

# Official Rules & Regulations of Aeron Hockey

- Each team will be made up of 5 players, including the goalie. (1) Player must be female and “on the ice” at all times. Note: Any player who is overly aggressive or uncooperative will be ejected at the discretion of the referee.
- Each match will be 24 minutes long. Three (8) minute periods. There will be a one minute time out at the end of each period.
- Substitutions can be made at the end of each period or with the calling of a penalty. Teams have 15 seconds to make a substitution. (during penalty time outs).



| RULE                                      | EXPLANATION   | PENALTY                     |
|---|---|-----------------------------|
| <b>FULLY SEATED IN CHAIR AT ALL TIMES</b> | Players must remain fully seated “both cheeks” in the chair at all times.<br>Any player standing upright, sliding off the seat, or in any way vacating the chair during a game commits “gross separation.” This is generally accepted as pointless and foolhardy since the Aeron chair provides stability and balance for enough leaning, pivoting, twisting and reaching to satisfy the most agile player. | 20 Seconds in the Dog House |
| <b>HIGH STICKING</b>                      | High Sticking - Sticks cannot be raised above the seats of the chairs.  | 20 Seconds in the Dog House |
| <b>TWO HANDS ON THE STICK</b>             | Players must keep both hands on the stick when shooting. No one handed shots are allowed.   | 20 Seconds in the Dog House |
| <b>HOLDING SOMEONE ELSE’S CHAIR</b>       | Whenever one player grabs hold of another’s chair and hangs on for the purpose of being pulled across the playing area, this is called hitching. Widely regarded as a cheap stunt that trivializes a noble and legitimate sport, this violation results in severe consequences!!!   | 20 Seconds in the Dog House |
| <b>TIPPING</b>                            | Whenever any player willfully acts in such a way as to cause tippage or near-tippage of another player, it is understandably called tipping. This is a pitiable shot at intimidating the competition.   | 20 Seconds in the Dog House |
| <b>KICKING THE PUCK</b>                   | Feet cannot be used to advance the puck. Penalty results in the other team getting the puck.  | 20 Seconds in the Dog House |

## Tied Game

If at the end of the regulation play the score is tied, an overtime period of (3) minutes will be played. Each team will play with 3 members, 2 players and 1 goalie. The team to score first shall be declared the winner. There are no substitutions during the overtime period. Penalties still apply.