



**NRSA Rink Hockey
Rink and Player
Equipment
Regulations**

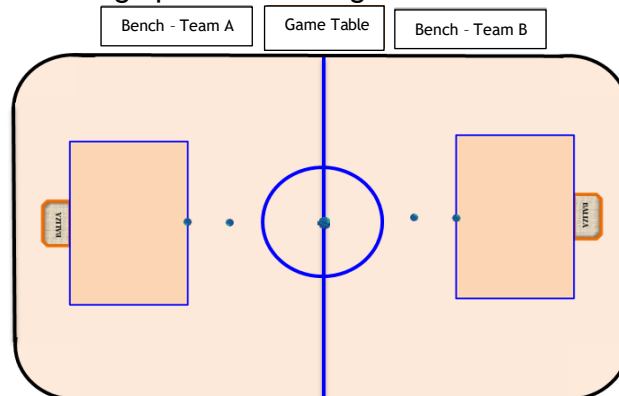
Section 1 – The Rink Recommendations for Domestic Play

Part 1 - Premises and rink

1. The premises consist of all the space that covers the rink, barriers and changing rooms, as well as the access to them.
2. The playing rink is a flat and smooth surface, built with wood, cement or other material that allows a good grip and movement for skates.
3. The playing rink has a rectangular shape and a ratio of two by one between its length and width, attending to the following limits:
 - a. A minimum of 118 feet long by 59 feet wide.
 - b. A maximum of 144 feet long by 72 feet wide.
4. The perimeter of the playing rink is surrounded by a closed barrier 3 feet high with four rounded corners, whose radius can vary between 10 and 3 feet.
5. The barriers can be made of solid panels, or vertical posts with panels in between.
 - a. The base of the barrier must have a height of 8 inches and a thickness of 1 inch and be painted in a neutral color that is different from the ball.
 - b. The frames can be constructed of different materials, opaque wood, metal netting, plastic, etc.
6. Protective nets are placed on the barrier, with a height of 13 feet measured from the ground and can be mobile.
7. Along the barrier there will be two access doors to the rink, which cannot open towards the rink, located next to the benches of each team and to the side of the official game table.

Part 2 - Rink markings

The playing rink has the following specific markings:



1. The markings of the rink shall be as indicated in the drawing in point 1.
 - a. The rink markings are always included the area of the rink that they delimit. They are 3 inches wide and a different color from the ball and the rink itself, to ensure good visibility.
2. Penalty area.

It is a rectangular shape and there is one marked on each half rink. The penalty area is delimited by four lines arranged as follows:

 - a. Two lines parallel to the back barrier, with a length of 29 feet and 6 inches.
 - b. Two lines parallel to the side barriers, with a length of 24 feet and 3 inches.
3. Goal line.

It is located between the two posts of each goal. It is 5 and a half feet long, at a distance from the back barrier of between 8 feet and 9 inches and of 10 feet and 9 inches.
4. Goalkeeper protection zone.

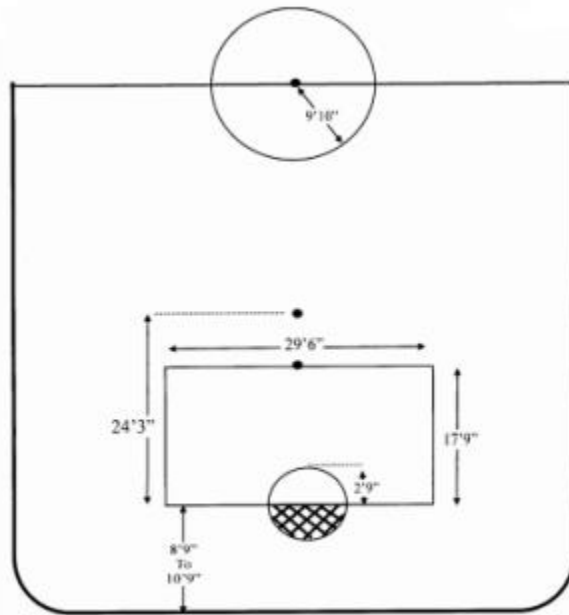
It is a semicircle located in the middle of the goal line and goes from post to post.
5. Penalty point.

It is a circle with a diameter of 4 inches, marked at the distance of 17 feet and 9 inches from the center of the goal line.
6. Direct free launch points.

It is a circle with a diameter of 4 inches, marked at the distance of 24 feet and 3 inches from the center of the goal line.
7. Dividing line of each half.

It is marked along the entire width of the rink, parallel to the bottom barriers, dividing the rink into two equal parts, allowing for each team to have the following two playing areas:

- a. The defensive zone, occupied by the players of the team that executes the center pass, either at the beginning or restart of the game, or after the scoring of a goal by any team.
 - b. The attacking zone, which corresponds to the defensive zone of the opposing team.
8. Centre circle.
Marked in the center of the rink, it has a radius of 9 feet and 10 inches and delimits the position of the players of the opposing team when the center pass is taken.
9. Point for the start and restart of the game. It is a circle, with a diameter of 4 inches.



and located in the center of the central circle.

Part 3 - Nets

1. It is composed of a frame of hollow galvanized iron tubes, with three different elements connected by welding:
 - a. The front structure is painted strong fluorescent orange or red, with three distinct segments, whose construction rules are as follows:
 - 1) Two circular tubes placed vertically that are the posts of the goal, and a circular tube placed horizontally at the top that is the crossbar of the goal.
 - 2) The circular tubes have an outer measurement of 2 inches in diameter.
 - 3) The upper corners of the goal will be cut at 45 degrees, relative to the vertical and horizontal level of them.

CORNERS OF THE GOAL – DESIGN + "DETAIL" PHOTOGRAPHY



- 4) In its interior measurements, each goal has a height of 41 inches and a width of 71 inches.
 - b. The lower rear structure is painted in white, with a semicircular arch and inside it, a horizontal bar whose construction rules are as follows:
 - 1) The circular tube that forms the semicircular arch welded externally to the front structure has an outer diameter of 1 inch, being built with a radius of 25 inches, based on the center of the goal lines.
 - 2) The horizontal bar is welded to the semicircular arch, with a length of 5 inches placed parallel and 10 inches away from the goal line, and with an inclination of 20 degrees relative to the ground.
 - c. The upper rear structure is painted in white, with a composition of a rectangle and a semi- arch, whose construction rules are as follows:
 - 1) The rectangle and the semi-arch are built in solid iron of 1 inch in diameter and welded to the front structure of the goal.
 - 2) The four sides of the rectangle are defined by:
 - a) Two vertical bars with dimensions of 16 inches and welded at the top of each of the goal posts.
 - b) The bar of the front structure of the goal and the longitudinal bar with a length of 73 inches, welded to the vertical bars of the rectangle.
 - 3) The semi-arch welded to the two upper vertices of the rectangle, further welded to another bar with a dimension of 25 inches fixed perpendicular to the central part of the bar of the frontal structure.
2. The entire rear structure of the goal is covered by a white net whose mesh has a dimension of 1 x 1 inch.
 - a. The net used can be rope, cotton, or nylon.
 - b. The net must wrap the sides, back and top of the front structure of the goal, as well as the entire perimeter of the arch of the lower structure, to prevent the entry of the ball from outside to inside the goal and vice versa.
3. Another white net, whose mesh also has the dimension of 1x1 inch, is suspended inside each of the goals, so that, when a goal is scored, the possibility that the ball can go out of the goal is reduced.
 - a. This net is fixed at the top of the goal so that it hangs freely to the ground, standing

- parallel and 16 inches away from the goal line.
- b. It has a height of 42 inches and a width of 72 inches.
4. The goals are placed on the center of each goal line.

Part 4 - The ball

1. In all games of official rink hockey competitions, only balls that have been approved by the NRASA can be used. in accordance with the following characteristics:
 - a. It is made of pressed rubber / plastic and its inner filling will be cork.
 - b. It should weigh 5.5 ounces with a variance of $\pm .5$ ounces.
 - c. It will have a circumference of 9 inches and will be perfectly spherical.
 - d. The ball can be any color. (it will be set according to the contrast of the rink with the ball).

DESCRIPTION	The official ball of play in competitions.
MATERIAL	Rubber/Pressed plastic. Interior filling.
DIMENSION	9 inch circumfrence
WEIGHT	5.5 ounce $\pm .5$ ounce.
COLOUR	Any

2. When a match is broadcast on television, the organizing body of the event can change the color of the ball to be used specifically in the match.
3. In case of disagreement between the captains when choosing the ball to be used, the main referees will decide which ball is used.

Part 6 – Official Table

1. In rink hockey matches, the closest part of the rink will be reserved and in the central part, a space isolated from the public and with the necessary amenities, for the

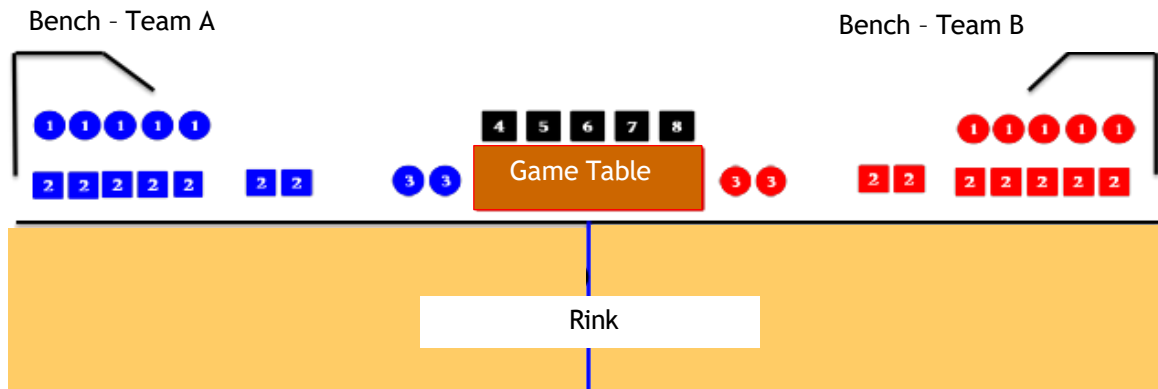
placement of the official game table.

2. The official game table has the following positions, appointed by the entity responsible for the event:
 - a. A timekeeper who manages the scoreboard.
 - b. A Commissioner who is responsible for directing the official gaming table.
 - c. A secretary who manages the match report, electronically or manually.
 - d. An auxiliary referee who controls team fouls and discipline on the benches of the teams, helping or clarifying, when necessary, with any incidents in the match.
 - e. An assistant referee controls the timing of the possession of the ball, when the appropriate electronic system is available on the rink.

3. In NRSA competitions, the organizer of the event must ensure that the official game table is equipped with the following:
 - a. Five chairs.
 - b. Two chairs on each side for use by players of each team who are temporarily suspended from the game.
 - c. Two manual signs for the team fouls accumulated during the match.
 - d. Two towers to display information regarding a timeout that will be granted in the next stoppage of the match; and if the next team foul will cause awarded a direct free hit to be awarded.
 - e. Two displays showing the time of possession of the ball by each of the teams.

4. It is up to the meet director to define the composition of the official playing table, although it is mandatory that in the national club events at least one timekeeper and one auxiliary referee are always appointed.

DETAIL OF OFFICIAL GAME TABLE AND BENCH OF THE TEAMS



LEGEND

- 1 – Substitute players - Team A – Substitute players - Team B
- 2 – Other representatives - Team A – Other representatives - Team B
- 3 – Suspended players - Team A – Suspended players - Team B
- 4 – Commissioner appointed by WS-RHTC or Continental Area
- 5 – Secretary of the Game Table (operator of the electronic match report)
- 6 – Timekeeper and electronic scoreboard operator
- 7 - Referee 3 - Auxiliary (controls team fouls and discipline on the benches)
- 8 – Referee 4 - Assistant (controls the time of possession of each team)

Section 2 – Player Equipment

Part 1 - Basic equipment

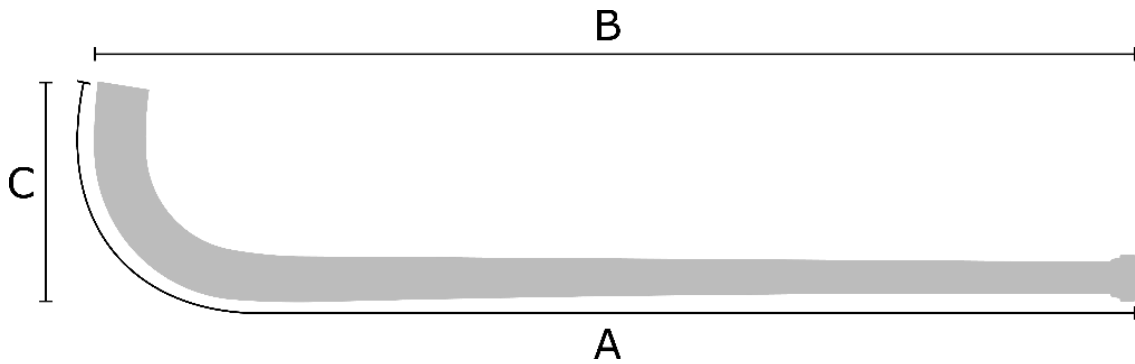
1. Each player must use the following basic equipment:
 - a. HECC Certified Helmet.
 - b. Shirt, shorts, and socks.
 - c. 2 boots with skates.
 - d. A stick.
2. Goalkeepers are required to wear their specific protective equipment.
3. Optionally, both players and goalkeepers can use various protections.
4. The shirts, shorts and socks used by the players of each team must be made in the colors of the nation or the club they represent, except in the specific case of goalkeepers, who will wear a shirt of a different color to that of the players, not being able to confuse the clothing of the players and rival goalkeeper.
 - a. All players' shirts, including those of goalkeepers, will be identified by different numbers between 1 and 99.
 - 1) The numbers must be on the back of the shirts, at a height of at least 12 inches, in a single color and in contrast to the color of the shirts.
 - 2) Optionally the numbers of the players can also be placed on the front of the shirts and shorts.
 - b. Regardless of the number used by each goalkeeper, they must be specifically identified as such in the match report.
 - c. When the two teams, or the goalkeepers, appear on the rink with the same or similar

colors, the referees must follow the following procedures:

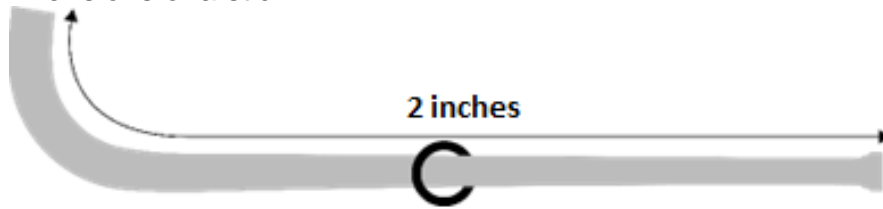
- 1) Find an agreement between the teams to solve the problem.
- 2) If an agreement between the teams cannot be made, the home team changes its equipment, including, if necessary, the shirt of its goalkeepers.
- d. The captain of each team must wear identification in the form of an armband, in a different color from their shirt.
 - 1) If the captain of the team is replaced, they will not have to pass the armband to a teammate, they will only indicate to the referees who will temporarily act as captain on the rink.
 - 2) If the captain of the team is expelled or injured and cannot continue in the game, the armband will be passed to the vice-captain registered in the official match report.
5. Players will wear boots with 4 skates placed two by two on two transverse axles or inline skates.
 - a. It is not allowed to place any type of metal protection on the boots, even if it is covered by another type of material.
 - b. The wheels of the skates cannot have a diameter less than 1 inch, and there can't be any type of protection between the front wheels and the rear wheels.
 - c. If they do not represent a danger to other players, the use of brakes placed on the tip of skates or boots, with a diameter never exceeding 2 inches, is allowed.
 - d. Goalkeepers can use skates with smaller wheels, giving better stability.
6. The stick must always have two elements, a handle, and a curved blade.
 - a. The size of the stick is defined below. By positioning the stick on a flat surface, as illustrated in the following image, the marked lines will define the total length (A), length (B) and height (C) of the Stick.
 - b. It must be made of materials that are not harmful to players or the game. All included materials must have the prior approval of NRS.
 - c. It must not weigh more than 18 ounces with a maximum tolerance of 2 ounces. (A stick in the game cannot exceed the regulated weight and its tolerance, i.e., 20 ounces).
 - d. The stick must meet the dimension requirements.
 - e. A ring with a 2-inch inner diameter will ensure that the width of the stick is within the limit. To test this requirement, the ring must pass over the entire stick.
 - f. Dimension A should not exceed 45 inches.
 - g. Dimension B should not exceed 41 inches. Dimension C must be between 6 and 9 inches. The sum of dimensions B and C must not exceed 49 inches, as shown in Designs 3, 4 and 5.

DESCRIPTION	Game stick for rink players.
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MATERIAL	Wood and/or fibre
DIMENSION	As specified in photo.
WEIGHT	16 – 20 ounces
COLOUR	Adhesives: according to manufacturer and wood Finishes: according to design and finishes.



Design 1 - Dimensions of a stick



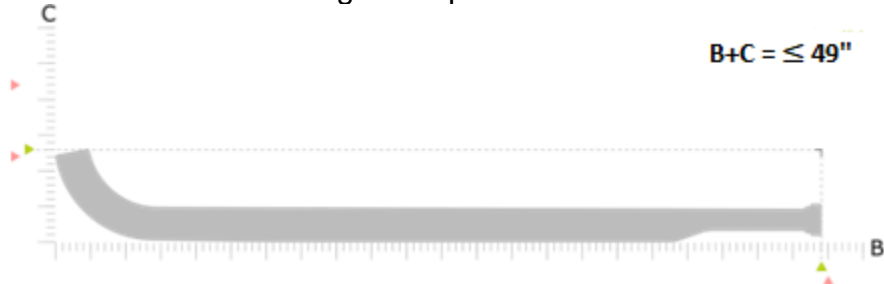
Design 2 - Illustration of the ring rule test



Design 3 - Traditional stick illustration within the limits of the box rule



Design 4 - Illustration of a traditional goalkeeper stick within the limits of the box rule.



Design 5 - Illustration of a short goalkeeper stick within the limits of the box ruler.

Part 2 - Mandatory protective equipment for goalkeepers

1. The use of the following protective equipment is mandatory for goalkeepers:
 - a. A full head protection mask or a helmet and visor.
 - b. A chest pads.
 - c. Two goalkeeper gloves.
 - d. Two goalkeepers' leg pads.
2. The protective mask or helmet and visor used by the goalkeepers are formed by one or two interconnected pieces, fixed by straps, and made of rigid plastic or other materials. If they have any metal piece, it must be covered with plastic, leather, or rubber so that it does not endanger the physical integrity of the rest of the players.



3. For the protection of the goalkeepers, it is mandatory to use a chest pad, placed under the game shirt and formed by a single piece, including shoulder pads and protection for the arms, made of plasticized material and flexible enough so that it molds to the user's body, and the thickness of the pieces must never be higher than .5 inches.

- a. Optionally they can use the following protective parts:
- 1) A neck protector, with a maximum height of 2 inches and placed under the chest pad.
 - 2) An elastic or semi-rigid protection for the thighs, made of plasticized material and in the form of a sleeve, fitted to the thigh and not being able to exceed the thickness of the protection 0.5 centimetres.
- b. The placement of any other material that increases the natural dimensions of the protections is not allowed.
4. Goalkeepers' gloves must be made of leather, cloth, canvas, synthetic products, or plastics, provided that the materials used are malleable and flexible. The use of metallic elements or metallic coatings is prohibited, as well as any other that may damage the physical integrity of its users and / or other players.
- a. Goalkeepers' gloves are intended for the protection of the hands and part of the forearms and is not necessarily having to be uniform in their configuration, preparation, and use. They must respect the following dimensions:
- 1) Maximum height of 15.6 inches.
 - 2) Maximum width of the glove with open thumb of 9.75 inches.
 - 3) Maximum width of the glove with the 4 open fingers of 7.8 inches.
 - 4) Maximum glove thickness of 2 inches.
- b. A glove must be flexible and articulated to allow the goalkeeper to grasp and manipulate their stick.
- c. The other glove can be made in a less flexible way, but allowing that, inside, and can be open and with the fingers apart.



5. The leg pads consist of one or two interconnected pieces fixed by straps around the legs, to guarantee partial protection of the legs and feet of the goalkeeper.
 - a. The shin pads of the goalkeepers have the following maximum measures:
 - 1) Width of the upper part of 12 inches.
 - 2) Width of the central part of 10.75 inches.
 - 3) Width of the bottom of 9.75 inches.
 - 4) Total height of 25.3.
 - 5) Maximum thickness throughout its height of 2 inches.



- b. The protection for the feet can be an individual piece and separated from the leg pad, but always respecting the maximum measure in height of 25.6 inches, not being able, to increase from end to end, the referred dimension.
 - 1) This protection will have a maximum width of 9.8 inches, adjusted to the bottom of the leg pad, with a lateral reinforcement with the maximum measure of 4.3 inches in its height and 7.9 inches between the ends and in the direction of the length of the footwear.
 - 2) The maximum thickness allowed for these pieces is 2 inches.
 - 3) The fixation to the leg and foot of each protective element is carried out independently by means of two or three straps.
 - c. The materials to manufacture the shin pads of the goalkeepers can be cloth, canvas, synthetic products, or plastics, provided they are malleable and flexible, but they can never use metallic elements or with metallic coatings or any product that may damage the physical integrity of its users and/or other players.
 6. The protective equipment of the goalkeepers must be certified by the entity that is responsible for the organization of the competitions.

Part 3 - Optional equipment

1. All players, including goalkeepers, can use non-metallic protective equipment, placed directly on the body, and fully fitted to it, exclusively to protect themselves and provided that their use does not give any type of advantage to their users.

2. The use of the following physical protection elements of the players is authorized:
 - a. Padded gloves, with a maximum thickness of 1 inch, with the fingers completely separated and without being able to exceed 4 inches from the line of the wrist to the forearm.
 - b. Padded knee pads, with a maximum thickness of 1 inch, for exclusive protection of the knees.
 - c. Protective shin pads, with a maximum thickness of 2 inches; They will be placed under the socks, tight around the legs.
 - d. Cloth holder and resistant plastic shell, for protection of the genital organs.
 - e. Padded elbow pads.

3. Protection for the face of a rink player.
 - a. Rink players may have protection without having to request authorization from NRSA.
 - b. Full face protection should be attached to head protection. Head protection should always be attached to the chin with a properly tied strap.

