

Rat Hockey Rules and Etiquette

All skaters and parents (or guardians) are expected to be respectful towards each other and follow the policies listed below as well as general ice arena policies.

1. All participants must sign in at the cashier both prior to entering the ice arena. Skaters must pay the \$10 fee or present a rat hockey pass.
 - a. The first two goalies to attend each time will be given free admission but must still sign in at the cashier booth. Any goalies entering after this will be required to pay the fee or present a pass.
2. Men and Women's rat hockey times are open only to players 18 years or older. Youth rat hockey is for ages 7-14. Proof of age may be asked for at any time.
3. Rat hockey is considered full when 28 total people are in attendance. After 28 people have signed in, players will not be added.
4. Full equipment is required for all participants. This includes: helmet, shoulder pads, elbow pads, hockey pants, shin pads, skates, gloves, athletic cup. A full visor/cage, mouth guard, and neck guard is recommended.
5. Rat hockey is intended for pick-up games to be played. If an individual does not wish to play a game, they may not control a net for practice.
 - a. If there are not enough individuals for a game or a game is being played on half ice, the other net can be used for practice/skill development. Private hockey lessons are not permitted.
6. Two nets will be provided during rat hockey times. Pucks will not be provided but can be checked out with the cashier. No additional equipment or coaching tools are permitted.
 - a. Participants are responsible for clearing the ice of pucks prior to the Zamboni taking the ice.
7. There are no coaches or referees present during rat hockey times. Participants will organize games if interested and adhere to all conduct rules and regulations in this document and set by the ice arena.
8. All players must exit the ice when the program is scheduled to end.
9. All ice doors are to remain closed during the rat hockey session.
10. Only water is allowed on the ice, in the player benches, or in the score box. No other food or drink allowed.
11. Parents and spectators are not permitted in the player benches. Parents/spectators must view the session from the bleachers or lobby area
12. All participants and spectators are expected to refrain from offensive and/or abusive behavior or language. Any actions or words deemed to be illegal, inappropriate and/or unsafe are not tolerated.
 - a. Participants will refrain from the following (defined on page 2): slapshots, checking, slashing, hooking, tripping, holding, cross checking, roughing, high sticking, fighting and unsportsmanlike conduct.
13. All session times are subject to change. Reasonable notice of changes will be posted when possible.
14. Violation of these policies will result in disciplinary action up to and including ejection and suspension from the rat hockey program.

Definitions of Restricted Conduct

Checking	Using ones body to impede the progress of an opponent with no effort to play the puck, maintain a normal foot speed, or establish a skating lane.
Cross Checking	Coming in contact with another player or impeding progress while holding the stick in both hands without any part of the stick touching the ice.
Fighting	Any punches or fisticuffs that are intended to strike or harm another player.
High Sticking	When a player intentionally or inadvertently raises his stick above the height of the cross bar. Accidental injury is still considered unsafe and will be penalized.
Holding	The use of the hand and/or arm to clutch, grab, or hold any part of the opponent (including stick) in a manner that impedes progress.
Hooking	Using a stick against an opponent's body to gain a positional advantage by impeding progress or causing loss of balance.
Roughing	Any unnecessary or overly aggressive actions towards another player. Any attempt to impede progress and not legally play the puck.
Slap Shot	Rising the stick to the waist before striking the puck for a shot.
Slashing	Any stick contact as a result of a slashing motion to a player's head, torso, arms, hands, or legs with no attempt to legally play the puck.
Tripping	Using the stick on opponent's legs or feet in a manner that would cause loss of balance or impede progress.
Unsportsmanlike Conduct	Unnecessary, inappropriate, and unprofessional behavior used in the context of a game.