



## Competition Rules

Version : 1.0

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### General

In a season, the competition games can start the earliest on 1<sup>st</sup> of September and latest in the weekend of 1<sup>st</sup> of October. All competition games should end before the 1<sup>st</sup> of June.

Clubs have to subscribe their teams before 1/7 for the next season.

Send mail to [office@rollerhockey.be](mailto:office@rollerhockey.be) .



## Referees

For all matches of the U14, U16, U20 and all Senior leagues there need to be 2 referees present for each match.

BIHA will, when possible, provide referees to CUP, DIV1, DIV2 and U20 games. If not enough referees could be provided, first the visiting team is asked if they can provide a referee (voluntarily), then the home team must provide referees for the vacant slots. In case of tournaments the organizing team is considered the home team.

For U12 matches, 2 referees are recommended, but not required.

For U10 matches, 1 referee per match should be enough.

Restrictions on age :

- A referee that is 18 years or older can be a referee in any league.
- A referee younger than 18 can be a referee up until but not including his/hers own age group. For example, a U18 can be a referee for games in U16 and U14, but not in U18.
- Exceptions to this rule can be made if the referee is deemed capable enough by the Referee commission to act as referee for higher age groups.
- A Level 3 referee can decide to ref with a U16 in a U16 game when he/she decides the U16 ref is capable of it.

Certifications :

- For CUP, DIV1, DIV2 and U20 matches, a level 3 certification is strongly recommended, but not required/enforced.
- For U14, U16 and DIV3: level 2 is strongly recommended, but not required/enforced.

As a reference, here the “Referee’s Rules and Regulations” document of World Skate :

<https://www.worldskate.org/inline-hockey/about/regulations.html?download=4945:referee-s-rules-and-regulations-2021>

The usage of a headset to facilitate communication between the referees and the official table is allowed. It is recommended to use a light-weight, noise-cancelling, in-ear headset that was specifically designed for use by sports referees. When in doubt, ask permission of the BIHA.



## Leagues

For all leagues except U10 and U12, a team must consist of minimum 6 players and 1 goalie, and maximum 14 players and 2 goalies.

All coaches, team managers or other functions of a team that are present at the player bench during a game, must be put on the sheet.

In case of an equal amount of points in a league's ranking, the following tie-breaking rules will be applied, in order of appearance :

1. Result of direct duel
2. GF-GA in direct duel
3. Difference goals for – goals against
4. Total goals scored
5. Penalty in minutes. Less is better.
6. Number of penalties. Less is better.
7. Final game in a neutral rink. This game will be played with overtime and penalty shootouts to avoid a tie.

We will not impose any maximum number of games a player can play during a day or a weekend. We expect coaches to be sensible about this and put the medical safety of a player as the top priority when selecting players to play matches.

## General Senior league rules

A player must be 16 years old or older to be allowed to play in a Senior league.

## Rosters explained

A Rookie player is a player that is still part of the U23 age group. For example, in season 2025-2026, Rookie players are players that were born in 2003 or later.

A Senior player is a player that is no longer part of the U23 age group.

With "player" we mean a field player or a goalie. The rules generally apply to players and goalies, unless otherwise stated.

As a general rule, a Senior player can only play in 1 league. A Senior player can be moved to other leagues, following the roster move rules (see below).

A player that is not on any roster can't play any Senior league.

Each club must divide its players over the different roster sections.

A Senior player needs to be on a roster before 31/12 of the current season. After that date, a Senior player can't be added to any roster for that season.

A Rookie player that is not on any roster yet can be added to any roster section during the season.

There are 5 roster sections :

1. **DIV1** : players can only play DIV1
2. **Rookies DIV1/DIV2** : these Rookie players can play DIV1 and DIV2
3. **DIV2** : players can only play DIV2
4. **Rookies DIV2/DIV3** : these Rookie players can play DIV2 and DIV3
5. **DIV3** : players can only play DIV3



If a club has multiple DIV2 or DIV3 teams, additional roster sections must be created per team, also for rookies. For example, suppose a club has 1 DIV1 team and 2 DIV2 teams : team blue and team red. The following roster sections will be created :

1. **DIV1** : players can only play in the DIV1 team
2. **Rookies DIV1/DIV2 team blue** : these Rookie players can play in the DIV1 team and in DIV2 team blue
3. **Rookies DIV1/DIV2 team red** : these Rookie players can play in the DIV1 team and in DIV2 team red
4. **DIV2 team blue** : players can only play DIV2 team blue
5. **DIV2 team red** : players can only play DIV2 team blue

If you put a Rookie player on the DIV1, DIV2 or DIV3 section, then that player can only play in that league (DIV1, DIV2 or DIV3). It doesn't matter if the player is U23 or not, from then on the player will follow the same roster rules that apply to Senior players.

Rules about roster moves :

- A player on roster section DIV2 can play 2 DIV1 matches, but afterwards the player is moved to the DIV1 section. As a result, the player can no longer play DIV2. For DIV2 goalies, the maximum number of DIV1 matches is 4.
- A player on roster section DIV3 can play 2 DIV2 matches, but afterwards the player is moved to the DIV2 section. As a result, the player can no longer play DIV3. For DIV3 goalies, the maximum number of DIV2 matches is 4.
- A player on roster section DIV3 can play 2 DIV1 matches, but afterwards the player is moved to the DIV1 section. As a result, the player can no longer play DIV3. For DIV3 goalies, the maximum number of DIV1 matches is 4.
- A rookie player on roster section DIV2/DIV3 can play 2 DIV1 matches, but afterwards the rookie player is moved to the DIV1/DIV2 section. As a result, the rookie player can no longer play DIV3. For DIV2/DIV3 rookie goalies, the maximum number of DIV1 matches is 4.
- A player on roster section DIV1 is not allowed to play a DIV2 or DIV3 match.
- A player on roster section DIV2 is not allowed to play a DIV3 match.
- In the middle of the season (exact date is 15/1), a club may make 2 roster moves per section. It is also possible to move Rookie players from or to rookie sections.

## All-women teams

Female players can play in 1 club, and additionally, in 1 all-women team of potentially another club.

## CUP

The concept of the Belgian CUP is a tournament, not an extra league.

Match duration : 2x25 minutes

Break between periods : 5 minutes

Overtime : yes, 5 minutes

Break between 2<sup>nd</sup> period and overtime : 3 minutes

Penalty Shots: Yes

Time-out: 1 time-out of 1 min per team per period



The clubs of the 4 teams that placed highest in the ranking of the DIV1 league of the current season will be automatically qualified to play the Quarter Final (QF) for the next season.

Participation in the CUP is mandatory for all clubs that have registered a team for a Senior competition (DIV1, DIV2 or DIV3).

The clubs that are not automatically qualified will be put in a single group and will play a total of 2 group matches against 2 different clubs, randomly chosen. Those clubs will play 1 home match and 1 away match. These pre-QF matches must be played before the end of December.

Win : 3 points

Win in overtime : 2 points

Loss in overtime : 1 point

Loss : 0 points

The 4 clubs that place highest in the ranking of this group will play the QF matches against the auto-qualified clubs. The matching of which of the 4 highest ranking clubs play the auto-qualified clubs is performed at random.

The QF matches will be played as single games (no best of three). They must be scheduled in January or Februari. They will be played in the rinks of the automatically qualified clubs.

The winners of the QF matches will advance to the Semi-final (SF). The SF matches will be played during the CUP weekend.

The winners of the SF matches will advance to the CUP Final match. This match will also be played during the CUP weekend.

The winner of the CUP Final match will be awarded the Belgian CUP of that season.

## DIV1

For a team to play in the DIV1 competition, its club must put a minimum of 6 players and 1 goalie on the DIV1 roster section.

A club can have at most 1 team playing in DIV1.

Match format : single game double round robin (home-away) with playoffs

Match duration : 2x25 minutes

Break between periods : 5 minutes

Overtime : yes, 5 minutes

Break between 2<sup>nd</sup> period and overtime : 3 minutes

Penalty Shots: Yes

Time-out: 1 time-out of 1 min per team per period

Win : 3 points

Win in overtime : 2 points

Loss in overtime : 1 point

Loss : 0 points

After all matches in the DIV1 competition have been played, additional play-off matches will be played to determine the champion.



In a first round, the team in 1<sup>st</sup> place will play against the team in 4<sup>th</sup> place, and the team in 2<sup>nd</sup> place will play the team in 3<sup>rd</sup> place. The teams that win 2 matches will advance to the final round. Per duel, 2 matches will be planned : 1 in each home rink. If after 2 matches, no team has won twice, a 3<sup>rd</sup> match will be planned in the home rink of the team that ranked highest in the regular DIV1 competition. The winners of both duels will play each other in the final round. The final round will be played the same way as the first round (best of three matches, 3<sup>rd</sup> match played in the home rink of the team that ranked highest in the regular DIV1 competition). The team that wins 2 matches will be the champion of the DIV1 competition.

Eligible players for playoffs :

- Senior player must have played at least 50% of matches in DIV1.
- Rookie player must have played at least 25% of matches in DIV1.
- CUP games don't count towards this quota.
- There will be no "Medical joker" rule.

We strive to have 8 teams in the DIV1 competition. When there are less than 8 teams in DIV1, the highest ranking team of DIV2 of a club that doesn't have a team in DIV1 yet will be allowed to promote to DIV1. If that team refuses to promote, the next highest ranking team will be allowed to promote. This will continue until there are no more eligible teams left in DIV2.

When there are 8 or more teams in DIV1, promotion/degradation matches will be played between the team in last place of DIV1 against the first team in DIV2 of clubs that don't have a team in DIV1 yet. These matches will be played as a best-of-three, with the DIV1 team having the home rink advantage in the 3<sup>rd</sup> match that will only be played if the same team fails to win the first 2 duels. If the DIV1 team wins 2 of these duels, it will remain in DIV1 for the next season. If not, it will be replaced by the DIV2 team in DIV1 and will be forced to play in DIV2 the next season.

## DIV2

For a team to play in the DIV2 competition, its club must put a minimum of 6 players and 1 goalie on the DIV2 roster section.

Match format : single game double round robin (home-away)

Match duration : 2x25 minutes

Break between periods : 5 minutes

Overtime : no

Penalty Shots: no

Time-out: 1 time-out of 1 min per team per period

Win : 2 points

Draw : 1 point

Loss : 0 points

The team that is ranked 1<sup>st</sup> after all DIV2 matches have been played, will be the DIV2 champion.

For rules on promotion to DIV1, see the DIV1 topic above.



## DIV3

For a team to play in the DIV3 competition, its club must put a minimum of 6 players and 1 goalie on the DIV3 roster section.

Match format : single game double round robin (home-away)

Match duration : 2x25 minutes

Break between periods : 5 minutes

Overtime : no

Penalty Shots: no

Time-out: 1 time-out of 1 min per team per period

Win : 2 points

Draw : 1 point

Loss : 0 points

The team that is ranked 1<sup>st</sup> after all DIV3 matches have been played, will be the DIV3 champion.

## U20

Eligible players of a U20 team :

- players that are members of the main club that formed the team
- players that are members of clubs that have formed a coop for U20 with the main club of the team
- players that are loaned to the main club of the team
- players of other clubs can't participate in this team
- players of the U20 age group
- players older than the U20 age group that have received dispensation to play U20
- players of the U16 age group

Match format : single game

- 8 or 7 teams or more : single game double round robin
- 6, 5 or 4 teams : single game 3x round robin

Informational : number of matches in each case :

- 8 teams :  $7 \times 2 = 14$
- 7 teams :  $6 \times 2 = 12$
- 6 teams :  $5 \times 3 = 15$
- 5 teams :  $4 \times 3 = 12$
- 4 teams :  $3 \times 3 = 9$

Match duration : 2x25 minutes

Break between periods : 5 minutes

Overtime : yes, 5 minutes

Break between 2<sup>nd</sup> period and overtime : 3 minutes

Penalty Shots: Yes

Time-out: 1 time-out of 1 min per team per period

Win : 3 points

Win in overtime : 2 points

Loss in overtime : 1 point



Loss : 0 points

The team that is ranked 1<sup>st</sup> after all U20 matches have been played, will be the U20 champion.

## U16

Eligible players of a U16 team :

- players that are members of the main club that formed the team
- players that are members of clubs that have formed a coop for U16 with the main club of the team
- players that are loaned to the main club of the team
- players of other clubs can't participate in this team
- players of the U16 age group
- players older than the U16 age group that have received dispensation to play U16
- players of the U14 age group

Match format : mini tournament

- 8 teams or more : double round robin
- 7 or 6 or 5 or 4 teams : 4x round robin

Informational : number of matches in each case :

- 8 teams :  $7 \times 2 = 14$
- 7 teams :  $6 \times 4 = 24$
- 6 teams :  $5 \times 4 = 20$
- 5 teams :  $4 \times 4 = 16$
- 4 teams :  $3 \times 4 = 12$

Match duration : 2x20 minutes

Break between periods : 5 minutes

Overtime : no

Penalty Shots: no

Time-out: 1 time-out of 1 min per team per period

Win : 2 points

Draw : 1 point

Loss : 0 points

The team that is ranked 1<sup>st</sup> after all U16 matches have been played, will be the U16 champion.

## U14

Eligible players of a U14 team :

- players that are members of the main club that formed the team
- players that are members of clubs that have formed a coop for U14 with the main club of the team
- players that are loaned to the main club of the team
- players of other clubs can't participate in this team
- players of the U14 age group
- players older than the U14 age group that have received dispensation to play U14
- players of the U12 age group





Match format : mini tournament

- 8 teams or more : double round robin
- 7 or 6 or 5 or 4 teams : 4x round robin

Informational : number of matches in each case :

- 8 teams :  $7 \times 2 = 14$
- 7 teams :  $6 \times 2 = 12$
- 6 teams :  $5 \times 2 = 10$
- 5 teams :  $4 \times 2 = 8$
- 4 teams :  $3 \times 2 = 6$

Match duration : 2x20 minutes

Break between periods : 5 minutes

Overtime : no

Penalty Shots: no

Time-out: 1 time-out of 1 min per team per period

Win : 2 points

Draw : 1 point

Loss : 0 points

The team that is ranked 1<sup>st</sup> after all U14 matches have been played, will be the U14 champion.

## U12

The U12 league is meant as a development level. Players should be allowed to play as much as possible to let their hockey skills develop.

Eligible players of a U12 team :

- players that are members of the main club that formed the team
- players that are members of clubs that have formed a coop for U12 with the main club of the team
- players that are loaned to the main club of the team
- players of other clubs that are participating in the tournament
- players of the U12 age group
- players of the U14 age group. No dispensation is needed, but we call upon the common sense of coaches to not allow U14 players to play U12 when they are too strong to play U12.
- players of the U10 age group

Match format : tournament of 4 teams, where each team plays each other team (round-robin). A tournament of 3 teams is possible if no bigger time slots are available in the rink of the organizing club.

Match duration : 1x24 minutes, with auto-buzzer every 90 seconds for mandatory change

Overtime : no

Penalty Shots: no

Time-out: no

Game passport/E-sheet rules :



- No game passport per match is needed, but instead a tournament passport must be filled in prior to the tournament.
- All players that participate in the tournament should be on the sheet. This is to check for player eligibility afterwards in case of discussions/complaints and is also needed for insurance.
- All coaches and team managers should be on the tournament passport.
- Goals won't be recorded on the sheet.
- Penalties won't be recorded on the sheet.
- Time won't be stopped when play is stopped, for example when the goalie freezes the puck or the puck goes out of bounds. Exceptions can be made to this when a goal is scored, or when a player is injured.
- Time will be stopped after each 90 seconds, and will resume at the face-off when players have changed.

Players are changed using a mandatory "push-through" system :

- players form a queue and when 4 players leave the field, the next 4 enter the field.
- no fixed lines.
- no skipping of players.

There will be no ranking in this league.

## U10

The U10 league is meant as an introductory level for inline hockey. It is meant for small kids and kids that have just started to play hockey. A minimum amount of rules are imposed as the focus should be on just letting the kids play hockey and develop their first hockey skills.

Eligible players of a U10 team :

- players of the U10 age group
- players of the U12 age group. No dispensation is needed, but we call upon the common sense of coaches to only allow U12 players to play U10 when it's their first season and they are still just beginners. If they have some experience, they should start playing at least U12

Match format :

- No club teams or coop teams are required : teams can be assembled from the players present at the tournament prior to starting the matches.
- A match schedule can be created on the spot for the teams that have been formed.
- Organizing clubs should ideally foresee a time slot of 1,5 to 2 hours to ensure enough play time for the kids.
- Match duration : can vary depending on the amount of time available and the amount of matches that are to be played. There should be an auto-buzzer every 90 seconds for mandatory change.
- 2 simultaneous games will be played in the width direction of the field. Some dividers will be needed to divide the field into 2 playing areas and 1 player bench area (for 4 teams).
- Teams will have 3 players and 1 goalie on the field.
- If no goalie is available, a team may put a player in the goal instead, or play with 4 players and empty net.
- The use of smaller goals is encouraged.
- All clubs are invited to all U10 tournaments.



Game passport/E-sheet rules :

- No game passport per match is needed, but instead a tournament passport must be filled in prior to the tournament. Participating clubs should fill in a tournament passport at least 24 hours in advance to give the organizing club a heads up.
- All players that participate in the tournament should be on the tournament passport. This is to check for player eligibility afterwards in case of discussions/complaints and is also needed for insurance.
- All coaches and team managers should be on the tournament passport.
- Since the game schedule may not be known in advance of the tournament, no E-sheet will be available for the games. As a result, clubs won't be able to use the E-sheet application for timekeeping. New timekeeping software will allow this.
- There is no recording of goals nor of penalties.
- Time is not stopped during the 90 seconds interval. When a goal is scored, the referee gets the puck from the goal, and then immediately drops the puck behind the goal.
- When time is stopped at the 90 seconds interval, players will change and the referees of both matches will give a simultaneous face-off so that both matches can continue.

Players are changed using a mandatory "push-through" system :

- players form a queue and when 3 players leave the field, the next 3 enter the field.
- no fixed lines.
- no skipping of players.

There will be no ranking in this league.



## Transfers

Players that were a member of an inline club in the current season and want to become a member of a different inline club in the next season, must request a transfer to the new club. They cannot change clubs without a transfer.

Players must request a transfer during the transfer period, which begins on the 1<sup>st</sup> of June, and ends on the 31<sup>st</sup> of July.

To request a transfer, a player fills in the official “Request for transfer” document, signs it, and delivers it to the future club. The future club signs the document, and then emails this document to BIHA ([office@rollerhockey.be](mailto:office@rollerhockey.be)). When BIHA approves the transfer request, the involved clubs will be notified of the decision and the player will become a member of the future club in the next season.

BIHA can reject a request for transfer when it has received proof that the player has an outstanding debt still to pay to the originating club. In this case, the involved clubs will also be notified of this decision.

A transferred player is a full member of the future club, and has no more ties or obligations to the originating club.

When a player was not a member of any inline club in the current season, he/she can freely join any club next season without requesting a transfer.



## Loans

Players that are a member of an inline club can be loaned to another club so they can play in that club's teams.

The club that loans the player to another club is the originating club.

The club that receives the player is the target club.

The target club requests a loan of a player by filling in the official "Request for loan" document.

The document needs to be signed by both the originating and the target club, and also by the player.

The target club emails the signed document to BIHA ([office@rollerhockey.be](mailto:office@rollerhockey.be)). When BIHA approves the loan, the player and both clubs involved are notified.

The loaned player pays the membership fee of the target club to the target club. The target club pays the player's license cost to BIHA.

The loaned player can only play in the teams of the target club; he/she can no longer play in the teams of the originating club.

The loaned player stays a member of the originating club. At the end of the season, if the loaned player wants to become a member of the target club, he/she must request a transfer.

A loan is only valid for 1 season. If the player should be loaned again in the next season, a new loan needs to be requested.

A player can only be loaned to another club if he/she hasn't yet participated in an official match of his/hers originating club as a player or coach.



## Coops

When a club doesn't have enough players of a certain league to form a full team, it can form a coop (=cooperation) team with one or more other clubs. In this coop team, one club will be the leading club, and the others will be member clubs of the coop.

The leading club of a coop informs the BIHA that it will form a coop team with the selected member clubs for a certain league. For example, Lapwings informs the BIHA that they will form a coop with Dogs and Chiefs for the U14 league. The leading club is also responsible for sending to the BIHA a list of players, coaches and team managers of the member clubs that will participate in the coop team.

A club can lead or be part of different coop teams in different leagues. For example, Phoenix can form a coop with White Sharks for U16, and Phoenix can form a coop with Lords for U20.

A coop team is formed for the duration of one season. When the season ends, the coop team ceases to exist. When the coop team wishes to continue in the next season, it needs to be recreated.

The formation of a coop is allowed in all leagues, except for the DIV1 league.

The leading club of a coop team will be responsible for game planning issues during the season. Other clubs and the BIHA game planning should contact only the leading club regarding game planning issues. The leading club should consult internally with the other members of the coop to solve game planning issues.

The leading club of a coop team will pay the bills regarding game taxes for home matches of the coop team.

Fines that resulted from penalties received by the coop team during matches will be billed to the club where the penalized coop player is an actual member.

The leading club will be billed for all other fines given to the coop team during the season.

It is recommended that each club in a coop team organizes an equal amount of home games for the coop team.

When a coop team is the home team of a match, referees can be assigned from any of the clubs that are a member of the coop.

When a coop team is formed in a senior league, all players of the leading club that are on the relevant roster sections, and all players of the member clubs that are on the relevant roster sections and that are on the coop list for that team are allowed to play in the coop team.

Example : a DIV2 coop team Lapwings-Psychos, with Lapwings being the leading club.

Players that can play in this coop team :

- Lapwings players on the DIV2 roster section of Lapwings
- Lapwings players on the Rookies DIV1/DIV2 section of Lapwings
- Lapwings players on the Rookies DIV2/DIV3 section of Lapwings
- Psychos players on the DIV2 roster section of Psychos that have also been added to the coop list for the DIV2 Lapwings-Psychos team
- Psychos players on the Rookies DIV1/DIV2 section of Psychos that have also been added to the coop list for the DIV2 Lapwings-Psychos team



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- Psychos players on the Rookies DIV2/DIV3 section of Psychos that have also been added to the coop list for the DIV2 Lapwings-Psychos team

When a player is moved on the roster to a section that is a part of a coop team, that player must also be added to the coop list for that coop team. This is not necessary when the player is a member of the leading club of the coop.



## Dispensations

No dispensation is needed from U12 to U10.

No dispensation is needed from U14 to U12.

Dispensation is needed for :

- U16 to U14
- U20 to U16

Dispensations are decided case-by-case by the BIHA board. The following is used as guidelines for these decisions.

Dispensation can be approved in the following cases :

- It's the player's first season of inline hockey.
- The player is not ready for his/hers own age group.
- The player is needed in the team of a lower age group, because there are not enough players in the team of the lower age group.
- The team in the lower age group doesn't have a goalie.
- When a player is in his/hers 2<sup>nd</sup> or later year in his/hers age group, approvals of his/hers dispensation will be less likely.

There are 2 types of dispensation :

- Strict : a dispensated player can only play in the lower age group and no longer in his/hers own age group. The dispensation is canceled when the player plays in his own age group.
- Open : a dispensated player can play both in the lower age group and also in his/hers own age group.

A dispensation can be approved for a limited time only. For example, a goalie can be dispensated to a lower age group for half a season, thus giving the club the opportunity to train a goalie of the lower age group.

Dispensations can be canceled at any time by the BIHA board in case of valid complaints.