

Rocky Mountain Roller
Hockey League, Inc
3606 S. Independence St.
Lakewood, CO 80235

303-933-1680
www.rmrl.org



**COME PLAY ROLLER HOCKEY WITH US.
A GREAT PLACE TO PLAY FOR THE ENTIRE FAMILY!**



PLAYERS M-C-G



January 1, 2008
Volume 2, Issue 1

Mission Statement

“Rocky Mountain Roller Hockey is a non-profit organization dedicated to providing youth and adults of all ages and backgrounds the opportunity to learn and develop inline hockey skills through league play. Through our programs, athletes build self-esteem, self-discipline, teamwork, camaraderie and a respect for fellow players”.

History

The original league began in 1997, with less than 70 youth participants on an outdoor surface using a hockey ball at Fun Plex. When Fun Plex closed, a group of dedicated parents then moved the league and the rink's board systems to a local church parking lot, then to a warehouse in Littleton where it continued to grow for 4 years on a single 160' by 60' cement surface rink. A player waiting list grew even as the league housed 39 youth teams and an adult program known as RMI. In 2001 the league received its non-profit status and became Rocky Mountain Roller Hockey League, Inc. Craig Stark became the President and CEO. Due to his tireless efforts, and the efforts of many others and along with the support of Foothills Park and Recreation, Hammers Construction, Matrix Bank and CEFCA on June 9, 2004 the doors opened to a beautiful 54,000 square foot arena with 2 regulation size 180' x 80' USA roller hockey rinks, a sport court surface with a high intensity lighting system. The facility can accommodate seating for 100 spectators per rink and provides 8 locker rooms. The league has continued to grow and currently has close to 2000 combined youth and adult league members. An important element in this growth process has been the support of the volunteer coaches and parents. We have some of the most dedicated and caring people involved in the sport and are proud to be known as RMRHL.



Sanctioning Body

Every sport requires an organized set of playing rules, and inline hockey is no different. Playing rules help define the sport and its values, while outlining the acceptable standards of safety, behavior, and fair play. USA Inline Hockey has developed a complete and comprehensive inline hockey playing rules. USA Inline Hockey sanctions RMRHL. All league participants must maintain a valid USA Inline Hockey membership. In addition to the official playing rules, USAHIL has issued other publications designed to educate the general inline hockey public about basic philosophies and strategies of the sport. To order any USA Hockey Inline publication or to learn more about your membership benefits and insurance coverage, please contact USAHIL at 719-576-USAH or visit their website at www.usahockeyinline.com.

Locker Room Policy

- Locker room assignments will be posted on the dry erase boards in the front lobby and may also be listed on league schedules.
- Locker rooms are a team-meeting place. These rooms are not gender specific. Men and Women restrooms are located throughout the building. Restroom stalls may be used for placement or removal of equipment if necessary.
- Teams will be held responsible for all damages to any fixtures, walls, doors, locks, or other surfaces as determined by RMRHL within the locker room area while they are occupants.
- Coaches or team parent must provide the front desk with their car keys to pick up their assigned locker room key.
- Coaches are responsible for locking the locker room door behind them when leaving to go out on the rink for their game.
- Coaches are responsible for assessing locker room for damage and cleanliness prior to their team's use and alerting RMRHL staff if there is a problem.
- Locker rooms must be clean and free of trash and personal items upon team's exit.
- Locker room keys must be returned to the front desk within 20 minutes of game end time.
- RMRHL is not responsible for lost or stolen items.

Concessions

The Puck Stop Concession stand is privately owned and separate from RMRHL. It offers a variety of hot and cold food and drink items. Hours of operation vary depending on events and are posted on the front glass. When the stand is closed patrons may still get drinks and snacks from the vending machines throughout the building. Table booths are located around the facility for family seating.



MANDATORY EQUIPMENT LIST

SKATES

- Skates designed for inline hockey are recommended
- Skates must have no missing wheels and brakes must be removed

GLOVES

- Must be designed for hockey
- Must be well padded over fingers, thumb, and back of hand
- No exposed palms or fingers

HELMET

- HECC approved helmet and facemask.
- Must be properly fastened at all times including chin strap
- Full facemask or cage is mandatory for players under 18 and must be designed for hockey and RMRHL encourages facemasks be worn by all age divisions

KNEE /SHIN PADS

- Must be designed for hockey
- Must protect shin bone and cover knee cap.
- Kneepad should be made out of hard plastic for extra protection
- Pad should not go below the top of the skate

ELBOW PADS

- Must cover and complete elbow joint with good shock-absorbing material
- Should not slide up or down on the arm.
- Must be worn under jersey / shirt

STICK

- Length should come up between collarbone and chin when standing on skates
- End of stick should be covered in tape or have an end cap.
- RMRHL does not allow black tape on blade.

MOUTH GUARD

- Colored internal mouth guard. (Not clear)
- Must cover full row of teeth

GOALIE GEAR – (for goalies only)

- Mouth guard
- Full goalie chest protector
- Neck guard
- Catcher glove / Blocking Pad
- Goalie Stick

ATHLETIC SUPPORTER /CUP OR PELVIC PROTECTOR

- Mandatory

Non-Profit Status

We are a non-profit organization. Rocky Mountain Roller Hockey League, Inc. received this status in an IRS ruling on June 19, 2001. It is exempt from federal income tax under section 501 (a) of the Internal Revenue Code as an organization described in section 501 (c) (3).

Donors may deduct contributions to RMRHL as provided in section 170 of the Internal Revenue Code.

Bequests, legacies, devises, transfers of gifts to RMRHL for RMRHL use are deductible for Federal estate and gift tax purposes if they meet the provisions of sections 2055, 2106, and 2522 of the Code. Contributions to RMRHL are deductible by donors.

Board of Directors

President, Richard A. Lebsack

Executive Systems Architect, IBM Corp

Treasurer, David C. Garrick

Entrepreneur, Small Business Owner

Secretary, Christina Scinski

Director Youth League Operations, RMRHL

Advisory Board

Craig Stark M.D.

Physician; Colorado Permanente Medical Group

Stephen Garson

Financial Director-Engineering & Construction

Staff Directory

General Rink Manager, Andy Scinski

Accounting, Gina Clark

Website Administrator, David Garrick

Adult League Director, Andy Scinski

Sunday Intermediate Adult League, Bruce Smith

Youth League Director, Tina Scinski

Head Official RMRHL, Andy Scinski

Head Official Middle & High School Programs, Bruce Smith

Front Desk and Office support:

Ambre Bonne, Curtis Fulster, Brenda Smith, Ann Stark, Jessica Vidal

General Information



The RMRHL arena is open seven days a week. Opening and closing times will vary day-to-day depending on programs and or outside sponsored tournaments or events scheduled for that day. Events and schedules are posted on the website. For general information and voicemail call 303-933-1680 or visit www.rmrhl.org. Basic weekly hours of operation are Monday – Friday 4:30pm – 11:00pm.

Current Programs & Fees:

Full payment is due at time of registration. A \$20.00 late fee will be charged to return players if not registered by the deadline date. All fees are non refundable. We accept cash, check, MasterCard or Visa. RMRHL charges a \$25.00 return check fee. Payment is accepted at the front desk. If financial assistance is needed, please contact the program director. Registrations are accepted per individual, no team rates. Ask about our multi-league, family and sibling discounts.

The current programs we offer are listed below; however, new programs may be added throughout the year. RMRHL may adjust any program format or fee at any time. Registration forms are available at the rink and some forms are available for download through the website.

USA Hockey Inline Membership.....	\$30.00
Youth Learn to Play Program.....	\$100.00
Youth House Leagues.....	\$135.00
Adult Leagues.....	\$135.00
Late Fee.....	\$20.00
Rink Practice Rental (per hour).....	\$90.00
Drop In Hockey:	
Adults 16 & older (seasonal).....	\$7.00
Youth (seasonal).....	\$7.00
Private Lessons (per hour).....	\$45.00
Return Check Fee.....	\$25.00
Camps / Clinics:.....	Vary

RMRHL House Rules & Common Area Policies

- No climbing on or over any furniture, fixture, or wall in the building.
- No skates on bleachers. No standing on bleachers, or climbing on rink boards or hanging on the rink glass.
- No banging, hitting, kicking the rink board systems or glass.
- No blow horns or noisemakers of any kind permitted.
- No banners or signage allowed unless approved by RMRHL.
- No equipment is to be left unattended or left in the front lobby area.
- No dressing in common areas.
- **Hockey play is allowed on the rink only.** No pucks, balls or other objects on the floor or in the air in the common area.
- Outside food is allowed, please clean up all waste. Trash cans are located throughout the facility.
- RMRHL does have a small variety of loaner equipment that is available for league use only. It is kept behind the Blue Rink and some items (goalie helmets & sticks) may be checked out at the front counter. Only persons borrowing equipment for league play should be back in the equipment area. The majority of this equipment is goalie gear that has been donated and is not replaceable. Equipment is available on the honor system, which means if you borrow it please bring it back. If equipment is in need of repair, bring it to the front desk and let staff know.



RMRHL House Rules & Common Area Policies

- Any player assessed four penalties in a single game will be ejected from that game and receive an additional game suspension.
- Any player that intentionally hits the rink walls/glass in a display of anger may be assessed a penalty at the referee's discretion.
- Any stick lifted above an opponent's waist may be considered a penalty at the discretion of the officials. Keep sticks off the body.
- Any player who slides in front of an oncoming player (whether contact with the puck is made or not) may be called for a tripping penalty.
- All referee calls are FINAL – Never approach a referee or RMRHL staff, after game play with complaints regarding officiating. RMRHL implements a twenty-four hour cool down rule. This allows time for emotions to get in check and helps all parties involved. After this time, RMRHL keeps a comment log in the main office. The purpose of this log is to allow anyone who wishes to write down suggestions, remarks, complaints or compliments about a game or a situation that took place. These comments are reviewed and utilized as an educational and training tool for the league.
- Game stop time will occur during a time out, an injury or in the last minute of the game within one goal (last two minutes within two goals in tournament play).
- RMRHL does not allow black stick tape to be used on the rink.
- Any person may be asked to leave the premises at any time if an RMRHL staff member deems their behavior to be inappropriate or threatening. Law enforcement will also be contacted if necessary.
- Any person who deliberately causes damage to RMRHL property will be held responsible and law enforcement may be called.
- **RMRHL IS NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS.**
- Lost and found items are placed on a table on the blue rink side in the common area. These items are kept for several weeks then after each youth league session any left items get donated to charity.
- For your safety and the safety of others, no skates are to be worn while entering or exiting the building. (Skates must be put on inside the facility prior to league activity and removed prior to exiting the building).
- Parents must supervise their children at all times while they are in the building. No child may be left unattended or unsupervised at any time in this facility, including during adult drop in times, youth or adult league activities.
- Only authorized persons are permitted beyond the ropes or behind the rinks.
- No child may be permitted to play outside around the perimeter of the building.

Program Information

Learn to Play

Learn to play builds player confidence and prepares him/her for league play. It is a developmental ten week program for players age twelve and under. Participants may enter into this program at a prorated rate anytime during the ten week session.

Participants will learn and practice the fundamentals of roller hockey. This group meets once a week for an hour and a half. The first four weeks concentrate on skill sets and player development. In the fifth week, participants are introduced to scrimmage play and game situations. Players are evaluated weekly and split into groups. At the end of each session the instructors determine player readiness for entering the house leagues.

Youth House League

The house league is a recreational non-checking program for youth ages seventeen (eighteen if still in high school) and under. It is designed for the individual player who would like to learn, become part of a team and whose goal is to play the game primarily for the fun of the sport. This type of environment provides an excellent opportunity for players to sharpen their hockey skills or try out a new position without having to feel the pressure of taking the game too seriously. Each team is assigned a volunteer coach and will ideally consist of a minimum of nine players. The season includes nine games and an end of season goodwill single elimination tournament. House league teams will have scheduled practice times; however, the numbers of practices for each session varies depending on scheduled events. RMRHL does not supply team jerseys. Players are assigned to teams based on returning participants; new players and players switching teams or moving up will go through an evaluation process and be placed on teams by coaches and league administration. The coaches, teams and players may be adjusted by the league director if deemed necessary.

Youth Tournament Teams

The tournament teams began to evolve as the level of skill within the house leagues developed. Parents and players were looking for a more competitive approach to the game where they could compare their skill level with other players throughout the state or country. Teams are established through a tryout process early each year, usually in January. It is a requirement that tournament team participants play in a minimum 3 house league sessions per year at RMRHL. The expense of travel, tournament fees, uniforms, and practice dues are the parent's responsibility and the collecting procedures vary per team. The coaches are volunteers who are certified through USA Hockey Inline and most teams have a volunteer parent or manager that registers each group for events. Team practices are scheduled around league activities at RMRHL at a discounted rate. RMRHL will also host several events throughout the year for teams to compete on their home rink and work with vendors for program sponsorship.

High School & Middle School Leagues

Roller Hockey is not yet a school sanctioned sport but has gained some scholastic recognition at club levels. RMRHL has offered high school and middle school team leagues since opening in 2004. The high school league runs August – November for varsity, junior varsity & freshman levels. The middle school league runs January – April for mixed gold, silver & bronze levels. These are competitive leagues and RMRHL donates the tryout time.

Adult Leagues

RMRHL offers a variety of adult league programs. Individuals / teams are placed by adult league director as spaces become available. An adult league waiting list is kept at the front desk for anyone interested in participating or getting program information. Ask a staff member to add your information to the list. Game schedules are posted on the website and are available in the lobby.

Recreational

8 PM -11PM Tuesday Intermediate Gold
8 PM -11PM Wednesday Intermediate Silver
3 PM - 6 PM Sunday Intermediate Open
6 PM - 9 PM Sunday Intermediate Over 30
6 PM - 9 PM Sunday Coeds Over 30

Competitive

8 PM - 11PM Thursday Advanced

DROP IN HOCKEY



Drop In Hockey is seasonal, check www.rmrhl.org

for current schedule. Sign-up begins 1 hour prior to scheduled time, first come first served. A minimum of 10 skaters or maximum of 24 skaters and 4 goalies can sign up. Mandatory equipment applies to all participants. Players are divided equally and separated by opposite jersey color to form two teams. Rink management reserves the right to oversee team formation based on skill level. House rules and *Code of Ethics* must be followed at all times. Drop-in is monitored however we rely on each player's cooperation to follow the rules. Anyone not obeying the rules may be asked to leave without refund.

(Seasonal) Monday & Friday 8:00pm-10:pm

Skaters \$7.00 / Goalies play for free

RMRHL House Rules & Common Area Policies

- All players, coaches and referees must have a valid USA Hockey Inline membership.
- All staff, volunteer coaches or persons maintaining regular contact with minor participants are required to submit an application & disclosure statement.
- Players and parents of minors are required to sign and follow the Code of Ethics.
- All mandatory equipment per USA Hockey Inline guidelines must be worn during league play.
- Only RMRHL registered players listed on the team roster can practice and play on the rink for that teams scheduled activities. Only USA Hockey Inline certified coaches are allowed on the player's bench or on the rink for games & practices.
- Players and Coaches (who skate) must wear a helmet when on the rink. Players must also wear helmets on the player's bench or in the penalty box during league play.
- Age classifications are determined at the start date of each session. Only female players have the option of playing down; however the league director may determine all participants' abilities for placement. The league director may determine team and or coaching adjustments when necessary.
- Player substitutions are not permitted in the youth league. Goalie substitutions will only be permitted for teams where no goalie is present in the 300 (U14) and 400 (U17) divisions; all other age groups will have to suit a player on the team roster.
- Equal playing time is required for all participants in the youth house leagues.
- Coaches/Captains need to act with dignity and maintain control over his/her team and their spectators at all times. This includes entering and exiting the rink, going to and from the locker rooms and during the sportsmanship handshake at the end of every game. Coaches/Captains should not allow players to have physical contact or verbal confrontation with league officials, opposing teams/players or spectators at any time.
- RMRHL stands by its Zero Tolerance Policy. Fighting will result in an automatic ejection from the game and possibly the facility, and an additional two game suspension and/or permanent ejection from the league. This includes third man in or others who get involved in situations they should not. Profanity, abusive language, racial remarks or sexual harassment will also not be tolerated and treated in the same manner. The Referees and League Administration and or Disciplinary Committee will make determinations based on each situation.