Grabbing or holding the ball in their hands.
- 2) Intentionally lying on the ball.
- 3) Holding the ball between their legs and leg guards.
- 4) Opening and closing their legs preventing the ball from being taken.
- 5) Using their stick to shield or hold the ball against their pads, skates or body.
- 6) Playing or being struck by a ball when not having a stick in their hand.
- 7) Hitting –without violent - an opponent's skates or shin-pads, causing them to fall.
- 8) Hitting –without violence - an opponent's unprotected parts of the body.
- 9) Deliberately preventing a goal without holding a stick. **P:** First offence Verbal-warning, second offence Blue Card.

Goalie Outside Their Penalty Box and Specific Fouls

The same rules apply to them as any other outfielder with the addition of below.

- 1) Intentionally playing the ball with their protective gloves or leg pads. **P:** Blue Card
- 2) If a ball collides with their gloves or legs pads. **P:** IFH

Definitions and Rules that Apply to All Players

Validating a Goal

All goals must be validated, even after the timekeeper's hooter, with a Centre-pass, except in a Penalty-shoot-out. This is to verify to the timekeepers that the goal was valid, as they will only update the scoreboard once the Centre-pass has been taken.

RS: Whistle twice and point a open hand to the centre spot, signal to the timekeeper the scoring player's number. The team that suffered the goal then restarts the game with a Centre-pass.

VALID goal given when:-

- 1) A ball completely crosses the goalline into the cage made by a legitimate shot.

- 2) An unintentional own goal by a defender with their stick, skates or any part of their body.
- 3) A ball ricocheting off the goal or rink wall and falls onto the goalkeeper's back and goes into the goal. However, invalid if as a result of a High-ball or after a Penalty shot signalling the end of a time period or in a Penalty-shoot-outs where no second charge is allowed.
- 4) A ball immediately enters the goal from a Two-sticks.
- 5) A goal scored directly by the opposing goalkeeper, even if the ball rises above 1.5 m.
- 6) Intentional own goal. **P**: Red Card player + 4 min. Period of Inferiority but no DFH/Penalty.

INVALID and not given:

- 1) If the ball goes in off any part of an attacking player's body or skates.
- 2) The ball goes straight into the goal without touching any player from a Centre-pass or IFH.
- 3) An intervention from outside the game, something unwarranted entering the rink.
- 4) If a ball goes in after a referee whistle to stop the game.
- 5) **A player behind the goal cage raises the ball and hits it over the goal cage.**

Injuries

If a player receives a head injury or falls inanimate to the floor the game must be stopped immediately and the referee will allow medical assistance to come onto the rink. For other minor injuries play Advantage-law before stopping the game.

RS: Indicate to the bench that they can enter the rink if you think assistant is necessary.

If a member of an injured player's bench comes onto the rink to assist the player, then the player must leave the rink and an immediate substitution is allowed, except if no available substitute is available then the player/goalie can remain on the rink if fit to play.

- Whilst the injured player is being attended the other players can gather together near their reserve benches or anywhere else on the rink, including the goalies
- Assisted injured players can only return after the game has been restarted
- Members of the bench cannot rush onto the rink but must first have the referee permission to come onto the rink to assist an injured player. Failure to do so will be punished with a Verbal-warning for the first offense followed by a Red Card if repeated
- If the referee demands medical assistant to come on he rink and none comes forward, then substitute the player anyway.
- Game restarted with IFH to the team in possession of the ball at the time of stoppage or if uncertain Two-sticks
- If a goalkeeper is injured when making a save and a further charge follows and a goal is scored, the goal must be validated.

Advantage Law (Replaces the old Advantage Rule)

Referees should stop the game to signal a foul, except in situations when they can apply the "Advantage Law" That is to let play continue when a player/team that suffer a foul retains the ball to their advantage and not allow the offending team to benefit from a foul they committed.

For examples;-

1) Allow Advantage-law for Technical and Team-fouls when the player/team retains the ball and are not impede by signalling play-on, also signal a Team-fouls if appropriate.

2) A favourable counter-attack situation where the attacking players outnumber the defenders, allow play to continue but signal a Team-foul if appropriate.

3) An imminent goal situation, e.g. in the penalty box or "Last Man Rule" The referee must allow the Advantage-law in these situations, and immediately upon conclusion of the shot, proceed as follows.

a) When no goal is scored, to stop the game, DFH/P plus disciplinary punishment if appropriate.

b) If a goal is scored to validate it, plus disciplinary punishment if appropriate but no DFH/P.

It's very annoying for a player to be fouled but to then immediately go on to score a goal only for it to be disallowed because the referee had blown the whistle straight away, a classic case of the offender gaining from their foul.

Advantage-law cannot be given and the game must be stopped:

- When a Team-foul signifies an automatic DFH (e.g. 10th Team-foul)
- For Blue or Red Card fouls. If a goal is scored before the whistle, then it must be validated and no additional DFH/P but give a Period of Inferiority.

Indirect Free Hit (IFH)

Punishment for Technical and Team-fouls when Advantage-law is not given.

RS: Whistle to stop the game and point one open hand towards the offender's half and the other to the spot where to take the IFH, also indicated a Team-foul if applicable:

- The ball must be stopped and completely still in the appropriate place
- Once given, the player can take it immediately without the referee's whistle
- The player executing the IFH can only touch the ball once and is not allowed to play the ball again until it has been touched by another player or the goal cage
- The IFH-taker can ask the referee to move the opposition players 3 m away from the ball by holding up three fingers. The referee will instruct the players to do so by pacing out three metres and then only on the referee's whistle can the IFH be executed
- If there is a delay in executing the IFH the referee must whistle to start the game
- After the whistle the ball is "In-play" and the opposition can try to take the ball
- A goal will not be given if the ball enters the cage directly, without having been touched by a stick or defender/goalie player. Game restarted with a Two-sticks, rear corner/penalty box.

Where to take an IFH (Technical, Team-fouls and also for Passive-play).

- 1) When awarded to a team in the opposition half (Attack Zone).
 - a. If behind the opposition's goalline it is taken on the nearest rear corner/penalty box.
 - b. If in the opposition's penalty box then the nearest front corner/penalty box.
 - c. If anywhere else in the opposition's half, it is taken on the spot where the foul occurred or where the ball was when the whistle was blown in the case of Passive-play.
 - e. Fouls near the barrier e.g. where a ball leaves the rink or a player jumps the barrier, it can be taken 70cm (about a stick length) from that spot.
- 2) When awarded to a team in their half (Defence Zone).

It doesn't have to be taken on the exact spot where the foul was committed, nor on one of the corners of the penalty box but can be taken immediately, when completely still, wherever the ball is stopped in that half, even in the penalty box or behind the goalline. The exception is a DFH/P foul where it is taken on the front corner/penalty box.

Fouls committed when executing an IFH:

- 1) IFH-taker touches the ball more than once before being touched by another player or goal cage. **P:** IFH taken on the same spot.
- 2) Playing the ball before the whistle when 3m is requested. **P:** IFH taken on the same spot.
- 3) Taken in the wrong place, stop the game and make them retake it from the correct place.
If repeated **P:** IFH
- 4) If opposition players do not complying with the 3 m after referee request. **P:** Team-foul to be repeated until they comply.

Two-Sticks (also known as a Face-off)

Given as a neutral restart to a game after a "no-blame" stoppage.

RS: Two fingers "victory signal" with arm held up high and pointing the other open hand at the spot where it should to be taken.

- Taken by two opposing players facing each other with backs to their own halves
- Ball in-between them, sticks pointing at and on either side of the ball
- Sticks touching the floor, being a min. 20 cm (8 inches) away from the ball
- All other players should be 3 m (10 feet) away from the ball
- The ball can only be played on the referee's whistle.

Taken and given for:

- 1) Rear corner/penalty box.
 - a) Mandatory when a ball is caught up in the goal netting.
 - b) Ball caught up in the goalkeeper's leg pads.
 - c) For an invalid goal scored from an IFH, Centre-pass or a ball rebound -unintentionally- off an attacking player's body or skates.
- 2) Same spot.
 - a) Ball goes off the rink as a result of it ricocheting off two opposing player's sticks: 70 cm from the sideboards where it left the rink.
 - b) Restarting a game after a stoppage and it's not clear which team was in possession when the game was stopped: Where the game was stopped.
 - c) Ball made stationary by two opposing players with their stick or skates.
 - d) If a referee gets tangled up with players and ball.
 - e) If two fouls of equal gravity are committed at the same time by opposing players.
- 3) Centre Spot
When the ball hits the ceiling.
- 4) Nearest corner/penalty box
If Two-sticks is given in either penalty box or behind a goalline.

Fouls committed when executing Two-sticks: P: IFH from the same spot.

- 1) A player plays the ball before the whistle.
- 2) A player tries to trick the other player to hit the ball before the whistle by simulating a whistle or makes a movement pretending to play the ball.
- 3) Refusing to comply with referee insistence of the 20 cm distance between stick tip and ball.

Fouls and Punishments

(See Goalkeepers Rules and Restrictions for specific goalie fouls on page 4)

Verbal-warnings (Outfielders)

For minor fouls or misconduct.

P: Team-foul if committed In-play for first offence. If repeated by the same player **P:** Blue Card

RS: Stop the game and call the player over to you to receive a clear public warning and **signalling to the Timekeepers by raising one finger in the air followed by player's number.**

Given for:

- 1) Playing the ball with faulty skates, player must be substituted. (If not actively involved in play just substitute player at the next stoppage).
- 2) Playing the ball intentionally without a stick.
- 3) Simulating an injury or suffering a foul to try to gain a DFH/Penalty, e.g. diving.
- 4) Climbing over the side barrier without referee's permission but no permission required if they accidentally fall or are pushed over it and wish to get back onto the rink.
- 5) For protesting publicly with the referee without profanities.
- 6) A player trying to benefit from a foul. E.g. An attacking player trying to gain a Penalty, by instead of going for the goal cage they strikes the ball intentionally at the body of an opposition player that accidentally falls to the floor or the body/protective equipment of a goalkeeper who accidentally loses their stick.
- 8) Incorrect behaviour or an inconvenient attitude,
- 7) Specific fouls for DFH/P, which do not incur a Team-foul. (page 12)

Technical Fouls (Outfielders)

Given for minor rules infringements, usually non-contact fouls. **P:** Advantage or IFH.

RS: Indicate Play-on for Advantage or stop the game for an IFH.

Given for:

- 1) Playing the ball when holding or leaning on a goal cage.
- 2) Retaining the ball in a rink corner, stopped and with their back to the rink, time wasting
- 3) Immobilising the ball against the wall or cage with the stick or skates.

- 4) Foul committed when taking a DFH/P, simulation or moving the ball after the 5 sec. count
- 5) A “High-ball”. Do not be too hasty to blow your whistle, wait to see who takes possession of the ball and if it were the team you would have awarded the IFH to, play Advantage.
- 6) “Two-sticks” fouls, provoking the opponent to commit a foul, not respecting the 20cm gap, moving the ball before the referee’s whistle. (also applies to a IFH when 3 m. is requested)
- 8) “Passive-play” Exceeding the time allowed.
- 9) Irregularly preventing a goal from being scored (intercepting the ball with hand or foot)
- 10) “Foot-ball”, intentionally kicking the ball.
- 11) Grab or hold the ball with the hands
- 12) Playing the ball off the rink
- 13) Shouting or whistling to trick an opponent who has possession of the ball.
- 14) “High-stick” Hold the stick above shoulder height, endangering others
- 15) Irregular use of the stick, cutting or chopping with the sharp edge of the stick.
- 16) Entering the opponent’s goalkeeper’s “D” while not in possession of the ball.
- 17) “Playing” the ball with any part of their body or hand other than their stick.
- 18) Playing the ball when touching the floor with any part of the body other than their skates.
- 19) Remaining static with the ball behind the goal cage.
- 20) Deliberately placing the ball in the goal side netting.
- 21) A ball touching a player that accidentally falls on the floor or an accidental dropped stick.

Team Fouls (Outfielders)

Also given for minor infringement, but usually contact fouls committed against opponents. If a team accumulates 10 Team-fouls, they suffer a DFH/P plus another for every additional 5 Team-fouls. No Team-fouls are given for Technical-fouls or Blue/Red Cards or a Penalty.

P: IFH or Advantage. Plus a Team-foul added to that team’s tally.

RS: Both referees must signal a Team-foul by holding one arm vertical and point the other at the offending team’s half, making sure the Timekeepers add to the team’s tally. The Timekeepers will sound the hooter when the Team-fouls reach 10th, 15th etc.

Given for:

- 1) Not respecting the 3 m distance when an IFH or Two-stick is being taken.
- 2) Intentionally displacing or retaining a ball delaying an IFH by the opposition.
- 3) Illegal blocking by intentional obstructing and making physical contact.
- 4) Pushing, shoving or grabbing - without violence - an opponent.
- 5) “Hitting” - without violence - an opponent stick, skate or shin pad. (punish forceful or repetitive hits but ignore slight “touches”).
- 6) For In-play Verbal-warnings
- 7) Pressing an opponent against the goal cage or wall.
- 8) Blocking a player by holding onto the goal, rink barrier or using an outstretched stick.
- 9) Playing the ball whilst not holding onto their stick securely.

Last Man Rule

The exception when a DFH is given instead of the usual IFH for a Technical or Team-foul OUTSIDE the penalty box (besides accumulation of Team-fouls) is for a foul that contributed, unquestionably to prevent a possible attempt on goal, e.g. the so called “Last Man Rule” i.e. the last defender committing the foul. **P:** DFH (but no Team-foul or Period of Inferiority given)

Blue and Red Cards

Punishment for serious and major fouls.

The following points apply to both; -

- A Period of Inferiority always comes with a Card
- In all cases a Carded player is suspended from the rink and team bench
- Carded players must serve their suspension time in full. Any suspension time left before a halftime break is carried over to the restart of the game
- A DFH/P is also given if a Card is given “**In-play**” but not when “**Out-of-play**”

In-play (Game clock ticking).

This is when the referee whistle to start a game period or to restart the game or a player executing an IFH, DFH/P touches the ball.

Out-of-play (Game clock paused/stopped).

This is when the referee whistle to stop the game, the interval between halves or Time-out. Also when the ball goes out off the rink, gets caught up in the goalkeeper's leg guards, goal netting or hits the ceiling.

RS: Isolate and make the offending player/goalie stand and face you, approx. 1 m away and all other players 3 m away. Inform them what foul they had committed and then show the Card by holding it up high. Then show the Card to the timekeepers giving them the player's number/team by pointing to the player's team half and indicate how long the suspension.

Exception to the rule:-

If two players on opposite teams are carded for fouls of equal gravity at the same moment then they are both suspended but they can be substitute immediately without further punishment to the teams i.e. no Period of Inferiority or DFH/P. If there is no available substitute for one or both teams then no replacement are allowed on either team so that the ratio of players before the fouls is maintained. The game is restarted with Two-sticks where the fouls occurred. In this scenario a DFH/P is only given if;

- 1) The gravity of the fouls differs, then the more serious foul is punished, e.g. a Red card trumps a Blue card so a DFH/P is awarded against the Red Card offender only, even if the second foul happens after the referee whistle "Out of play" but the fouls are linked, e.g. the player retaliates against the player that committed the first foul "In-play".
- 2) A team reaches their Team-foul limit, however, if the other team is sanction with a more serious foul then it is punished with DFH and the team stays on 9 Team-fouls.

Period of Inferiority - PI (Replaces the old Power-Play)

Always given for Blue/Red Card fouls. With the offending team having to temporarily play with ONE less player on the rink, i.e. reduced from 5 to an inferior number of 4 players

Stage 1: (same as old Power-play)

- Carded player comes off, leaving only 4 player on the rink (goalie counts as a player)
- If a coach or member on the team bench are carded then a player is selected by the coach or captain to come off the rink, however, seeing that this player has not committed any foul they are allow to be used as a substitute immediate once the game has restarted.
- PI duration, 2min. for a Blue and 4 min. Red
- The PI ends when a goal is scored against the team suffering the PI or the time is completed
- A fifth player, if available, must be reinstated onto the rink immediately once the PI is over
- An intentional own goal will not affect the PI
- Players under suspension can not be used as substitutes until they completed their time fully
- If a team is reduced to less than 4 players because of no substitutes being available, due to suspension or injury, then the game is abandoned with a score 10-0 against the team.

Stage 2: Only for a team already suffering an active PI and are given another card.

- Team is given a second PI that starts when the initial PI finishes
- Your must maintain a minimum of 4 players per team on the rink
- Therefore, a player given a Card must comes off but is immediately substituted
- If a team member on the bench is carded, then keep the status quo, just add PI time
- Any further Cards before this second PI has finish, then another PI of 5min duration for each subsequent Blue or Red Cards is given, one after the other until the PI sequel ends.
- Once ended, it does not carry over to any future Cards but you start all over again.

Blue Card for Serious Fouls (Outfielders and Goalkeepers)

P: Player temporarily suspended for 2 min. from the rink and sits near the timekeepers (or at least away from the bench if not practical) and the team also suffers a 2 min. Period of Inferiority plus a DFH/Penalty if committed “In-play”

If a player who has received a Blue Card commits a further Blue Card offence on their way off the rink, then they will be shown a second Blue Card and suspended for an extra 2 min. also the team is given two distinct Period of Inferiority.

If a player is shown a third Blue Card in a game they are immediately shown a Red Card.

Given for:

- 1) Publicly protesting or disagreeing with the referee’s decision by words or gestures.
- 2) Aggressive attitude, mocking, shouting at Referees, teammates, opponents or public.
- 3) Intentionally displacing a goal cage by defender **P:** Penalty or attacker **P:** DFH.
If unintentional, try to correct it without stopping the game, if not possible, stop the game and restart with an IFH for the team in possession on the ball before the whistle.
- 4) Grabbing, pushing or charging an opponent in a dangerous way, making them fall.
- 5) Slam an opponent against a wall or rink barrier, knocking them down.
- 6) Hitting - without violence - an opponent’s unprotected parts of the body.
- 7) Hooking an opponent’s skate with the stick – unintentionally - causing them to fall/stumble.
- 8) Hooking or hitting an opponent’s stick from behind, preventing a shot on goal.
- 9) A substitute entering the rink during “In-play” before teammate is completely off the rink, Blue Card substitute. N.B. If “Out of play”, no Card as the teams can have as many players on the rink and it’s the referee job to ensure the game restarts with the correct numbers.
- 10) Throwing (In-play) an object on the rink at the ball or person but not hitting them.

Red Card for Major Fouls (Outfielders and Goalkeepers)

P: The player is permanently expelled from the game and team bench, also the following match, with the team suffers a 4 min. Period of Inferiority plus a DFH/Penalty if committed “In-play”

If before the start of a game a player is expelled they can be substituted with no further action.

N.B. For a Red Card both referees must fill in a CRHR Misconduct Report Form after the game, noting offender’s number / name / team / match / date (refer to match sheet). Download form from www.englishrinkhockey/discipline/ and return by email.

Given for:

N.B. The first 4 below applies to acts against a referee, official, opposition player, teammate or even a member of the public by anybody on a team.

- 1) Threats, insults, swearing or obscene gestures.
- 2) Aggression or threatening behavior and reciprocal aggressive or violent reaction to it.
- 3) Any acts of violence, fighting, punching, kicking, etc.
- 4) A suspended player showing incorrect behaviour, protesting or publicly disagreeing.
- 5) Threatening, pushing or trying to attack an opponent during Out of play
- 6) Skating into an opponent - with violence – thrown them to the ground.
- 7) Violently hitting an opponent on the unprotected parts of the body.
- 8) Intentionally hooking an opponent’s skates with their stick causing them to fall. Not letting go of their stick is an indication that it was deliberate.
- 9) Throwing (In-play) an object on the rink at the ball or person and hitting them.
- 10) Committing a serious or major foul, when under a temporary suspension (In-play)
- 11) A player that is shown a third Blue Card is also shown a Red immediately after.
- 12) **After receiving a Blue card a player publicly protesting or disagreement with the referee.**
- 13) Playing without a goalkeeper before it’s permitted e.g. last 5 min. of second half.
- 14) A suspended player refusing to leave the reserve bench and to sit next to the official table

Exceptions to the rule:

- 15) A team that intentionally fields fewer players than it is allowed when they have reserve players available. **P**: Red Card coach, but leave the same number of players on the rink and initiate a Period of Inferiority plus a DFH.
- 16) If a player or goalkeeper intentionally scoring an own goal **P**: Red Card offending player and validate the goal plus a Period of Inferiority but no DFH/P.

Two Red Cards offences below **P**: Red card player and coach and 2 Periods of Inferiority.

- 17) A suspended player entering the rink before completing their suspension time.
- 18) Player entering the rink during the 5 sec. countdown in a DFH/P and conclusion of.
- 19) A player not listed on the Match Sheet starts to play in a match.
- 20) An outfield player entering the rink to substitute a goalie before its permitted (In-play)
- 21) 5th player entering the rink before a Periods of Inferiority has been cancelled (In-play)

Penalty Box Fouls (Outfielders)

A Penalty trumps a Team-foul, IFH or DFH. So do not signal a Team-foul in the penalty box by a defender, e.g. if it's the 10th Team-foul then the Team-fouls tally remaining at 9. But do still show a Blue/Red Card for a card offence and send off the player plus a Period of Inferiority. The penalty box area includes the line that demarcates it.

Given for: -

- 1) Any foul, Technical/Team or Red/Blue Card committed by a defender in their penalty box.
- 2) If a defender (player or goalie) grasps, pushes, charge or illegally block an opponent moving to receive a pass but not yet in possession of the ball.
- 3) Specific rules for Goalkeepers on page 4

Exceptions when a Penalty is not given:

- 1) A High-ball **P**: IFH only. N.B. Often a High-stick follows a High-ball, therefore, punish the first foul, i.e. the High-ball.
- 2) When a ball is retained or deflected as a result of an unintentional action.
- 3) Passive Play.

Taking a Direct Free Hit or Penalty (DFH/P)

RS: Whistle to stop the game and point a open hand towards and go to the Penalty or DFH spot.

Ball placed on either the Penalty or DFH spot. The referees position themselves, one on the rear corner/penalty box to control the goalkeeper and the Penalty-taker (face to face), the second referee stands adjacent to the front corner of the penalty box at the opposite end of the rink to control the players not involved in the DFH/P.

A Goalkeeper is compulsory to defend the goal cage. They must squat with their skate stops or wheels on the goal line with stick parallel to the goal line and horizontally against both skates with no hands or stick touching the floor or goal cage and the free hand remaining static. They are not allowed to make any movement to defend their goal cage before the ball has been struck or touched by the player in charge of the DFH/P.

All other players not involved in taking the DFH/P must place themselves in the opposite penalty box and cannot exit the box until the ball is touched. Except in a Penalty-shoot-out or DFH/P signalling the end of a game period, when they can place themselves anywhere in the opposite half but must not participate anymore in play.

RS: Once the second referee has indicated with a raised arm that all the players' skates of both teams are behind the opposite penalty box line (sticks are permitted over the line) the other referee will initiate the DFH/P by raising one arm vertically and counting with the other arm moving horizontally at waist height, to indicate to the DFH/P-taker that they have 5 sec. to execute the DFH/P.

Penalty-takers only. Must be stationary, near the ball and play a straight shot directly at the goal from the penalty spot. No drag, sweep or push-shot are allowed, only a “slap-shot” is permitted. They cannot before striking the ball try to trick the goalkeeper into making an illegal move by making a movement with their body, stopping or making irregular movements with their stick.

DFH-takers only. Can, but only after touched the ball and not before, try to trick the goalkeeper. Must make an attempt on goal and cannot pass to another player, wander off or carry it behind the goal cage before the ball has touched the goalkeeper or front of the goal cage or back wall. They can choose to take the DFH: -

- a) As a direct shot at goal like a Penalty but from the DFH spot.
- b) Transport the ball towards the goal trying to trick the goalkeeper after touching the ball.
- c) “Make a run” max 3 m run-up and transport without trickery before touching the ball.

Both DFH/P-takers

- If a goal is not scored and the ball rebounds back off the goalkeeper, goal cage or back wall after missing a genuine attempt on goal, a follow up charge can be made by the DFH/P-taker or any other player to play the ball and shoot again
- DFH/P-taker can play the ball as soon as the referee raises their arm
- If a DFH/P foul occurs at the same time or after the Timekeeper’s hooter to finish the game period, then no follow up charge or second hit is allowed and DFH must be taken like a Penalty shot on the DFH spot, no “make a run” or transporting the ball. If a goal is scored it must be validated with a Centre-pass and immediately once taken the game is stopped. No second charge also means that if the ball bounces off the back wall onto the goalkeeper and then goes into the goal cage, the goal is invalid. However, if it bounces off a goal post onto the goalie and then into the goal cage, the goal is valid.

Specific fouls committed when executing a DFH/P

Verbal-warnings for DFH/P fouls below are not recorded as there is no need for a reminder, as any repeat of the same foul will happen almost immediately. Also, no Team-foul given because the fouls occurred “Out of play”.

a) Fouls by goalkeeper:

- 1) Moves before the ball is touched by DFH/P-taker.
 - In all circumstances if a goal is scored it must be given
 - If not scored, make the Goalie stand up and give a Verbal-warning and retake the DFH/P
 - If the goalie repeats the offence. **P**: Blue Card, Period of Inferiority and retake the DFH/P

b) Fouls by DFH/P-taker: Goal invalid. **P: IFH front corner/penalty box of the DFH/P.**

- 1) Tries to trick the goalie before touching the ball.
- 2) Does not touch the ball within the 5 sec. count.
- 3) Does not make a direct attempt at goal.
- 4) Penalty-taker makes a drag/sweep/push shots.
- 5) Plays the ball before referee signal, first offence Verbal-warning, second Blue Card, Period of Inferiority. Seeing that the ball is not In-play at the time of the offence another team-mate can retake the DFH/P and no DFH is given against them.

c) Fouls by players not involved in the DFH/P in the opposite penalty box:

If a player leaves the penalty box prior to the ball being touched the referee should wait for the outcome of the Penalty and then do one off the following:

- In all circumstances if a valid goal is scored it must be given and no further action taken.
- If missed and a player suffering the penalty (or an opposing player simultaneously) commit the offence, the player’s team receive a Verbal-warning that if the offence is repeated by anyone on that team it will be a Blue Card, Period of Inferiority and the Penalty retaken
- If a player benefiting from the Penalty commits the offence and the DFH/P is missed. It is not retaken. **P**: IFH front corner/penalty box of the DFH/P.

N.B. If a player leaves the penalty box prematurely the second referee only blows their whistle after an attempt on goal fails and informs the first referee of the situation.

d) Players outside the rink, substitutes are not allowed to enter the rink during a DFH/P 5 sec. count and the conclusion of.

If this occurs, wait for the outcome. **P:** 2 Red Cards/ (player and coach) 2 Period of Inferiority

- In all circumstances if a valid goal is score it must be given
- If not scored and the team benefiting from the DFH/P are guilty it is not retaken but a DFH is awarded against them
- If the team suffering the DFH/P is guilty it is retaken.

Reserve Bench and Fouls Outside the Rink

- The teams will always use the reserve bench (dugouts) in front of their Defence Zone
- During the game, only 3 members of each team (one of them being the Coach) are allowed to remain standing near the front of their reserve bench, all others should be seated.

Fouls committed by team members on the reserve bench. **P:** Blue or Red Card.

- The team are given a Period of Inferiority + DFH if In-play, with a player on the rink selected by the coach to come off. This player has not committed a foul so can be used as a substitute once the game has been restarted
- Players and the main coach can be shown a Blue or Red Card, depending on the foul
- All other team delegates e.g. assistant coach, are shown a straight Red
- If the coach has already been expelled, then show a Blue or Red Card to a team delegate or in their absent the acting captain on the rink
- If the person is not identifiable, a Blue Card is given to the coach

Fouls:

- 1) Throwing any object onto the rink (In-play).
- 2) Incorrect behaviour, public protesting or ostensive disagreeing with the referee decision.
- 3) Insulting, threatening or aggressive behaviour towards anybody.
- 4) Entering the rink and interfering with play (In-play).
- 5) Flagrant unfair conduct and lack of sportsmanship.
- 6) Manipulation of the game clock with bad intention by a delegate of one of the teams.

Refereeing a Game

Referee Uniform

Black or white official referee shirt (both referees in the same colour shirts) black trousers and shoes (no skates). Equipment: Whistle, Blue and Red Cards, watch, sometime a coin, pen and scorecard to record all goals scored, Cards or Verbal-warnings with the plays number/team.

Number of Whistles

Not a World Skate rule, which is one whistle only, but an English game idiosyncrasy.

- a) Once to start/stop play, or to initiate Two-sticks.
- b) Twice to validate a goal.
- c) Thrice to end a game period. (First blow of the whistle counts to end the game).
- d) No whistle to initiate a DFH/P or an IFH*.

*Whistle only if 3 m is called or it's taking too long.

Referees Position on the Rink During Play

- Two referees on opposite sideline of each half of the rink and moving with the game to be in the best possible position to control it. If one or both designated referee are absent (30 min tolerance) then with the agreement of both teams they can be substituted with any available referee, if none, an ex-referee or a last resort somebody with good knowledge of the game or even just have one referee, as the game must be played
- The referees should assist and liaise with each other
- When a goal is being attack the front referee should be inline with the goalline to be able to validate any goal and the back referee as far forward as the last outfielder

- They should swap halves on a regular bases when appropriate to control the game
- For a IFH taken between the halfway line and the penalty box by the attacking team the front referee should be near the goalline and the back referee should take control of the IFH
- Referees at halftimes, stand in the centre circle facing the Timekeeper and teams' dugouts
- The referee is part of the rink furniture and if they accidentally get in the way of play, with the ball ricochet off them, you just play on, but do try not to get in the way of play. If you do get caught up in play and feel in danger blow the whistle and give Two-sticks.

Referees Errors – Correction Procedures

Referees should work as a team and for the most part stick to a decision they made and back each other up. However, if a referee become aware of a major error made by the Timekeeper or the other Referee which will have an effect on the course or result of the game, they must immediately stop the game and go to the other referee in order to agree what correction procedures is required, if any. There is a maximum time limit of 5min. from when the error was perceived to it being pointed out to the other referee.

If they agree an error was made it should be rectified by cancelling all disciplinary action, including any cards given, i.e. no "Period in inferiority" and the correct action applied.

Example; 1) If an IFH is given to the wrong team and even if they score immediately after, the referees should disallow the goal and have the IFH retaken by the correct team. 2) Blue card given for a second dive after a Verbal warning was given for one earlier but the player was clearly seen by the other referee as being pushed, should be overturned.

The Match and the Referees Duties English Regional Leagues

- Arrive early to sign in with the timekeepers
- Check that the rink is safe and the goals netting are intact
- Away-team warm up and take the dugout on the timekeeper's left hand side of the rink
- If the team colours are similar, make the away-team change or wear bibs
- Ball supplied by home team but can be replaced if requested by the Away-team
- Place yourselves on the sideline in front of the timekeepers and whistle 5 min. before the official start time to line-up the teams opposite each other on either sides of the halfway line.
- Teams should be max. 8 outfielders and 2 goalies and minimum 4 outfielders and 1 goalie
- Each team player must have a unique number between 1 and 99 on their shirt to play
- Check players are correctly dressed/equipped with shirts tucked in/socks up/no jewellery
- Shake hands with captains then ask home-team for 3 cheers for Away-team which they will reciprocate and then all the teams' players shaking the opponent's hands
- Team coach and subs. occupy the dugout nearest to their goal cage
- Away-team start the game on the timekeeper's left-hand side half and takes the Centre-pass
- Teams swap sides at halftime. The Centre-pass is always taken by the team on the left half of the rink to start a game period. See Ring Diagram on page 2.

Starting the game:

- Two referees oversee the match, one in each half on opposite sides.
- Ball place on Centre-spot. Stop-clock. No Timeouts allowed in Regional League games
- Duration per half; U11-10 min. U13/15 -12 min. U17/adults -15 min.
- 1 min. break between halves and teams swop sides.
- Compulsory 3 outfielders and a goalie per team on the rink to start a game
- All players should be in their own half and only two players of the team taking the Centre-pass are allowed in the centre circle on their half
- **RS:** Check that the goalies, timekeepers and the other referee are ready with a thumbs up and usually the referee in the half of the team taking the Centre-pass whistle to starts the game
- Once the whistle has been blown to start the game the ball is "In-play" and the opposition may go for the ball even if the Centre-pass has not been executed
- The game is always started and ended with the referee's whistle and not the hooter
- The Centre-pass-taker is allowed one touch of the ball and cannot play it again until it has been played by another player or touches the goal posts. **P:** IFH

- If the ball is passed backward from the Centre-pass and retained by the team in their Defence Zone for more than 5 sec. (Passive-play). **P:** IFH
- If the Centre-pass is hit directly into the opposition goal without touching any defending player, it will be disallowed. **P:** Two-sticks nearest rear corner/penalty box
- Only teams captains (wearing armbands) should address the referee during a game
- At the end of the game check the Game Sheet that it's correct and that the team's captains have signed it first before you do. Also avoid any discussion about the match with the team coach, delegates, players or spectators immediately after the match..

Formal Salute

Not performed at National or Regional Leagues matches but it is at Inter-Regional and International competition matches. Referees position themselves in the centre circle with the two teams line-up including subs on either side of them, home team on their left hand side, facing the timekeepers and spectators. All players correctly dressed and equipped except for the goalkeepers that do not need to put on their masks or gloves. The salute is performed before the start of a game and also at the end with all the players raising their sticks in the air simultaneously on the referee whistle to salute the officials and spectators, followed by the players of each team shaking hands with their opponents and also the referees.

Timeout

Matches where teams are allowed to request Timeout (e.g. National and Premier Leagues but not in Regional Leagues matches).

RS: If a team request Timeout the referee will facilitate this at the next natural stoppage by indicating to the timekeepers with a hand "T" and pointing to the team half calling Timeout.

- Referees take the ball and stand in the middle of the rink facing the timekeepers and dugouts
- **2 Timeouts in each period in regular times, 1st timeout of 1 min. and 2nd timeout of 30 sec.**
- Unused Timeouts can not be carried forward to the second half and no Timeout in Extra-time
- Players can gather on the rink near their reserve bench
- Substitutes are allowed without punishment to enter before other players have left
- No other members of the team are allowed on unless authorised by the referee
- If there is an injured players on the rink, Timeout shall only be allowed, and start counting, after the injured players having been assisted or after they leave the rink
- Whistle to tell teams Timeout is up and start the game with a whistle, except for DFH/P.

Abandoning the Game

P: Abandon the game and give a 10-0 score against the offending team if:

- 1) "No-Show" One team not present and ready to play with the min. number of players on the rink to start a game after 15 min. of the official starting time. (5 min. if it happens during an interval). Perform the salute and immediately blow the whistle to end the match.
- 2) If the team has less than **4 players** (a goalie counts as a player) on the rink due to no substitute being available because of suspensions or injuries.
- 3) A team refuses to have a goalkeeper, except when permitted e.g. last 5 min. normal play.
- 4) Rink in an unsafe or dangerous condition, play on another rink if possible.

Extra-Time to Untie a Game

To untie a match in a knockout competition where you can only have one winner.

- 3 min. interval given after normal play. No Timeout in Extra-time
- Swop rink ends again so they are in the half they were in the first period
- Two halves of 5 min. each, (U17 only play 3 min. each half)
- 2 min. interval to switch ends at half time
- Players under suspension at fulltime must still serve their time
- **Allowed to substitute the goalie for an outfielder in the last minute of the second half**
- If the score remains even then it goes to a Penalty-shoot-out.

Penalty-Shoot-Out (Best of five)

- Toss a coin, in the presence of both team captains, to decide which end and the team to start
- Each team selects 5 different players to take one shot each on goal
- If less than 5 players are available then they can take turns
- Players still under suspension at the end of extra time are excluded
- One referee given selected player's numbers, in order of turn, by the teams and then stands on the centre spot with teams on each side, along the halfway-line. The other referee stands on the lower-corner of the penalty-box to initiate the penalty and validate any goals
- The same goalie can be used and wait their turns in the rink corner behind the goalline
- Players not involved in the Penalty are allowed anywhere in the other half
- The teams, using different players, take alternative turns to take a Penalty
- The Penalty-taker is allowed only one hit and no follow-up charge. Therefore, no second hit or if the ball bounces off the back wall onto the goalie, then any goal is invalid. However, if a ball bounces of a goal post onto the goalie and then into the goal cage, the goal is valid
- No Centre-pass is required to validate the goal if scored
- Goalies can take a Penalty with their leg-guards on but no mask or gloves
- The team that scores more Penalties or has an unassailable lead is declared the winner
- No Centre-pass is required to validate the goal or winner
- If a goalkeeper repeats a foul that they have had a Verbal-warning for, they are then given a Red Card (but are not banned from playing in the next game). If the substituted goalkeeper commits another two offences the game is terminated
- If the match is not resolved a Second Series of Penalties takes place.

Second Series of Penalties

- Taken alternatively with equal turns by the teams until you have a winner
- The same player is permitted to take all the Penalties for their team
- No Centre-pass is required to validate the winning goal.

To Untie Teams on the Same Points in Competitions using a Point System

Similar to Penalty-shoot-out but the teams take three DFH in the first round and then sudden death. They are allowed to take a run or remain static for the DFH. They are allowed a max. of 5 sec. after touching the ball to making a shot on goal and no second charge.

Advisory Notes for Referees

Know the rules and implement them. For the one player you kindly let off there will be a whole team and their supporters wanting your blood.

Be professional, unbiased and calm, don't have a big satisfying smirk across your face when you handout a Card.

Players can become very highly strung and play with "passion", so handle them with care.

Avoid talking to team members or supporters straight after a match as you will not win any arguments and risk your life.

Be prepared to be the escape goat for the losing team and having your parenthood questioned.