

ICE HOCKEY RULES

General

The *Intramurals Participant Handbook* will govern all aspects of play not considered playing rules of the sport. Participants are expected to follow the Handbook rules of conduct as well as the sport-specific rules outlined below. The Handbook is available at und.edu/intramurals. Key Handbook items include:

- Alcohol, Tobacco, and Illegal Drugs Handbook pg. 6
- Registration & Payment Handbook pg. 7
- Captain Responsibilities Handbook pg. 9
- Team Name Requirements Handbook pg. 10
- Playoff Requirements Handbook pg. 12
- Default/Forfeit Instructions and Consequences Handbook pg. 14
- Participant Eligibility/ID Requirements Handbook pg. 15
- Adding Players to Roster/Participation Limits Handbook pg. 18
- Appropriate Attire Handbook pg. 19
- Team/Participant Conduct Handbook pg. 21

Schedules

Schedules for league play are posted online through wellnessregistration.und.edu.

Facility

All games will be played at the Ralph Engelstad Arena or at the ICON Arena.

Questions

Please feel free to contact Intramurals with any questions or concerns.

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Rules

Current NFHS Hockey rules will be in effect, with the exceptions of those listed on the following pages.

Players, Rosters, and Substitutions

- Teams will consist of 6 players (5 skaters and a goalie). This is an Open League meaning there are no rules about the number of male/female players.
- Roster limit is 18 skaters and 2 goalies.
- Game can begin with 3 skaters.
- Individuals may be added to the roster at any time prior to the beginning of the playoffs.
- All rosters will be frozen prior to the playoffs for all divisions. Players must have played at least one game with the team during the regular season to be eligible for the playoff roster.
- Unlimited substitutions are allowed during the game.
- All players (even added after registration) must sign the waiver to compete registration.
- Players may only play for one team.
 - Goalies are an exception to this rule, they may play goalie for as many teams as they like (as long as intramural staff has been notified) but may only skate out for one team.

Equipment

- Required equipment (players):
 - Helmet with full-face shield (If non-cage shield, must be clear. No tinting or coloring.)
 - Helmets must be securely strapped at all times during play (grounds for minor penalty if not followed).
 - Hockey jersey must be worn during game play, street clothes will not be allowed on the ice, athletic (sweat pants) will be permitted
 - Hockey gloves
 - o Shin pads
- Required equipment (goalies):
 - Helmet with full face protection
 - Goalie stick
 - Chest protector
 - Leg pads
 - o Glove and blocker
 - Goalie pants
- The Intramural program has limited equipment available for check out prior to games. Players should make arrangements to provide their own equipment.
 - Equipment available includes helmets with facemasks, and all required goalie equipment
 - o Intramurals equipment will be checked out on a first-come, first-served basis
 - A UND ID card or Wellness Center membership card must be provided in exchange for checking out any
 of the intramural equipment. A sign out sheet will also be present for participants to sign out
 equipment borrowed for the scheduled contest
 - o If the equipment is not returned after the game, you will be charged for the replacement cost of the equipment not returned.
- All teams are encouraged to play in matching jerseys. Matching jerseys make it easier for the officials to identify and separate the teams on the ice. Numbers are also encouraged.
 - If two teams have the same color jersey, it is the away (2nd team listed on the game schedule) team's obligation to change jerseys, therefore it is recommended to have two different colored jerseys at all times.

The Game

Game Time

- 3 **Fifteen (15)** minute periods with a running clock.
 - The clock will stop in the last minute of play in the 1st and 2nd periods. Third period stop clock rules are listed below.
- Two thirty (30) second intermissions will be used for intramural play.
- Each team will be given <u>one</u> **30 second** <u>timeout per game</u>. One more time out may be given in the playoffs during the overtime period.

Officials' time-outs:

- Injury charged to official player must leave the ice and be replaced.
- Injury with bleeding must leave the ice and may not return until inspected by a supervisor, bleeding is stopped and wound is covered. Blood-soaked clothing must be removed.
- In all injury cases, the clock will be stopped
- Protest charged to official if the ruling is changed; charged to the team if the ruling is upheld.
- If one team is ahead by 2 goals or less entering the last 2 minutes of the 3rd period and overtime, the clock will stop on all whistles. The clock will restart when the puck is put back into play.
- All penalties occurring during stop time will be reduced to 2 minutes.
- If a team increases its lead to 3 goals during stopped time, the clock will resume run time.

Overtime (regular season)

- All games ending in a tie will be settled with a 3 on 3 three (3) minute overtime period (stop clock).
- If the teams are still tied after the overtime period, the teams will advance to a 3 player shootout.
- If the teams are still tied after the 3 player shootout, the teams will advance to a sudden death shootout. Every player must shoot during the shootout before a player gets to shoot twice. *EXCEPTION: If a team has less players than their opponent, once the team with the smaller amount of players completes their shootout rotation, the opponent with the larger number of players may repeat players.

Overtime (playoffs)

- All games ending in a tie will be settled with a 3 on 3 five (5) minute sudden-death overtime period (stop-time play).
- If still tied, regular season shootout rules apply.

Mercy Rule

• If at any time during a game a team secures a lead of 10 goals the game will be halted with the team having the 10 goal lead declared the winner. If ice time still remains teams will be divided up and participate in Open Hockey without officials for the remainder of the allotted time. This rule may also be invoked if in the judgment of officials a team is failing to advance the puck in an offensive fashion to avoid the 10 goal rule.

Playing Rules

- Rule Protest: Must be done at time of incident.
- Putting the puck in play
 - All general rules from NFHS regarding face-offs, automatic icing, delayed off sides, etc. will be enforced.
 - Faceoffs after penalties will be conducted in the offending team's defensive zone.
 - Rules for which a face-off is conducted are as follows:
 - Playing the puck with the blade of the stick higher than the shoulder. Delayed whistle with faceoff in the defensive zone of offending team.
 - Carrying the puck with hand or forwarding the puck to a teammate with the hand in the offensive zone. Face-off outside the zone.
 - Off sides and icing. Standard per NFHS rules.

- **Slap shots** will be allowed in intramural play from the **knee or lower**. If above the knee, the play will be blown dead and the resulting faceoff will be in the offending team's zone (same as high sticking on the puck).
- Controlled Line Changes will be conducted during play. The away team will have the first four (4) seconds after play has been stopped to change their line. After four seconds are up the lead official will hold his hand up indicating the away team's time is up and will not be allowed to change any players after that. The home team will have the last four seconds to make any changes. At the conclusion of the home team's four seconds the official will hold up his other hand indicating the home team has no more time to change. After both hands are up players have three (3) seconds to get to the face-off circle and line up. Both hands will be dropped after three seconds informing the official conducting the face-off to blow their whistle and teams have three (3) seconds before the puck is dropped to resume play. If either of the teams is not lined up for the face-off at the conclusion of those three seconds, the puck will be dropped and play will commence.

Scoring

- A goal is made when the puck, entering from the front, passes between the goal posts, below the top of the net and completely crosses the goal line.
- A goal shall not be allowed if:
 - The puck is kicked, thrown, carried or otherwise deliberately directed into the goal by any means other than a stick, or propelling illegally with the stick, even if the puck bounds or deflects off the person or equipment or any defensive player into the net;
 - The puck hits an official and goes directly into the net;
 - The puck is between the goal keeper's pads or lodged in his equipment and is carried over the goal line by an opponent pushing the goal keeper;
 - The attacking team commits a penalty, which assists in the making of a goal including too many players on the ice.
 - Any member of the attacking team is in or skating through the goal crease when the goal is made from
 outside the crease, unless the goalkeeper is outside the crease when the play is made or the attacking player
 has been pushed into the crease by a defensive player.

Penalties

Any penalty information not covered here will be taken from the official NFHS rule book Minor 2:30 Penalties (minimum) (Returns to the ice if opponent scores)

Interference
Holding
Hooking
Slashing
Tripping
Delay of Game
Equipment

Too many players on Ice

Throwing Equipment (Penalty Shot)

Roughing Elbowing Cross Checking

High sticking (slap shots)

Checking

Not dropping a broken stick immediately

Throwing/leaving a stick/other equipment on the ice

Player from the ICE servers 5:00 Penalty + Ejection + Next Game suspension

Spearing
Butt Ending

Leave Box to watch altercation

Charging

Player from the ICE serves 5:00 Penalty + Ejected + Expelled from League

Fighting Instigation

Leave bench to join altercation

Contact of an official Intent to injure

Unsportsmanlike conduct

^{*}Any player receiving three (3) 2:30 minute minor penalties will automatically receive a game misconduct unless within last 5 minutes, then the player will be suspended for the next game.

5 Minute Majors

- All penalties listed above with the exception of Tripping, Too Many Players, Holding, and Hooking may be called as a major penalty.
- All penalties are up to the discretion of the officials. If an official feels an attempt to injure was made, a major penalty will be called.
- During a Major penalty, the player will not be released from box until the entire 5 minutes are served, regardless of how many goals are scored in that time frame.
- A player that receives 2 Majors during a season must meet with the Coordinator of Campus Recreation before they will be allowed to play.
- Players receiving 3 Majors during the season will be suspended for the rest of the season and potentially the following season as well, depending on the severity of the offense.
- If a player receives a 5 minute major within the final 5 minutes of the game/overtime, they will receive an automatic 1 game suspension.

Double Minors

- Double minors will be two (2) 2:30 penalties for a total of five (5) minutes. This is not to be confused with a major penalty.
- If the opposing team scores within the first 2:30, the penalty will expire but the team will remain shorthanded for the remainder of the time left on the second 2:30 infraction unless the opposing team is to score again before the time expires. The team will only return to full strength if the time runs out on the clock or the opposing team scores two (2) goals.

Ejections

- Any player who is ejected in 2 separate instances shall forfeit their privilege of playing Intramural hockey.
- Any player ejected in the playoffs, whether for the first or the second time over the course of the season, also forfeits playing privileges for the remainder of the season.
- Any player that is ejected from a game must meet with the Coordinator of Intramurals and the Hockey Supervisor before returning to play.

3 on 3 play

• If a team is shorthanded and takes another penalty, that player goes to the box, but their penalty time won't start until the other penalty expires. (Never play with less than 4 players meaning 3 skaters plus the goalie) If a team can't serve the penalty without going below 3 skaters, a penalty shot is awarded to the other team.

Penalty Expiration

- Penalties will be called on a delayed basis. If a team scores on a delayed minor penalty, the delayed penalty shall be waived. (It will still be recorded by the scorekeeper.)
 - However, if the infraction should call for a major or misconduct penalty, such penalties shall be served.
 - If there is already a powerplay in effect and the shorthanded team takes a penalty, and the team with the advantage scores during the delayed penalty, the current penalty will expire and the new penalty will be issued at its full time.
- If a goal is scored while on the power play, the shorthanded team's penalty shall expire upon the goal (with the exception of major penalties).
 - Coincidental minors will result in 5 on 5 play.
- Penalty Shot

A penalty shot is awarded when:

- A stick or other equipment is thrown to stop a reasonable scoring opportunity.
- A defending player other than the goalie traps or covers the puck in the crease.
- A player or goalie deliberately displaces the cage to prevent a goal.

• A player eliminates a scoring chance by committing a penalty from behind or the side of a player clearly ahead of them where the offensive player has no other defenders between them and the net.

Penalties during 3 on 3 Overtime

- Penalties during overtime will be adjusted to reflect the situation in the game, but at no time will a team have fewer than three (3) skaters on the ice during the overtime period. If a team enters the overtime period on a power play, it would be adjusted from 5 on 4 at the end of regulation to 4 on 3 at the start of overtime. If a minor penalty is assessed during overtime, the teams will play 4 on 3. If a second minor penalty is assessed to the same team during overtime, the teams will play 5 on 3.
- When a penalty ends, the teams play 4 on 4 or 5 on 5 until the next whistle.

Miscellaneous

- All officials' calls are final!
- The scorekeeper's record is the official record. Scorekeepers will be responsible for keeping score, penalties, and timeouts.
- Fans are not allowed behind team benches, in the locker rooms, or in the downstairs of the main sheet of ice.
 -Any "coach" on the bench (limit two per team) must have a helmet.
- No pop, chew or seeds are allowed.
- Teams must clean both the bench area and their locker rooms after each game. If a team's area is left a mess, this will be reflected in their sportsmanship rating.
- After each game please try to leave as quickly as possible so that the next teams can get ready.
- The team listed first will be considered the home team and has color preference, and will have last change.