



BIHA Inline Rulebook Addendum

Season 2025-2025 – v1.0 – 2025-08-06

This addendum contains additions, alterations, deletions and clarifications of several rules listed in the official WORLDSKATE inline rulebooks. Available on <https://www.worldskate.org/inline-hockey/about/regulations.html>. This addendum will be updated throughout the year when deemed necessary.

Although the rulebook is available in English and French, only the **English version** will be used for issuing rulings, settling disputes, etc.

The addendum consist of 3 parts, the general rulebook, rules specific to U8-10 & U12 and an appendix.

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General rulebook

Terminology

Inline Hockey Technical Commission (IHTC)

In this case the BIHA is the IHTC. You can contact them through office@rollerhockey.be

Game reports have to be send to office@rollerhockey.be.

Team organization

The minimum team size is adjusted to 6 players and 1 goalkeeper.

Referee

The lead referee shall be determined based through the following rules:

1. The highest level on the field is the lead referee. (Levels 1-5, 5 is the highest level)
2. Mutual agreement (& common sense, choose the one with the most experience)
3. First one listed on the sheet.

Glossary

Appropriate authorities

The same as for the IHTC, see above.

1. General game regulations

1.1 Eligibility of teams and players

For junior players the age group is determined by the year they are born.

The minimum age for senior players is 16. In other words, for the current season players born in 2009 or older than 16 years old.

1.2 Game time and time outs

For DIV3, U20 and U16 a game consists of 2 periods of 20 minutes each. The periods are played with stop time. There is a 5 minute break between the 2 periods.

For DIV2, DIV1 and CUP a game consists of 2 periods of 25 minutes each. The periods are played with stop time. There is a 5 minute break between the 2 periods.

Each team has 1 time-out per period which consists of 1 minute. During overtime time-outs are not allowed.

1.3 Tied games

Only Div1-games, U20-games, Cup-games and play-offs have overtime and penalty shots. In all other leagues the game will end as a tied game.

If the result is still tied after three shooters by each team the procedure shall continue with a tiebreak shoot-out by one player of each team. At this point in the shootout, any player is eligible to take a shot, even if they participated in the original 3 player shootout.

Penalties do not expire at the end of the overtime period. Players still in the penalty box at the end of overtime, are never eligible to take a penalty shot!





2. Facilities

2.2. Goal Cages

Starting season 2022-2023 only the use of official FIRS goals will be allowed and drop nets will be obligatory. For the specifications of the goal cages, see section 2.2 (page 12) and the goal cage diagram on page 55 of the World Skate rulebook.

3. Teams

3.1 Team line-up

3.1.1 Players

As mentioned before the minimum number of players is reduced to 6 players and 1 goalkeeper.

3.1.3 Ineligible Player

C)Once the Referee has been notified of the error after the goal, all previous goals by the ineligible player's team will NOT count.

Once the referee has been notified of the error prior to the ensuing faceoff at center immediately after the goal, that goal will NOT count. All previous goals will not be affected.

G) For a player to be eligible to participate, (s)he must be listed on the team roster, be present and wearing their equipment before the end of the first period. Players who arrive after the end of the first period will not be eligible to play, whether they are listed on the team roster or not.

The referee will report any of these cases to the BIHA.

3.2 Player equipment

3.2.4 Protective Equipment

D) Full-face protection is required for everyone younger than U20 or is part of the U20 age group.

Keep in mind the following:

- Age groups are not the same as the leagues. E.g. U20 player playing in Div2 is still required to wear full-face protection.
- If you turn 20 during the season, you are still part of the U20 age group, so full-face protection is still required.

It is clearly stated in the rulebook but once again: playing without a visor or cage is not allowed anymore, no matter your age or gender.

Shoulder pads are no longer allowed in any of the age groups.

Everyone is allowed, but not required, to wear chest protection. The chest protection needs to meet the following criteria:

- The chest protector needs to be made out of a soft material. Hard materials are not allowed!
- The chest protector needs to be Inline Hockey equipment as stated in rule 3.2.1.
- The chest protector needs to be unmodified. E.g. cutting of the hard parts is not allowed!





3.2.5 Goalkeeper's Equipment

Fly additions (plastic balls) are allowed, as long as there are no further restrictions made by the rink.

3.2.10 Allocation and colors of uniforms

For the highest divisions (D1 & CUP) all players must wear the same color of helmet and the same style of jersey and pants.

For all other senior leagues all players must wear the same style of jersey. Additionally they must wear pants of which the main color is the same. The main color should cover at least 70% of the pants.

For all junior leagues and development all players must wear the same style of jersey.

Players that do not comply with this rule will not be allowed to participate in the game, until the issue has been resolved.

3.2.12 Puck

A) The puck may be black or red, depending on the color that is available. If both colors are available the referee can decide which color will be used.

4. Game officials

4.2 Referees

Game Misconduct penalties do not have to be reported.

Game Ejections are considered the same as a Game Misconduct penalty throughout the entire rulebook.

Gross Misconduct are considered the same as a Match Penalty throughout the entire rulebook.

4.3 Official scorer

The signing procedures of the ESHEET remain the same as before at the end of the game both referees and supervisor (if applicable) must sign the sheet.

5. Game progress

5.1 Pre-game procedures

Paragraph C does not apply. Once the coach has signed the sheet, no more changes can be applied to the roster. This remains as it was in previous seasons.

5.4 Start of game and periods

Paragraph D does not apply. This will remain as it was previous seasons, change at the start of the game (as mentioned in paragraph E) and change back after the intermission. No change after the second period before overtime begins.

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5.5 General Game Rules

5.5.1 Face-offs

All skaters must remain stationary and cannot skate freely during the faceoff procedure or influence or interfere with the faceoff procedure.

5.5.4 Change of Players

B) Players may be substituted at any time from the player benches, provided that the player or players leaving the surface shall be within **1,5m (5')** of their player's bench before any change is made.

D) When a goalkeeper leaves the goal area and proceeds to the player's bench for substitution, this must be done within **1,5m (5')** of the bench area before the substitute may enter the game.

5.5.9 Puck Out of Bounds or Unplayable

D) If the puck comes to rest on top of the boards surrounding the playing area it shall be considered to be in play and may be played legally by hand or stick.

If the puck comes to rest on any surface attached to, but behind, the boarding is considered out of bounds. If the puck is on top the boards the players may use their hands to push the puck back onto the field. Since the boards are high at some rinks, the use of sticks is strongly discouraged since that might result in High Sticking calls.

6. Penalties

6.1 Penalty Definition

6.1.2 Minor Penalties

C) The penalized player who has been replaced on the penalty bench shall not be eligible to play until that penalty has expired.

The penalized player who has been replaced on the penalty bench shall not be eligible to play until that penalty has expired and the player replacing him/her has been allowed to reenter the field and participate in the game. Just the expiring of the penalty time is not enough.

6.1.5 Game Misconduct Penalties

A) No report needs to be sent to the IHTC.

C) For all Game Misconduct penalties regardless of when imposed, a total of 20 minutes shall be charged in the records against the offending players

6.1.6 Match Penalties

C) For all match penalties, regardless of when imposed, 25 minutes shall be charged in the records against the offending player.

6.1.7 Additional Penalties

*A) On the third (3rd) **minor** penalty assessed to any one player or goalkeeper, in the same game that player or goalkeeper will be assessed an additional ten (10) minute misconduct penalty. (Minor Penalties or Coincidental Penalties this also includes a delayed minor penalty that is washed out by the scoring of a goal.)*

C) Any player incurring three (3) stick penalties within a single game will be also assessed a penalty appropriate to the last infraction and be assessed a Game Ejection Penalty. A substitute must serve any penalty time that the ejected player was assessed. Stick infractions are: slashing, high sticking, crosschecking, butt ending and spearing. A Double Minor penalty shall count as one (1) stick penalty for this ruling.

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To simplify things we are going to count penalties the same way for A) and C), with the exception for C) that only stick penalties will be counted.

- Double minor ○ A double minor = two minors for the same infraction at the same, **counts as one penalty**.
 - E.g. Minor + Minor for High Sticking ○ Two separate minors still **count as two penalties**.
 - E.g. Minor for High Sticking and Minor for Roughing
 - E.g. Minor for High Sticking and a few minutes later another Minor for High Sticking
- Minor + Misconduct ○ Counts as 1 penalty since only minor penalties will be counted.
 - E.g. Minor high sticking + misconduct for abuse of officials.
- A penalty shot is also a penalty, so it also counts as one penalty for the penalized player, whether a goal was scored or not.

The additional misconduct shall be noted on the game sheet as Unsportsmanlike conduct.

6.4 Implementation of Penalties

Extra information regarding the notation of penalties on the game sheet can be found in the appendices A & B.

6.4.3 Illegal Equipment

E) ... If any other goalkeepers' equipment shall come off during the play the Referee shall allow the play to continue.

As a safety precaution play shall be stopped in the leagues U18 and below if the goalkeeper loses any protective equipment. A stick is not considered protective equipment. A minor penalty shall be assessed to the offending goalkeeper if the referee determines that the goalkeeper deliberately took the equipment off to stop the play.

G) If a player loses a glove during play, (s)he has options:

- 1) Go back to their players bench and change, without actively participating in the game on the way over there.
- 2) Pick up the glove and put it back on, only then is (s)he allowed to continue actively participating in the game.

On the first infraction a warning will be given. On subsequent infractions a minor penalty for illegal equipment will be assessed by the referee.

6.4.19 Fighting

B) A player who starts a fight will be assessed a match penalty.

D) If a fight involves one player or more players that are off the playing surface, both players will be assessed a game misconduct penalty or a match penalty.

E) A game misconduct penalty shall be imposed on any player or goalkeeper on the floor who first intervenes in an altercation then in progress.

NOTE: To apply 6.4.19 E one player must be assessed a match penalty.

6.4.36 Body-checking

A) Should a player of either team run at an opponent, or make a body check, it is at the discretion of the Referee, to assess a Minor Penalty for interference, charging or unnecessary roughness.

6.4.37 Checking to the head or neck

There is no such thing as a clean check to the head. A player who directs a hit of any sort, with any part of his body or equipment, to the head or neck of an opposing player or drives or forces the head

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of an opposing player into the protective glass or boards. This rule supersedes all similar actions regarding hits to the head and neck except those related to fighting.

- A) A player who directs a hit to the head or neck of an opponent will be assessed either a major and game misconduct penalty or a match penalty
- B) A penalty for checking to the head or neck will be assessed if one of the following occurs when a player checks an opponent:
 - The player directs a hit with any part of his body or equipment to the head or neck of an opponent;
 - The player drives or forces the head of an opponent into the protective glass or boards by using any part of his upper body;
 - The player extends and directs any part of his upper body to make contact with the head or neck of an opponent;
 - The player extends his body upward or outward in order to reach his opponent or uses any part of the upper body to make contact with an opponent's head or neck;
 - The player jumps (leaves his skates) to deliver a blow to the head or neck of an opponent.
- C) If a skater skates with his head up, is in possession of the puck, and is expecting a hit coming, an opponent does not have the right to hit him in the head or neck.
- D) If the primary force of a blow is initially to the body area and then contact slides up to the head or neck area, a penalty for checking to the head or neck will not be assessed.

6.4.38 Head-butting

A player who either attempts to head-butt or succeeds in head-butting an opponent will be assessed a match penalty.

6.4.39 Kicking

At the discretion of the referee a minor, major plus game misconduct or match penalty shall be assessed to any player who kicks or attempts to kick an opponent.

7. Discipline

This section does not apply. The internal BIHA rules will be used.

8. Sanctions

This section does not apply. The internal BIHA rules will be used.

9. Disputes

This section does not apply. The internal BIHA rules will be used.

U8-10 & U12

There are some specific rules that only apply during U8-10 & U12 games. The specifics can be found below.

Slapshots are prohibited. A slapshot is a downwards motion towards the puck **starting from the waist or higher**. It does not matter whether the stick hits the puck or not, a bad slapshot is still a slapshot!

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Shooting the puck up into the air, is permitted, given that it was not a slapshot. Goals scored in this manner will be allowed, unless otherwise specified in the rulebook. (e.g. crease, ...)

Equipment

Any type of padded shirt is allowed, as long as it only consists out of soft materials and doesn't contain shoulder pads. If it contains any metal, hard plastic or any other material that is likely to cause injury, the shirt is prohibited!

Socks are allowed to be used in all development games instead of pants. However we recommend pants, since they will be required once the players participate in competition games. (e.g. U14/15)

Penalties

When a player is assessed a (minor or major) penalty (s)he will go to the players bench and will immediately be replaced by the first player in line on the players bench. The penalized player will join the end of the line and wait for their turn. (Push-through system) It is up to the coach to explain to the penalized player what (s)he has done wrong.

If a player is assessed a (game) misconduct penalty, (s)he will serve the entire penalty in the penalty box. During this time the player can be replaced by other players. (Push-through system) Keep in mind that if a (game) misconduct is assessed in a U12 game it must be rather severe and a "cool-down" period is in order. The player cannot return during the same game, but is allowed to participate in the next games. In case of game misconducts and/or match penalties, you have to send a report to the federation. (See email addresses above)

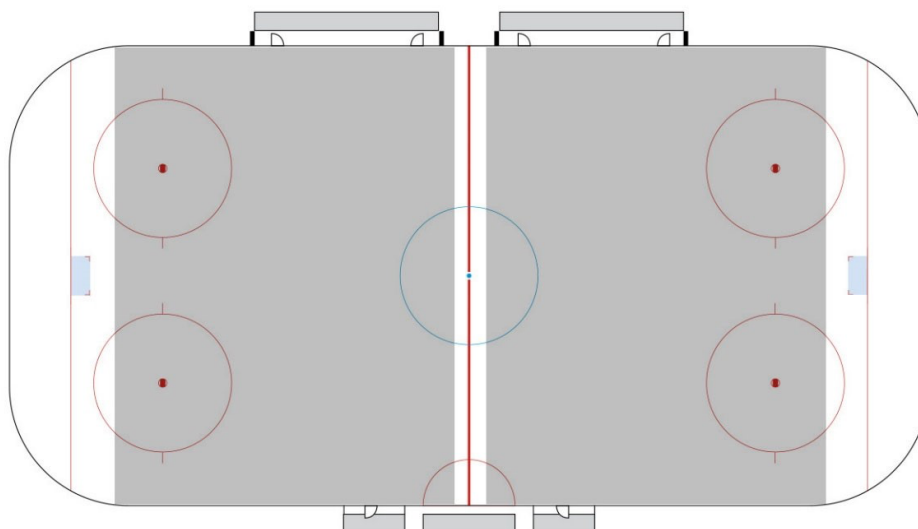
Specific rules regarding U8-U10

The game is played in the width direction of the field (see image below, dimensions below are indicative). This allows 2 games to be played simultaneously. Both teams have 3 players + a goalkeeper on the field at all time.

There are no ESheets required for these games, however every club that is participating is required to bring a printed copy of their tournament passports, containing the players of their club that will be participating.

The game consists of 1 period of 24 minutes running time. Every 90 seconds a bell will ring. At that time the players on the floor (except for the goalkeeper) **must** change. **Time will keep running** and players will change on the fly. To make sure every player gets an equal amount of playing time we use a push-through system. Very simply put: all players form a line and when a player leaves the field the first one in the line will enter the field. The player that left the field will join the end of the line.





Specific rules regarding U12

The game is played on the entire field. Both teams have 4 players + 1 goalie on the field at all time.

The game consists of 1 period of 24 minutes running time. The clock will stop every 90 seconds and the buzzer will sound. At that time the players on the floor (except for the goalkeeper) **must** change. To make sure every player gets an equal amount of playing time we use a push-through system. Very simply put: all players form a line and the first 4 enter the field. When a player comes off the field (s)he will join the end of the line and the next 4 players enter the field.

For these games ESheet will be used, but only in a limited manner. The team rosters, bench officials and referees need to be filled in. However there is no need to enter goals, penalties, goalie changes or timeouts. The referee will still need to sign the (mostly empty) sheet at the end of the game.

Appendix

A. Penalties on the game sheet

We will list the rules and the corresponding penalty that should be used on the game sheet.

Rule	Game sheet	Code
6.4.2 Protest	Abuse of official	ABUS
6.4.3 Illegal Equipment	Illegal Equipment	ILEQ
6.4.4 Face Offs (A)	Roughing	ROUG
6.4.4 Face Offs (B)	Delaying the game	DEGA
6.4.5 Adjustment to Clothing and Equipment	Delaying the game	DEGA
6.4.6 Change of Players	Too many men	TOMO
6.4.7 Goalkeeper Penalties (A-E)	Delaying the game	DEGA
6.4.7 Goalkeeper Penalties (F)	Roughing	ROUG
6.4.8 Displacement of the Goal Post	Delaying the game	DEGA

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6.4.9 Abuse of Officials and Other Misconduct	Abuse of official Unsportsmanlike conduct	ABUS UNSP
6.4.10 Attempt to Injure	Several options are possible. Select the penalty that best fits the crime.	
6.4.11 Broken Stick	Broken stick	BRST
6.4.12 Charging	Charging	CHAR
6.4.13 Boarding	Boarding	BOAR
6.4.14 Cross Checking	Cross checking	CROS
6.4.15 Deliberate Injury to Opponents	Several options are possible. Select the penalty that best fits the crime.	
6.4.15 Deliberate Injury to Opponents (C)	Kicking	KICK
6.4.16 Delaying the Game	Delaying the game	DEGA
6.4.17 Elbowing	Elbowing	ELBO
6.4.17 Kneeing	Kneeing	KNEE
6.4.18 Falling on the Puck	Falling on the Puck	FAOP
6.4.19 Fighting	Fighting	FIGH
6.4.20 Handling Puck with Hand	Holding the puck	HOPU
6.4.21 High Sticks	High sticking	HIST
6.4.22 Holding	Holding	HOLD
6.4.23 Hooking	Hooking	HOOK
6.4.24 Interference	Interference	INTE
6.4.26 Checking From Behind	Checking from behind	CHFB
6.4.27 Leaving the Player or Penalty Benches	Players left the bench	PLBE
6.4.28 Physical Abuse of Officials	Physical Abuse of Officials	PYAB
6.4.29 Obscene or Profane Language or Gestures	Unsportsmanlike conduct	UNSP
6.4.30 Slashing	Slashing	SLAS
6.4.31 Spearing	Spearing	SPEA
6.4.31 Butt-Ending	Butt-ending	BUTE
6.4.32 Throwing Stick	Throwing the stick	TROW
6.4.33 Tripping	Tripping	TRIP
6.4.34 Roughing	Roughing	ROUG
6.4.37 Checking to the head/neck	Check to the head	CHHE

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6.4.39 Kicking	Kicking	KICK
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B. Possible penalty durations

Penalty shots can only be awarded in certain circumstances. These circumstances can be found in the rulebook in the specified section(s).

Code	Minor 2'	Bench minor 2'	Double minor 2' + 2'	Major +(GM) 5' (+ 20')	Misc. 10'	Game misc. (GM) 20'	Minor + GM 2' + 20'	Double minor + GM 2' + 2' + 20'	Match penalty 25'	Penalty shot
ABUS	6.4.9	6.4.9			6.4.2 6.4.9	6.4.9				
BOAR	6.4.13			6.4.13					6.4.10 6.4.15	
BRST	6.4.11	6.4.11					6.4.11			
BUTE			6.4.31						6.4.31 6.4.10 6.4.15	
CHAR	6.4.12			6.4.12					6.4.10 6.4.15	
CHFB				6.4.26					6.4.26 6.4.10 6.4.15	
CHHE				6.4.37 B					6.4.37 B	

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CROS	6.4.14 A			6.4.14 B 6.4.14 C						
DEGA	6.4.7 6.4.8 A									6.4.8 B
ELBO	6.4.17			6.4.17					6.4.10 6.4.15	
FAOP	6.4.18 A								6.4.18 B	
FIGH	6.4.19		6.4.19	6.4.19		6.4.19			6.4.19 G 6.4.10 6.4.15	

HIST	6.4.21			6.4.21						
HOLD	6.4.22			6.4.22						
HOOK	6.4.23			6.4.23					6.4.10 6.4.15	
HOPU	6.4.20									

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ILEQ	6.4.3									6.4.3 E
INTE	6.4.24			6.4.24			6.4.24			
KICK	6.4.39			6.4.39					6.4.15 C 6.4.39	
KNEE	6.4.17			6.4.17					6.4.10 6.4.15	
PYAB									6.4.28	
PLBE	6.4.27						6.4.27	6.4.27		
ROUG	6.4.34			6.4.34		6.4.7 F			6.4.10 6.4.15	
SLAS	6.4.30			6.4.30					6.4.30 6.4.10 6.4.15	
SPEA			6.4.31						6.4.31 6.4.10 6.4.15	
TOMO		6.4.6								6.4.6 C
TRIP	6.4.33			6.4.33					6.4.10 6.4.15	
TROW				6.4.32			6.4.32			6.4.32 6.4.35 G
UNSP	6.4.9	6.4.9			6.4.9	6.4.29 6.4.9				

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