



# USRC RULEBOOK

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PLAIN-LANGUAGE EDITION

Updated October 29, 2026

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This is how we run our tournaments. It is written to be read. If a rule isn't covered here, the tournament director decides, and any change for a specific event will be posted in writing before that event starts.

## The rules everyone asks about

| QUESTION                           | ANSWER                                                                                                                                 |
|------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|
| How long is a game?                | Two 15-minute periods on a run clock. Events on a stop clock play two 12-minute periods.                                               |
| How long is warm-up?               | 3 minutes.                                                                                                                             |
| Can a game start early?            | Yes, up to 30 minutes early. Be ready.                                                                                                 |
| When must we be ready?             | 4 skaters and a goalie, ready for the faceoff, when the warm-up ends. If not, you forfeit. You may take your time to delay one minute. |
| How many players per team?         | 12 skaters and 2 goalies.                                                                                                              |
| When can we add a player?          | Only if you drop to 4 skaters and 1 goalie. Then you may add 1 skater.                                                                 |
| How many timeouts?                 | One per game, 60 seconds.                                                                                                              |
| When does a game end early?        | When one team leads by 8 goals.                                                                                                        |
| How long is a minor penalty?       | 90 seconds.                                                                                                                            |
| What is a double minor?            | 180 seconds.                                                                                                                           |
| What is a major?                   | 5 minutes.                                                                                                                             |
| How many penalties get me ejected? | 3 in one game. You're out for the rest of that game only.                                                                              |
| What happens in a round-robin tie? | It's a tie. Each team gets 1 point.                                                                                                    |
| What happens in a playoff tie?     | 4-on-4 sudden death, no clock, until someone scores.                                                                                   |
| How do points work?                | Win 3, overtime win 2, overtime loss 1, regulation loss 0.                                                                             |

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How long do I have to  
appeal a suspension?

24 hours after the last game of the tournament.

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## Respect

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USRC is for players, and many of our players are kids. We want every one of them to leave the rink wanting to come back.

**Don't abuse youth players.** That goes for coaches, parents, spectators, and other players. Abuse means physical, verbal, or anything else that hurts or scares a kid.

If USRC staff decide an adult is abusing a youth player, here is what happens:

1. You'll be asked to leave the building.
2. You'll be banned from all USRC events for one year.
3. If you won't leave, we'll call the police. They handle anything after that.

**Respect the officials.** Referees make the calls, and their call on a goal is final. Here is how it escalates when someone pushes back:

- Arguing a call, swearing at an official, or trying to stir up an opponent is a minor.
- Keep going and it's a misconduct. Keep going after that and it's a game misconduct.
- A referee can skip steps if what you did was bad enough.
- A coach or bench official gets a bench minor first, then a game misconduct if it continues.
- Touching an official, banging your stick on the boards, glass, or net, or refusing to leave the referee's crease when asked is a misconduct or game misconduct.

**Some things get you removed immediately** (a gross misconduct, and then USRC reviews it): trying to hurt an official, spitting on anyone, racial slurs or obscene gestures anywhere in the building, or going after a spectator.

USRC can refuse entry to any player or team for any reason, including a suspension from another organization.

## Before the event

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**Waivers.** Every player signs a waiver before they play. No waiver, no game.

**Rosters.** Your roster is due one week before the event. Each team can carry 12 skaters and 2 goalies. After the deadline, changes go through the tournament director.

**Captains.** Each team picks one captain and up to two alternates. Put a C or an A on the jersey. Goalies and player-coaches can't be captains on the floor.

Only the captain or an alternate who is on the floor can talk to the referees about a rule. They can ask about how a rule works. They can't argue about a penalty. Complaining about a call earns a minor.

**Adding a player in an emergency.** You can add one skater, and only if your team has dropped to 4 skaters and 1 goalie.

**Goalie trouble.** If your goalie is late for reasons they can't control, or gets hurt, you can use an EBUG (emergency backup goalie). Follow this order:

1. Look for an EBUG in your own division first.
2. If you can't find one, you can use an EBUG from one division higher, no more.

We won't hold a game for a late goalie. A replacement goalie doesn't get a warm-up. Once your regular goalie has been replaced, they can't come back in until the next stoppage in play.

**Player-coaches** are allowed in adult divisions if the player is 18 or older.

## Who can play where

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**Ages.** Youth divisions use the same age cutoffs as USA Hockey. USRC isn't part of USA Hockey. We just use their cutoffs. For adult age divisions like 30+ and 40+, you're eligible if you turn the minimum age at any point in the calendar year of the event.

**Girls** can play one birth year down.

**Your level is the highest division you play in at that event.** There is no playing up. If you play Silver and Bronze, you are a Silver player for the whole event, even if you usually play Bronze.

### PLAYING DOWN.

- You can only play down one division.
- In adult divisions, a team can have at most two players who are playing down.
- Gold players shouldn't want to play Bronze anyway, and the Bronze players don't enjoy it either.

**Club players only play Club.** This keeps the Club division for real club-level players.

**30+ and 40+** don't count toward these roster restrictions.

**Playoffs.** A player must play in the round robin to play in the playoffs.

# Game day

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**The basics.** Each team plays 4 skaters and 1 goalie. Games are two periods, 15 minutes each on a run clock. Events that use a stop clock play two 12-minute periods. Teams switch ends between periods. Penalty lengths and the warm-up are the same either way.

**Games can start up to 30 minutes early.** Don't count on the schedule being late.

**Be ready before the warm-up ends.** When the 3-minute warm-up ends, you need 4 skaters and a goalie on the floor, ready to take the faceoff. This is true whether the tournament is ahead, on time, or behind.

- If you're not ready, you forfeit.
- If both teams aren't ready, the game is a tie (a double forfeit).
- You can use your timeout to delay the start by 60 seconds.

**Warm-up is for warming up.** Take pictures and do ceremonies off the rink. If you use warm-up time for something else, you're taking time from other teams.

**Timeouts.** Each team gets one 60-second timeout per game.

- Only a Coach or captain can call it, and only during a stoppage.
- You can't call it once both teams are lined up for the faceoff.
- You can't use it to warm up a goalie.
- The other team can call its timeout in the same stoppage, but must be done so immediately upon the first timeout finishing.

**Mercy rule.** If one team gets 8 goals ahead, the game is over. Adult games end right there. In youth games, the coach of the losing team decides whether to play out the clock, as long as the tournament is no more than 15 minutes behind. If they play it out, the rest of the game runs on a run clock.

**Clock stops late in close games.** At events that use a run clock, the clock stops on whistles when the game is within one goal and there is one minute or less left in the final period.

**Changing players.** You can change on the fly. The player coming off must be within 5 feet of the bench before the new player steps on. If not, it's a bench minor for too many players. During a stoppage, make your changes right away. If you stall, the referee can hold the clock and warn you, and the next delay is a bench minor.

## INJURIES.

- If a skater is hurt, they leave the floor and play goes on.
- Play stops for an injury only when the hurt player's team has the puck, unless the injury looks serious.
- A hurt goalie has to be ready right away or be replaced. There is no extra time, and the replacement doesn't get a warm-up.

- A player who is bleeding comes off until the bleeding stops and the wound is covered. If there's blood on a jersey, they stay off until it's cleaned or changed.
- US Roller Cup reserves the right to remove a player from a game for suspected injury or illness at any time.

**Bad floor.** The referees can pause a game if the floor isn't safe, and play resumes once it's fixed.

## Equipment and jerseys

You're responsible for your own equipment in games and in warm-ups. If something doesn't meet the rules, you get a minor and you sit out until it's fixed.

| WHO                                               | YOU MUST WEAR                                                                                                                 | WE RECOMMEND                                                                                |
|---------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|
| Players under 18, and everyone in youth divisions | Approved helmet with the chin strap fastened, approved full face mask, elbow pads, hockey gloves, shin guards, protective cup | Mouth guard, full-length hockey pants, hip pads, chest and throat protection                |
| Players 18 and older                              | Hockey helmet with the strap fastened, elbow pads, hockey gloves, shin guards, protective cup                                 | Visor or full face mask, mouth guard, full-length hockey pants, chest and throat protection |
| Goalies                                           | Approved goalie helmet with full mask and the strap fastened, chest protector                                                 | Throat protection                                                                           |

"Approved" means HECC or CSA certified.

**Helmets stay on** from the moment you step on the rink for warm-up until you leave after the game. If your helmet comes off, stop playing until it's back on. Making a play without it is a minor.

**Gear goes under your jersey.** The exceptions are gloves, helmets, and goalie leg pads. You get one warning, then a minor.

A few more things:

- Gloves can't have the palm cut out or worn through.
- Eyeglasses must have plastic lenses.
- No metal pads, and no hard casts or splints, even if padded.
- Elbow pads need at least half an inch of soft padding.

**Skates.** No extra parts that the manufacturer didn't put on. Every axle needs a wheel. No speed skates. Quad skates are allowed but we don't recommend them.

## STICKS.

- No sharp or sticking-out parts.
- The shaft can be up to 63 inches long, measured from the heel.
- The blade can be up to 12.5 inches long and 2 to 3 inches wide. Any curve is fine.
- A goalie's blade can be up to 3.5 inches wide, or 4.5 at the heel, and 15.5 inches long. The paddle can go up to 26 inches from the heel and be 5 inches wide.
- An illegal stick is a minor, and the referees keep it until the tournament ends. Refusing to hand over your stick for a measurement is a minor plus a misconduct.

Each team can ask for one equipment measurement per stoppage. If you ask and the equipment turns out to be legal, your team gets a bench minor.

**Goalie gear** must protect and nothing more. It can't give a goalie an unfair edge.

- Blocker up to 8 by 16 inches.
- Catch glove up to 17 inches long with a cuff up to 9 inches wide, and no extra pockets.
- Leg pads up to 12 inches wide, and not altered.
- No abdominal aprons extending down the thighs.

## JERSEYS.

- Every player on a team, goalies included, wears a matching jersey.
- Numbers on the back are whole numbers from 1 to 100. No two teammates can share a number.
- Full-length hockey pants or sweatpants. No shorts.
- If jersey colors clash, the visiting team changes. The referees or tournament director make the final call.
- Offensive writing on a jersey has to be covered or removed, or you can't play.
- Sponsor names and logos are fine, with no limit on size.

# How the game is played

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There is no offside and no icing. Keep the puck moving. The official puck is an IDS puck. On Stilmat floors we'll make an effort to use Stilmat pucks.

## FACEOFFS

- Each team sends one player to the dot. Everyone stands on their own side of the dot, about a stick length apart, with blades on the floor. The attacking player puts their stick down first.
- Everyone else stays at least 15 feet away and on their own side.
- No contact until the puck is dropped and played.

- If one team is lined up and the other is stalling, the referee can drop the puck anyway or give a bench minor. Once both teams are set, the puck can drop within 3 seconds.
- A player who is slow to line up is replaced after one warning. After that, they can get a minor.
- After a goal, and to start each period, the faceoff is at center. If the attacking team causes a stoppage, the faceoff is also at center. That includes shooting the puck onto the back of the net.
- Other stoppages are faced off at the closest end dot, on the side where play stopped, or wherever the puck was last played.
- **ON A POWER PLAY, THE TEAM WITH THE EXTRA PLAYER CHOOSES WHICH OFFENSIVE-ZONE DOT TO USE.**

## THE HALF-RINK RULES

- A goalie who plays the puck past the center line gets a minor.
- When the referee signals a delayed penalty, the team that was fouled can't bring the puck back across the center line into its own half. If it does, play stops, the penalty is called, and the faceoff is at center. This is the delayed-call half-rink violation.

## KEEP THE PUCK MOVING

- Holding the puck against the boards to delay is a minor.
- **Passing the puck back to kill time.** If a team carries or passes the puck back into its own end just to run the clock, with no pressure on it, it gets a warning and the faceoff is at the end dot beside its goal. A second time in the same period is a minor. Short-handed teams are exempt.
- **Shooting the puck down to the other end of the rink.** There's no icing, but the referee can give a minor for unsportsmanlike conduct if a player does this. No warning is needed first.

## HANDS, FEET, AND STICKS

- You can bat the puck out of the air with an open hand, or push it along the floor. If you do it on purpose to pass to a teammate, play stops and the faceoff is at center. This does not apply in your own defensive zone.
- Closing your hand on the puck stops play. If you drop it right away, play goes on.
- Picking the puck up off the floor is a minor. If a defender other than the goalie picks it up or covers it in the crease, the other team gets a penalty shot.
- You can kick the puck anywhere, but a goal can't come off an attacker's kick.
- A goal can't come off equipment kicked at the puck, either.
- Don't play the puck with your stick above your shoulders. When the offending team gets the puck, play stops and the faceoff is in that team's end. A goal scored off a high stick doesn't count. If a defender high-sticks it into their own net, it counts.

## GOALIES

- When the goalie covers the puck, play stops. If the goalie holds it too long after a warning, it's a delay-of-game minor.
- A goalie can't fall on the puck when fully outside the crease with the puck behind the goal line. They can't pin the puck on the boards either.
- A goalie can't drop the puck into their own pads or onto the net, or pile up equipment near the net to block shots. Either one is a minor.
- If a goalie leaves the crease area to join a scrap, they get a minor on top of anything else.
- A goalie with a broken stick can keep playing until play stops or a teammate hands over a new stick.
- Skaters with a broken stick must drop it right away or get a minor. A replacement stick has to come from the bench, never thrown to you from the stands or the floor.

## GOALS

- A goal counts when the whole puck crosses the goal line, under the crossbar, off an attacker's stick.
- A deflection off an attacker's body counts. The player who deflected it gets the goal.
- If a defender puts it in their own net in any way, it counts for the last attacker who touched it.
- No goal off a kick, a throw, a high stick, or the puck bouncing off an official straight into the net.
- An attacker standing in the crease doesn't wipe out a goal unless they get in the goalie's way. If a defender pushes an attacker into the crease, the goal counts.
- One assist per goal at most.
- The referees' calls on goals and assists are final, and nothing changes after the game sheet is signed.

## PUCK OUT OF PLAY

- If the puck leaves the rink or hits something above the playing surface, the faceoff is where it was shot or deflected from.
- A puck resting on top of the boards is still in play.
- A puck frozen between players, or stuck on the outside of the net, gets a faceoff at the nearest end dot. If the attacking team caused it, the faceoff is at center.
- A puck on top of the net for more than 3 seconds stops play. A puck on top of the goal frame stops play immediately.
- A second puck on the floor doesn't stop play unless it gets in the way. If something thrown onto the floor interferes, play stops.

# Penalties

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## THE TYPES OF PENALTY

| PENALTY          | HOW LONG                            | WHAT IT MEANS                                                                                                                |
|------------------|-------------------------------------|------------------------------------------------------------------------------------------------------------------------------|
| Minor            | 90 seconds                          | You sit. Your team plays short. No one can take your place.                                                                  |
| Double minor     | 180 seconds                         | Two minors back to back.                                                                                                     |
| Major            | 5 minutes                           | You sit for the full time, even if the other team scores.                                                                    |
| Misconduct       | 10 minutes                          | You sit, but a teammate can take your place on the floor. After your 10 minutes you stay in the box until the next stoppage. |
| Game ejection    | Rest of the game                    | You're done for this game. 10 minutes go on your record. USRC may review it.                                                 |
| Game misconduct  | Rest of the game and your next game | USRC reviews it and can add games.                                                                                           |
| Gross misconduct | Rest of the game                    | You're also suspended from all USRC play until USRC reviews it.                                                              |
| Match            | Rest of the tournament              | You go to the locker room. A teammate serves 5 minutes.                                                                      |
| Bench minor      | 90 seconds                          | The penalty goes to the team, not a player. The coach or captain picks who sits.                                             |

**Three penalties in one game** and you're ejected for the rest of that game. You're not suspended for later games, just that one.

## HOW PENALTIES WORK

- **Penalty time runs with the game clock.** On a run clock, your time starts when the puck drops.
- **Power-play goals end minors.** If your team is short-handed and the other team scores, the minor with the least time left ends. Majors don't end.
- **Jailbreak goals.** If you're short-handed and you score, one of your minors ends: the one with the least time left. Jailbreaks only apply to minors and double minors. Majors, misconducts, and match penalties never end early.
- **Jailbreak with a double minor.** A jailbreak goal ends only the first 90 seconds. The player stays out for the second half.
- **Jailbreak with a penalty waiting.** One minor ends, and the waiting penalty's clock starts. Nobody is added to the floor.

- **Jailbreak during a delayed penalty.** You're short-handed, the other team fouls and the referee has an arm up, and you score. Your coach or captain picks one. Either your player leaves the box and the other team's delayed minor is wiped out, or your player stays in the box and the other team serves the delayed minor. You can't have both. If the delayed penalty is a major, misconduct, or match, it's served either way, and your player still leaves the box.
- **Matching penalties cancel out.** If both teams get a minor at the same time, both players sit but neither team is short-handed. Both players return at the first whistle after their time is up.
- **Fewer than 3 players.** A team always keeps at least 3 on the floor (3 skaters, or 2 skaters and a goalie). Extra penalties wait their turn.
- **A third penalty on the same team** while two teammates are in the box: the third player goes to the box, a teammate plays, and the third player's time doesn't start until one of the first two is done.
- **Major and minor together:** the major is served first. If the majors cancel each other out, the minor goes first.
- **Several fouls on one play:** the player serves them one after the other.
- **Goalies don't go to the box.** A skater who was on the floor serves the penalty, picked by the coach or captain through the captain on the floor. The penalty still goes on the goalie's record.
- **Leaving the box early** earns an extra minor, served after the rest of the time. Any goal your team scores while you're out illegally doesn't count. If the timekeeper let you out by mistake, you just serve what's left.
- **Leaving the box during a stoppage to join a fight** is a minor plus a game misconduct.
- **Leaving the bench to join a fight** is a game misconduct.
- **A coach or bench official who steps on the floor without permission** gets a bench minor and may be ejected.
- **A hurt player who gets a penalty:** a teammate serves it, and the hurt player can't come back until it's over.
- **Serving a game misconduct:** if you're in two divisions, you serve it in the division where you earned it first.

**Delayed penalties.** When the team without the puck commits a foul, the referee raises an arm. Play continues until the fouling team gets the puck, the puck is frozen, or a half-rink violation happens.

- If the fouled team scores during the delay, the delayed minor is wiped out. The one exception is a short-handed team that scores. It gets the choice described under jailbreak goals.
- Majors, misconducts, and match penalties are still called, goal or no goal.
- If a team is already short-handed, takes another minor, and gives up a goal, the new penalty is still served and the minor with the least time left ends.

**Penalties against the team with the puck** stop play right away. The faceoff is where the puck was last played, or at center if that's fairer to the other team.

## WHAT EARNS A PENALTY

The referee decides how serious a foul is. Any major can also come with a game ejection or game misconduct at the referee's discretion.

*Dangerous plays: minor or major.* The referee picks based on how bad it was. If the other player is hurt, it's always a major.

| WHAT YOU DID                                                           | PENALTY                                                                           |
|------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Hit someone on purpose (body checking), with or without the puck       | Minor or major. A hit from behind is a major plus a game misconduct.              |
| Slammed someone into the boards                                        | Minor or major                                                                    |
| Ran, jumped into, or charged someone, including a goalie in the crease | Minor or major                                                                    |
| Cross-checked someone, including a goalie in the crease                | Minor or major                                                                    |
| Used your elbow or knee on someone                                     | Minor or major                                                                    |
| Slashed someone, or swung your stick at them even if you missed        | Minor or major                                                                    |
| Carried your stick above your waist                                    | Minor or major. If it hits someone in the face or head by accident, it's a minor. |

*Always a major or worse.*

| WHAT YOU DID                                   | PENALTY                                                                                                                 |
|------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|
| Tried to butt-end, spear, or head-butt someone | Major. The referee may also eject you.                                                                                  |
| Actually made contact doing any of those       | Major plus a game misconduct                                                                                            |
| Grabbed someone's face mask                    | Major. If they're hurt, also a game misconduct.                                                                         |
| Fought                                         | Major plus a game misconduct. Whoever started it also gets a minor. Taking your jersey off first counts as starting it. |
| Dropped your gloves in a threatening way       | Game misconduct. If you threw a punch, it's a game misconduct and at least a 3-game suspension.                         |

|                                                           |                                 |
|-----------------------------------------------------------|---------------------------------|
| Jumped into a fight already going on, even to break it up | Game ejection                   |
| Fought off the playing surface, or with someone who was   | Game misconduct                 |
| Kicked or tried to kick someone                           | Match penalty                   |
| Tried to hurt someone on purpose, or hurt them on purpose | Match penalty, reported to USRC |
| Swung your stick at someone in a fight                    | Match penalty                   |
| Didn't go to your bench when a fight broke out            | Bench minor for your team       |

*Stick and body fouls: usually a minor.*

| WHAT YOU DID                                                                                                                            | PENALTY                                                      |
|-----------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------|
| Hooked, held, or tripped someone (including slew-footing, or diving into them)                                                          | Minor. Major if they're hurt.                                |
| Held someone's stick                                                                                                                    | Minor. You can pull a stick off your own body.               |
| Got in the way of a player who didn't have the puck, knocked a stick out of someone's hand, or kept someone from picking up their stick | Minor for interference                                       |
| Got in a goalie's way in the crease                                                                                                     | Minor                                                        |
| Interfered from the bench or penalty box                                                                                                | Minor. If it breaks up a breakaway, it's a penalty shot.     |
| Hit someone after the whistle, or hit back after being hit                                                                              | Minor. If it keeps going, it can be a double minor or major. |
| Poked at the puck with the tip or heel of your blade                                                                                    | Minor                                                        |
| Fell on the puck or gathered it into your body on purpose                                                                               | Minor. In the crease, it's a penalty shot.                   |
| Touched a goalie who has covered the puck                                                                                               | Minor                                                        |
| Shot the puck after the whistle when you had time to stop                                                                               | Minor                                                        |

*Slowing the game down.*

| WHAT YOU DID                                                  | PENALTY                                                                                                                                                               |
|---------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Shot or batted the puck out of play on purpose (a goalie too) | Minor                                                                                                                                                                 |
| Moved the net on purpose                                      | Minor. In the last 2 minutes of the game, in overtime, or on a breakaway, it's a penalty shot. If it happens just before a goal, the referee may give a goal instead. |
| Had too many players on the floor                             | Bench minor                                                                                                                                                           |
| Wouldn't start play after a warning                           | Bench minor                                                                                                                                                           |
| Wouldn't line up for a faceoff after a warning                | Minor                                                                                                                                                                 |
| Stopped play to fix your equipment                            | Minor                                                                                                                                                                 |

*Equipment and throwing things.*

| WHAT YOU DID                                                                                   | PENALTY                                                                                    |
|------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| Used an illegal stick, skate, or protective gear                                               | Minor. You sit until it's fixed.                                                           |
| Played without a helmet                                                                        | Minor                                                                                      |
| Wouldn't give up your stick for a measurement                                                  | Minor plus misconduct                                                                      |
| Threw or shot a stick or object at the puck                                                    | Minor. On a breakaway it's a penalty shot. On an empty net it's a goal for the other team. |
| Threw a stick toward the crowd                                                                 | Misconduct, game ejection, or game misconduct                                              |
| Didn't go straight to the box or locker room, or threw something onto the floor from the bench | Minor or bench minor                                                                       |
| Made an illegal change with under 2 minutes left, or in overtime                               | Penalty shot                                                                               |

Fouling someone from behind on a breakaway is always a penalty shot. Fouls toward officials are covered under Respect above.

## PENALTY SHOTS

- The puck goes on the center dot. Everyone else goes to the benches except the shooter and the goalie.
- The goalie stays in the crease until the shooter touches the puck.
- The shooter keeps the puck moving toward the goal. One shot, no rebounds. Once the puck crosses the goal line, or the shot is stopped, it's over.
- If the goalie throws a stick or fouls the shooter, it's a goal. If any other opponent interferes, it's also a goal.
- If the goalie was pulled when the shot was awarded, they can come back for it.
- **Who shoots:** the player who was fouled, for fouls from behind, thrown sticks, and illegal changes that break up a breakaway. For crease violations and a moved net, the other team picks any player who was on the floor. That choice is final. If the fouled player is hurt, the captain picks.
- If the player who earned the shot also committed a foul on the same play, they take the shot first and then serve their penalty. If their penalty is an ejection, a teammate shoots instead.
- After a goal, the faceoff is at center. After a miss, it's at an end dot in that zone.
- If the foul would have been a minor, no minor is served. A major or match penalty is still served.
- The time for a penalty shot doesn't come off the clock.

**Awarded goals.** Sometimes there's no shot at all and the goal just counts. This happens when the goalie is pulled and an attacker with a clear path to the empty net is fouled from behind, has a stick thrown at the puck, or is interfered with by a player who came on illegally. It also happens when the goalie is pulled and someone on the bench interferes with the puck or an attacker, or a defender covers the puck in the crease.

## Ties, overtime, and standings

---

**Round robin.** If the game is tied after two periods, it stays a tie. Each team gets 1 point.

**Playoffs.** A tie goes to overtime. Overtime is 4-on-4 (plus goalies), continuous, and sudden death. The first goal wins. Teams don't switch ends. Penalties that were still running carry over. USRC doesn't use shootouts.

## POINTS

| RESULT         | POINTS |
|----------------|--------|
| Regulation win | 3      |
| Overtime win   | 2      |

|                   |        |
|-------------------|--------|
| Tie (round robin) | 1 each |
| Overtime loss     | 1      |
| Regulation loss   | 0      |

**Tiebreakers.** If teams are tied in the standings, we go down this list until one team comes out ahead:

1. Points
2. Head to head
3. Wins
4. Regulation wins
5. Goal differential
6. Goals against (fewer is better)
7. Goals for (more is better)

**To play in the playoffs, you have to play in the round robin.** That applies to every player, not just teams.

**If you've clinched a playoff spot, keep showing up.** If your team clinches a playoff spot and then no-shows a remaining round-robin game, you lose your spot to the next team in line.

## Forfeits and no-shows

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A team forfeits if it isn't ready to play when warm-up ends. Teams can also forfeit by telling the tournament director in writing they can't play a game, or by not having 4 skaters and a goalie to continue after an injury or illness. A team can also lose a game if it refuses to play after being told to by the referees.

### HOW A FORFEIT IS SCORED

- The final score is 1-0 for the other team, and they get 3 points.
- The winning team's captain is credited with the goal. There is no assist.
- No shots, saves, or goals against are charged to either goalie.
- If the other team was already told the game is off, they don't have to suit up. They still get the win.
- Individual scoring awards in that division use average points per game.

### WHEN FORFEITS COST MORE

One forfeit doesn't hurt your standing. But if you forfeit your last game or your second-to-last game, or forfeit more than one game, USRC can:

- Drop your playoff seed to last.
- Take your players out of the running for individual awards.
- Disqualify your team.

If a team is removed from the tournament, suspensions earned by its players still count.

One more reminder: if you clinch a playoff spot and then no-show a remaining round-robin game, you lose that spot (see Ties, overtime, and standings).

## Officials, suspensions, and appeals

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**Officials.** Two referees work every game. They run the game. They call penalties, decide whether a goal counts, and can check a player's equipment when a captain or coach asks. Their call on a goal is final. If a scheduled referee can't make it, the tournament director picks a replacement. After each game, the referees and the scorekeeper sign the game sheet. Nothing on it changes after that.

**Video.** USRC uses video to enforce suspensions. USRC can review any incident connected to a game, whether or not the referees called a penalty. That includes things that happen before or after the game.

### SUSPENSIONS

- A suspension earned at a USRC event is served at that event. If it runs past the end of the event, USRC decides when you can play again.
- A suspended player or coach can't be at or near the bench, or direct the team in any way. They can also be barred from the facility for the rest of the tournament.
- A game misconduct costs you the rest of that game and your next game. A match penalty costs you the rest of the tournament. A gross misconduct costs you the rest of the game plus all USRC play until USRC reviews it.
- If you're suspended by another league, USRC may honor that suspension.

**Appeals.** You can appeal a suspension or other sanction in writing to the USRC committee. You have 24 hours after the last game of the tournament. Late appeals are not considered. You can't appeal a referee's call on a penalty, a goal, or anything else in the game itself. The committee's decision is final.

**Changes for a specific event.** The tournament director can change a rule for specific events.