



The Rules of Roller Hockey

translated for kids

Preface

The idea of this little book (okay, so it's a booklet then) began when I realised how difficult it was to read and understand the International Rule Book, and how few people, especially kids, had read or understood the rules. Many players simply play to the whistle. Many reckon they know the rules but don't. Try getting them to referee a game.

Originally, I read the rules for my own purposes. Then I started to explain the rules at Farnham RHC kids' training sessions. I also realised that quite a few adults hadn't read and/or didn't understand the rules. And again, part of this must be down to the language in which rules are written, and the relevance of many of the rules to actual play.

What I have tried to do here is to simplify the language explaining those rules that players need to know. If you are a player, you probably aren't interested in the dimensions of the goals to the nearest millimetre, or whether advertising around the rink conforms to the rules. You just want to play, smacking the ball into the net as hard as you can. You want to enjoy the glory that goes along with goal scoring.

If you know the rules, you will understand why the referee awards a foul, or shows a player a card. Knowing the rules should also help you use them to your advantage.

Thanks to all those who helped with this project. Steve Taylor read my interpretation of the rules, with corrections and suggestions where necessary. Thanks must also go to Gordon Morrison, whose photos help explain the rules pictorially. Reading rules can get a bit tedious, and a picture can be worth a thousand words. Thanks to all those at Letchworth RHC who have allowed their roller hockey skills to be photographed and included in this book.

And finally, thanks to anyone else who helped me in one way or another, especially those who thought they knew the rules but didn't.

Feel free to distribute this publication to any members of your club as you see fit. You can copy all or bits of it for free. Just don't sell it, or any parts of it.

**Peter Maisey - Southsea Roller Hockey Club
March 2004**

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Introduction

The International Rule Book for Roller Hockey contains everything you need to know about playing the game. If you are only a player, especially a new one, there is lots of information you don't need to know at the moment. Much of what is written in the official rule book is difficult to understand. What I have tried to do here is to pull out the bits that are important to you as a player, and to try and make it a little easier to understand.

I have, for example, left out details such as goal sizes, stick length, advertising etc. The goals will be made by others, you buy your stick from a good supplier, and the advertising on your equipment should already meet the requirement of the rules. I have also excluded details of goalkeeper equipment as it is well covered in the International Rule Book.

You must remember that different referees may have different ideas about how to apply the rules. You do need to understand the rules, but you also need to take notice of what the referee signals.

Two more bits of advice. Don't argue with the referee, and don't have a stop. They are both a waste of time, and you are likely to be sent off.

If you don't know all the rules, and don't know why the referee blew his whistle, at least learn his signals so you can see what he has awarded.

A quick comment about some of the words I have used.

- **Must** means **compulsory** (you must / must not do...)
- **Should** means **not compulsory but you'd be daft to / not to...**
- **May** means **good idea**

The Article Number along side each rule tells you where to look in the International Rule Book if you want to read the original words.

This book is not a coaching manual, but the words in *italics* might help you to understand them better and how to make them work for you.

The game of roller hockey

Firstly it's time to say what the Game of Roller Hockey is about. Most of it is obvious, but not all of it. If you want to get straight into the rules about playing the game, go to Article 8 and read on to Article 58.

Article 1 – The game of Roller Hockey

Roller Hockey is a game between two teams. Each team can have up to ten players. At least two of the team should be goalkeepers. Only five players can be playing at the same time, four outfield players and a goalkeeper. The game is played on a rink with a level surface that isn't too slippery to skate on.

Article 2 – Conditions to effect the game

Roller Hockey can be played on rinks indoors or outside.

The rink must be surrounded by a barrier, and must have a goal at each end.

The players must wear skates in good condition, use a stick to hit the ball, and wear the recommended safety equipment (pads, gloves etc.)

Each team defends one half of the rink and attacks the other half. The referee tosses a coin before the start of the game to decide which team defends which end of the rink. After half time the teams swap ends.

The idea of the game is for each team to attempt to score goals. Each team tries to score more than the other, without breaking any of the rules.

The game is controlled by a referee (sometimes two referees in important games).

The Rink layout

Rinks can be different sizes, but every rink has the same lines and markings.

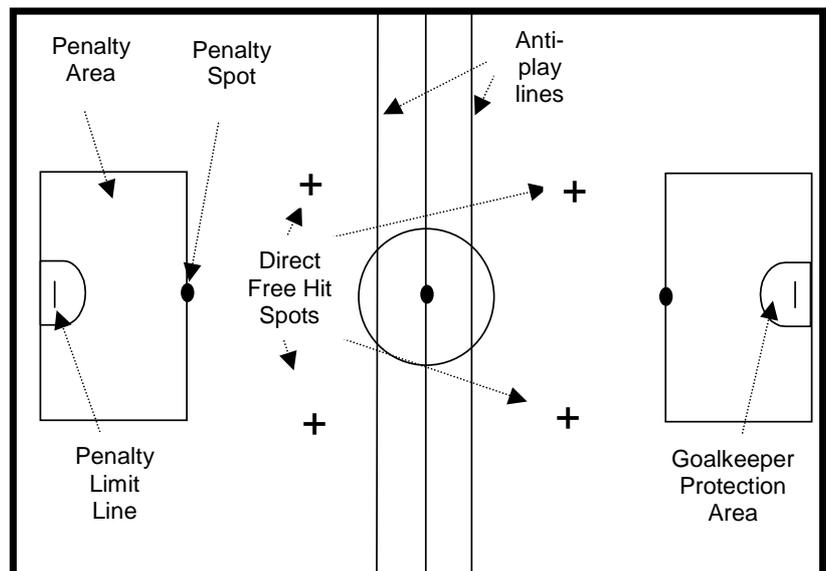
The smallest rink must be at least 34 metres long by 17 metres wide. The rink cannot be bigger than 44 metres by 22 metres.

The rink must be surrounded by a barrier at least 1 metre high.

Markings on the rink must include

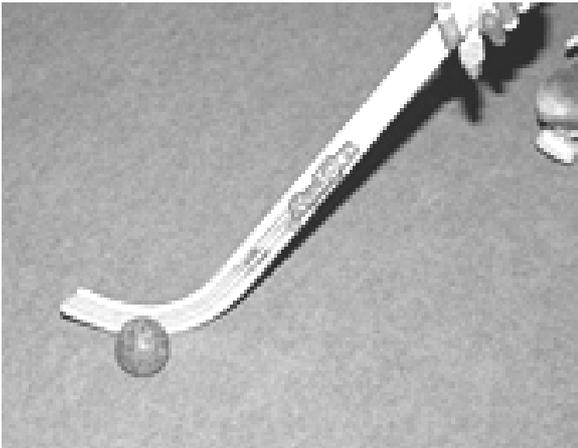
- half way line, centre circle and centre spot
- penalty area, penalty spot, goalkeeper protection area, penalty limit line, goal demarkation lines (not shown)
- 'C' spots ('+') for direct free hits
- Anti play (anti-game or anti-jeux) lines

More details about these lines and markings later



Typical Rink Layout (not to scale)

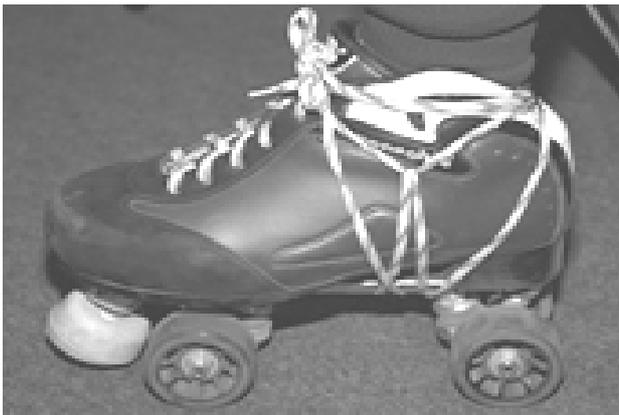
Equipment



Make sure you buy the correct equipment

If you are new to roller hockey or you are not sure about what equipment to buy, talk to your club coach. A local shop may sell roller hockey equipment, but there are different types of roller hockey. The equipment that they sell may not be suitable for the game you are going to play. You probably know that the sticks are different from inline hockey. But, did you know that bearing sizes for your wheels can vary as well? So check before you buy anything new for the first time.

Article 8 - Skates



Skates must be in good condition

Skates must be in good condition, with no wheels missing, no metal bits, nothing falling off, and no heel brake (but you can have toe stops)

This means that if your skates get damaged during a game, you must go off the rink to fix them. You cannot carry on playing.

Article 9 - Sticks

Sticks must be the correct size. *If you buy your stick from those suppliers your club recommends, then you should be okay*

Article 10 - The Ball

Hockey balls must be the right type allowed for Roller Hockey. *Those supplied by your club should be okay.*

(A cricket ball or field hockey ball is not okay)

Article 11 - Protective Equipment



Always wear shin pads, knee pads, and gloves for your own safety

Officially you don't have to wear protective equipment unless you are a goalkeeper. You would be a bit silly not to wear some. Your club probably has some rules of it's own. If they don't, you should wear shin pads and knee pads when you are on the rink, playing or training. Don't forget to wear protective equipment when

training - the ball gets hit just as hard as in a game.

Protective equipment is to stop a player from getting hurt. It is not worn to give one player an advantage over another.

- Shin pads must be worn under socks
- Knee pads may have a hard or soft surfaced
- Elbow pads must have a soft surface

Starting the game

Soft volley ball type elbow pads are light and flexible and can reduce the pain of hitting your elbow on the floor or wall.

- Padded gloves should have decent finger protection
- Light, soft surfaced helmets (*such as rugby scrum caps*) are allowed. Hard helmets are totally banned for outfield players.

You might see hard helmets used in some countries (e.g. Italy) but officially they are banned under International rules.

Goalkeepers wear special protective equipment. If they leave their penalty area, they have to follow the same rules as outfield players. The referee will give a foul to the opposing team if a goalkeeper tackles outside of the penalty area, or uses their pads or gloves to stop the ball. If you see a goalkeeper outside the penalty area and they have the ball, go and tackle them.

See the International Rule Book for details on Goalkeeper's equipment

Article 14 – Player's equipment

Team shirts should be supplied by your club whenever you play in any tournament. You must tuck your shirt into your shorts when you are playing in official games.

Article 24 - Starting the game

The game starts (1st half, 2nd half, or after a goal) with one team hitting the ball from the centre spot in the centre circle. If it's your team starting the game, you can have one or two players in the centre circle. The other team can't have anyone in the centre circle. Everyone must be in their own half of the rink.



Start of game - everyone in their own half of the rink

"The other team can't have anyone in the centre circle" means their bodies, skates and sticks must be outside the centre circle.

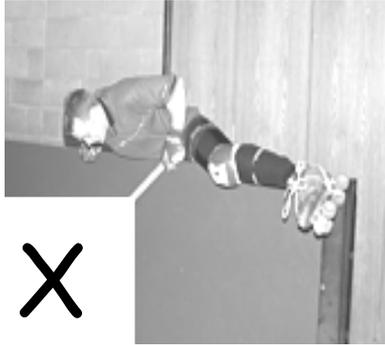
As soon as the referee blows the whistle, the ball is in play, so the other team can try and get the ball. *So you need to be quick.*

When a player starts/restarts the game by touching the ball, they can't touch it again until somebody else has touched it.

You can't score straight from a start/restart. At least two people have to touch the ball for the goal to count. One of those people can be the goalkeeper of course.

Entering and leaving the rink

Article 25 - Getting in and out of the rink



You must enter and leave the rink through the proper entrance. Wait until the player you are replacing is off before you get on, otherwise you will get sent

off again. The person you were replacing will also have to stay off the rink for a short while.



If the referee has awarded a penalty or direct free hit, you can swap players before he blows the whistle to take the hit. Once he's blown the whistle you mustn't change players until the ball has been hit.



Face off - back to own end of rink, stick to touch ground 20cms from ball

Face offs

Article 29 - The Face-off

A face off is also known as "two sticks". The referee may give a face off (two sticks) for different reasons. We will look at these reasons later.

When the referee is giving a face off as he will blow his whistle and raise one arm in the air with two of his fingers in a 'V' shape. (See Appendix A for referee "face off" signal)

The two players taking the face off must stand with their backs to their own end of the rink. Their stick must touch the ground at least 20cms back from the ball. All other players must be at least 3 metres away.

Wait until the referee blows his whistle before you try and get the ball or you will give the other team an indirect free hit.

The face off is taken from different places on the rink.

- If the foul or action was behind the goal line, the face off will be at the nearest corner of the penalty area
- If the foul or action was in the penalty area, the referee will use the nearest corner of the penalty area for the face off
- If the foul or action was anywhere else, the referee will point to where the action was

If you try and take it from the wrong spot, the referee will tell you.

When have you scored a goal?

Article 31 - Definition of a goal

You have only scored a goal when the whole ball crosses the goal line between the goal posts. If you (or a member of your team) committed a foul to score the goal, it will not count.

Article 32 - Scoring a goal at the end of playing time

Sometimes a team scores a goal just as the end of game hooter sounds. That's not the end of the game. The referee will put the ball back on the centre spot and restart the game with his whistle. As soon as the ball is hit he will blow his whistle for the end of the game.

So remember, the hooter does not mark the official end of the game, the referee's whistle does.

Article 33 - Self inflicted Goals

You can score an own goal. If the ball hits any part of your body or equipment and goes in your goal, it's a goal to the other team.

If you commit a foul and the ball goes in your net the referee will probably play advantage to the attacking team and give the goal.

Fouls and penalties

Like all games, if you break the rules, the referee will punish you and/or your team. You may not break a rule on purpose, but that doesn't matter. "I didn't meant to do it referee" is not going to get you off the hook. The punishment the referee gives you depends on what you have done.

Article 36 - Fouls and Playing Advantage

The referee doesn't have to stop the game when you commit a foul. He can play advantage to the other team if they have the ball. That means he let's the play continue.

(See Appendix A for referee's signal to indicate he is playing advantage)

But he may still punish you when the game stops later on. So don't think you've got away with it because he didn't stop the game when you broke the rules.

Article 37 - Penalising fouls

The referee will give a different penalty depending on how serious the foul was and where it happened.

If you commit a foul in **your** penalty area **it is always a penalty to the other team.**

Article 38 - Indirect Free Hit

You don't have to wait for the referee to blow his whistle to take an indirect free hit. The ball must be still before you hit it.

If you take too long over the hit, the referee may blow his whistle to start the game again.

If the referee does blow his whistle, the opposing team can try and get the ball. So take your indirect free hits quickly.

The indirect free hit is usually taken from the place where the foul happens, unless you are in the penalty area, or close to the barrier.

If the foul is behind the goal line, the indirect free hit is taken from the nearest corner of the penalty area.

If the foul is by the attacking side in the penalty area, the indirect free hit is taken from the nearest front corner of the penalty area.

(Front corners of the penalty area are the ones nearest the centre of the rink)

If the foul is close to the edge of the rink, you can move the ball in 70cm from the edge to take the indirect free hit.

(That's about the same as the length of your stick. After all, you need room for a back swing.)

If you aren't sure about where to take the indirect free hit, look to where the referee is pointing. Always look at the referee when he blows his whistle, to see why he has blown it.

Article 39 - Taking an Indirect Free Hit

When you take an indirect free hit you can only hit the ball once. Then you must wait for another player to touch it before you touch it again.

You don't have to wait for the referee to blow his whistle to take an indirect free hit. You can just get on with it.

If you are going to remember only one referee's signal, make sure it is the one for an indirect free hit. The indirect free hit is the only time you can restart the game without waiting for the referee to blow his whistle. This means you can take the hit quickly, but it also means the opposition can do the same when they get an indirect free hit. (See Appendix A for referee's "indirect free hit" signal)

Article 40 - Position of players during an Indirect Free Hit

When you are trying to take an indirect free hit, players from the other team must be at least 3 metres from the ball. If they aren't that far away, you can ask the referee to move them away.



Three metres back from indirect free hit please!!!

But if you do ask, you must wait for the referee to blow his whistle before you hit the ball.

Sometimes the referee will make players move away even if you don't ask. The first time this happens in a game, don't wait for his whistle. Take the hit when you are ready. He will tell you if you need to retake the hit. But, watch the referee on the next hit. If he waves the other team away again without you asking, wait for him to blow his whistle or to signal "play on", before you take the hit. The "play on" signal is the same as the "playing advantage" signal.

Article 41 - Goals scored from an Indirect free hit

You can't score directly from an indirect free hit. The ball has to be touched by another player first. That player can be the other team's goalkeeper of course.

Article 42 - Direct free Hit

Direct free hits are given for more serious fouls than indirect free hits. They are always taken from the 'C' spot of the team that committed the foul. The 'C' spot is marked with a '+'. There are two '+' in each half of the rink. The direct free hit can be taken from either '+'. It does not have to be taken at the one nearest to the place where the foul was committed.

With a direct free hit you can hit the ball directly into the goal. You can also hit it more than once (*dribble the ball*) without somebody else touching it. The goal is allowed if you score.

All the other players, except the defending goalkeeper, have to be 8 metres behind the ball. This is usually taken to be the anti-play line in the other half of the rink.

*The anti-play line is sometimes called the anti-game or anti-jeux line. Find out which is the anti-play line when you play on a rink that is new to you **before** your first game starts.*

Don't forget that when the referee blows the whistle, all players can move towards the ball. So you need to get a move on taking the hit.

Article 43 - How to signal a direct free hit

The referee signals a direct free hit by raising one arm up in the air with his hand open. He should also show you how far back from '+' the 8 metres is. Don't hang about getting there or you might upset him and get punished for it. (See Appendix A for referee's "direct free hit" signal).

Article 44 - The Penalty

If you commit a foul in your own penalty area, the referee will always award a penalty shot for the other team. So it's not a good thing to do.

With a penalty, you can hit the ball directly into the goal or hit it more than once without somebody else touching it, and the goal is allowed.

Every other player on the rink, apart from the person taking the hit and the goalkeeper who is trying to save it, must be back in the other half of the rink.

The goalkeeper must be on his skates, stick and gloves off the ground. He can only touch the ground with his equipment when he tries to save the shot.

When the referee blows his whistle to take the penalty, everybody on the rink can skate across the half way line again. This means you can sprint hard to try and stop the penalty, or pickup the rebound if the goalkeeper stops the shot.

(See Appendix A for referee's penalty signal)

Article 45 - Free Hits and Disciplinary action

The referee will give a direct or indirect free hit depending on how bad the foul was.

A direct free hit is given for a serious foul, such as rough or violent play, dangerous tackling and charging into a player. It often results in a player being suspended (*shown a blue card*) for part of the game, or sent off permanently (*shown a red card*).

For a less severe foul, a player may be warned by the referee (*shown a yellow card*). A yellow card does not mean the player is sent off. However, if the player is shown a second yellow card, the referee will also show a blue card and send the player off.

More on cards later

Article 46 - Fouls for rough, incorrect and unfair play



This game is Roller Hockey, not Squash

The roller hockey rules do not allow you to be rough or unfair. You aren't allowed to:-

- Squash a player against the barriers
- Charge, push or obstruct a player
- Hit or hook with your stick
- Fight with another player

If you accidentally hook a player with your stick, drop it straightaway and you might get away with no foul. If you hold onto the stick you may give away a foul.

Article 47 - Deliberate Obstruction

You aren't allowed to stop a player from the other team by

- Standing in front of him
- Pushing him into the barrier
- Standing still in the other team's goalkeeper's protection area (*the D in front of the goal*) without the ball
- Blocking a player who doesn't have the ball



No pushing or shoving please!

If you commit one of these fouls, the referee will award an indirect free hit, direct free hit, or penalty depending on where the foul happened and how bad it was. If it was bad, you might get a yellow card. Don't deliberately block other players.

Article 48 - Disciplinary action of the Referees

This section is about how the referee will punish you for committing a foul, as well as awarding a free hit or penalty to the opposition. You don't have to be on the rink to get punished either. So don't misbehave when you are on the substitute's bench waiting to come on.

The punishment a referee hands out will depend on the type of foul and where it happens. As well as awarding a free hit or penalty, the referee may also show you one of three different coloured cards.

The least severe is the **yellow card**. It's a warning. It is telling you that you've been a little bit naughty, and you might get sent off if you carry on playing like that. So what can you get a yellow card for? Here are some examples.

- *Unsporting behaviour towards the referee or opponents.
- Constantly being told to move away the correct distance when a free hit or penalty is being taken
- Deliberate obstruction
- Grabbing hold of an opponent's body

*(*Unsporting behaviour is a bit vague isn't it. It probably includes things like knocking the ball away after a free hit has been awarded to the other team, or having a strop)*

The **blue card** means getting sent off the rink for a short time.

If you are shown a yellow card, a second yellow card, then a blue card, you will get a 2 minute suspension. If you are shown a blue card without a previous yellow card, you will get a 5 minute suspension.

You can get sent off with a blue card for such things as

- Unsporting behaviour towards team officials and spectators
- Intentionally pushing an opponent against the barriers or goal cage
- Violently pushing or charging an opponent
- Hitting any part of the opponent with your stick and hurting them
- Hooking your stick round a player's legs and tripping them up
- Getting two yellow cards

The **red card** is serious. If the referee shows you one of these then you are in **BIG** trouble. It means you stay off the rink for the remainder of the game + the next one. You may get a much longer suspension as a result. You can get a red card for behaviour displaying deliberate violence, such as

- Violent behaviour towards the referee, opponents or spectators
- Fighting, punching, kicking or any other violence towards opponents
- Violently and deliberately hooking, hitting or poking an opponent with the stick

Article 49 - Gravity of fouls

If you deliberately commit a foul that stops a certain goal then the referee will give you a harsher punishment.

For example, if you trip an opponent with your stick in their half or the rink, you might get a blue card. If you commit the same foul in your half and you are the last defender between the opponent and the goal, you may get a red card, because you tried to stop a certain goal by tripping the opponent.

Article 50: Restriction to the participation of players

This section explains when you cannot take an active part in the game – when you cannot play the ball.



Off your skates? Don't play the ball.

You can't take an active part in the game when

- Your skates are damaged (e.g. *wheel comes off*)
- You aren't holding your stick
- *Any part of your body is touching the rink
- You are touching the goal unless you are the goalkeeper
- You are behind the goal with the ball, using the goal as an obstacle

**Some goalkeepers don't seem to understand that they only have special rights inside the penalty area. For example, he is allowed to play the ball when he is on the ground in the penalty area. Outside the penalty area he has no special rights. If he is on the ground and plays the ball outside the penalty area, it is a foul.*

Article 51: Playing the ball

You must always play the ball with your stick.

If you stop the ball with your hand, on purpose or accidentally, it is always a foul.

If you deliberately kick the ball with your skate, it is always a foul.

Kicking the ball deliberately is a hard foul to judge and each referee may have their own interpretation of this rule.



Keep your stick down

Article 52 - Use of the stick

You cannot lift your stick above shoulder height if you are involved in the action, unless you are shooting at goal **and** raising your stick doesn't put other players in danger

Article 53 - Position of the stick to play the ball

You must only hit the ball with the flat side of the stick.

You must not chop or slash down on the ball with the stick

Article 54 - Ball out of play

If the ball gets stuck in the goalkeeper's pads or in the outside netting of the goal, it is out of play. The referee will give a face-off (two sticks) at the nearest corner of the penalty area.

Quite often the ball gets stuck in the netting at the back of the goal. You will see players hitting the net with their stick to get the ball off the netting. ALWAYS try and get the ball off the back of the net if you have a chance of winning it. Let the referee decide whether to blow his whistle to give a face off.

Article 55 - Rising ball

If you hit the ball and it goes higher than 1.5 metres above the floor, the referee will award a foul against your team.

If the ball goes above 1.5 metres when two players' sticks have collided, the referee won't give a foul. He will allow the game to carry on.

If the ball goes above 1.5 metres after hitting the goal or barrier, the referee won't give a foul. He will allow the game to carry on.

The only time player is allowed to hit the ball above 1.5 metres is the goalkeeper when he clears a ball with stick, hand or body. But he must be inside the penalty area to do this.

It's always a good idea for the goalkeeper to try and knock the ball in the air when he saves it, because

- *the opposing team will find it difficult to control the ball and shoot at goal*
- *the opposing team may try and stop the ball with their sticks above shoulder height and may give away a free hit.*



Article 56 - Ball out of the rink

If a ball is knocked out of the rink by a player, the referee will give an indirect free hit to the other team.

If the ball ricochets off the stick of two opposing players and goes out of the rink, the referee will give a face off (two sticks).

Article 57 - Displacing the goal cage

Whenever the goal gets moved from its proper location, the referee must stop the game. The foul he gives depends on whether it was deliberately or accidentally moved, and who moved it.

If the goal was **unintentionally** moved by either team, a face-off is awarded at the nearest corner of the penalty area.

If the goal was **intentionally** moved by the **defending team**, then a penalty is given to the attacking team (*and the defender who moved it does not have to be inside the penalty area when he/she moved the goal*)

If the goal was **intentionally** moved by the **attacking team**, a direct free hit is given the defending team (*(the direct free hit is taken from the '+' in the attacking team's half)*)

So it is not a good idea to move the goal on purpose

When a player deliberately moves the goal, the referee will also show the player a blue card and send them off the rink for 5 minutes.

Article 58 – Anti-play and anti-play lines

Refer to the Standard Rink Layout diagram near the start of this booklet.

Sometimes a team can simply pass the ball around without making any real attempt to score a goal. This is known anti-play. The referee can stop the game, warn the captains with yellow cards, and start the game again with a face-off (two sticks).

If anti-play continues, the referee will stop the game again, and send the captains off the rink by showing blue cards. Once again, a face off starts the game.

If anti-play continues, the referee will end the game.

Anti-play lines are marked twenty two metres from each end of the rink. On the biggest rinks the anti-play line and the half way line are the same line. On all other rinks they are just short of the half way line.

When you win the ball in your half of the rink, behind your anti-play line, you have ten seconds to get the ball over the anti-play line.

This rule makes the game a very attacking one. Ten seconds isn't very long, especially if you skate round the back of your goal with the ball before you start making your way up the rink towards the other team's goal.

You are not allowed to pass the ball back over your anti-play line. If you, or any of your team pass the ball back over your anti-play line, the other team is given an indirect free hit where the ball crossed the line. It doesn't matter whether it was deliberate or accidental.

If you are chasing a ball back towards your anti-play line and it was last hit by the other team, let it cross the line. You then have the whole rink to play the ball in, not just the bit between the anti-play line and the other team's goal.

Refereeing

Article 61 – The Referee’s Duties

The referee is in charge on the rink. What he says goes!!!

His whistle starts and ends the game.

He uses the rules to control the running of the game

He also makes sure the rink and equipment are safe to use before the start of a game – that includes player’s equipment.

He will punish any player who breaks the rules.

Article 63 – Game interruptions

The referee is allowed to interrupt the game if he thinks it is necessary. He will ask the time keepers to stop the clock until he restarts the game. (See Appendix A for referee’s timeout signal)

Article 64 – Prolonged confusion in front of the goal



Confused? Time for a face off!

If there is real confusion in front of the goal, and the referee can't see what is going on, he may stop the game. He will restart with a face off at the nearest corner of the penalty area.

Article 65 – Injury to a player

If a player is injured during a game the referee will let the game continue unless the player is seriously injured.



If you can't get up, at least cover your head

If you are hurt during a game but are able to get up off the floor, do it as quickly as possible.

Protests

Article 74 – Game protests

If you think the referee has made a mistake ask your captain to protest to the referee at the time, or before the end of the game. Once you are off the rink it is too late.

Make your protest through your captain. He is the only person in your team officially allowed to talk to the referee. If you do it yourself you could end up with a yellow card for unsportsmanlike behaviour.

If you think there is a problem with the rink or equipment, make your protest before the game starts. The game can still be played but “under protest”. This means the problem can be discussed after the game and the problem sorted out later.

Appendix A

Referee Signals

I have included the main referee's signals here so you can see them all in one place, for a quick reminder before the start of a game. The referee may use other signals, but these are the main ones you need to learn.

Signalling Advantage



To signal "advantage" (play can carry on even though a foul has been committed) the referee holds out both arms out in front of him, slightly bent and with the palms of his hands upwards

Ball to be placed in corner of penalty area



This signal is used when an indirect free hit or face off is taken from one of the corners of the penalty area. The referee raises his hands above his head, fingers touching to form a diamond shape with his arms

Face-off or "two-sticks"

The referee raises one hand, palm facing forwards, and makes a "V" sign with two fingers



Indirect free hit

One arm will point to where the free hit is to be taken from. The other arm will point to the offender's half of the rink.



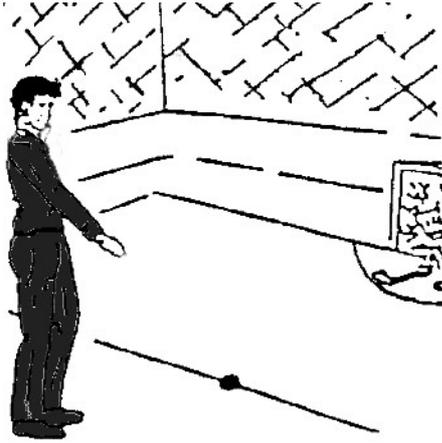
Direct Free Hit

The referee will move to where the direct free hit is to be taken from and raise one arm vertically in the air.



Penalty

The referee will move to the penalty spot and point to it.



Goal scorer

This signal is for the referee to indicate to the timekeeper who has scored a goal. He raises his hand(s) and the same number of fingers as the goal scorer's number.



Timeout

The referee holds his hands up in the shape of a "T" to tell the timekeeper to stop the clock.



Appendix B

Tying up your boots

Okay, so tying your boots up is not strictly rule stuff is it, but if they aren't done up properly how can you play to the best of your ability? There are lots of ways to tie your boots up. The method in the photographs below was shown to me by Portuguese professional players, so it must have something going for it.

1. Take the laces round the bottom of your skate in the usual way.



2. Now take the laces round the back of your skate.



3. From the back of the boot take the laces under the loop that goes down under your boot.



4. Now pull the laces backwards, tightly and thread back through the tag at the back of the boot, and on around to the front of the boot to tie in a normal bow.



You should end up with a 'Y' shape lace, pulling your foot down into the boot and securing it centrally onto the truck. Steps 1, 2 and 3 won't feel very secure, but step 4 will really tighten your foot in the boot. The harder you pull back on the lace the more secure your foot will be.