



## Ice Hockey Rules

These rules are representative of current National Intramural-Recreational Sports Association rules with the following UAF Intramural emphases and modifications.

### Prior to Game Time:

- All players must have signed the Waiver of Consent for Emergency Treatment on the team entry form.
- All players must have paid their individual \$26.85 entry fee.
- All players must check in individually with the scorekeeper and show their valid polar express card (with an active SRC membership) to the game supervisor. If players do not have their polar express card, they must show their state or government issued photo I.D.
- All players must be listed on the team roster via IMLeagues.com– Team captains can make changes to team rosters, 24 hours in advance. Roster additions are allowed until the last week of play.

### Game Time:

- Game time is start time. The clock will run and if a team is not ready to play within ten (10) minutes, the game will be forfeited.
- Each game will consist of three (3) fifteen (15) minute periods, with two (2) minute breaks.
- During the last two (2) minutes of the third period, the clock will be stopped for penalties and face-offs.
- Each team has one (1) time out per period. Timeouts do not carry over and will not be allowed in overtime.
- All ties will remain such except during playoffs: a five (5) minute sudden death overtime period will be played followed by a shoot out if necessary.
- Teams will consist of six (6) players with one goalie dressed in required goalie protective equipment. A minimum of five (5) players is required to start and

- continue a game. The team captain is the only player who may address the intramural officials.
- Any player that is bleeding must leave the game immediately. The bleeding must be stopped and the wound securely covered with a bandage before that player can continue.
  - The center line is the blue line for offside purposes. Delayed offsides will be waved clear as soon as all offensive players have reached the centerline.
  - Icing will not be called.
  - Pucks leaving the playing surface will result in a face-off at the offenders' zone.

**Equipment:**

- Game pucks are provided.
- Hockey skates must be worn by all players – figure skates are not allowed.
- Helmets with a minimum of half shield and shin pads must be worn by all players. Full hockey equipment is highly recommended.
- All goalies must wear a helmet, a protective face mask, goalie pads, chest protector, gloves, and shoulder pads.

**Penalties:**

Minor penalties are 2 minutes in length. Major penalties are 5 minutes in length.

○ Minor Penalties:

- Body checking (riding a player off the puck is allowed, but crashing the individual into the boards or hitting them in open ice is not)
- Slap Shots (a back swing that goes above the player's waist will be considered a slap shot)
- Charging
- Cross-Checking
- Elbowing
- Grabbing the face mask
- High Sticking
- Holding
- Hooking
- Slashing
- Tripping
- Too Many Men on the Ice

\*\*Subsequent infractions by the same team will be penalized with a five minute major penalty and immediate ejection of the offending player.

**Disqualifications and Ejections:**

- Fighting
- Kneeing

- Kicking
- Spearing
- Butt ending
- Any action judged by ANY intramural officials as an attempt to cause injury to another player or deemed unsportsmanlike

\*\*If a player is ejected from a game, they must schedule and attend a disciplinary meeting with the Wellness Coordinator before they can participate in any intramural activity.

#### **Mercy Rule:**

- If a team leads another by a margin of ten goals, the game will be stopped with the leading team declared the winner. The game may also be stopped by the official if a team is trying to prolong a contest and undermine the 10-goal mercy rule by failing to make a genuine effort to score another goal under which this rule would then be applied.

#### **Protests:**

- Based on rule interpretations - must be made AT THE TIME OF THE INCIDENT and before action continues. The team representatives of their respective teams are responsible for notifying the game official/supervisor at the time of the dispute that a protest is being filed, and that all necessary information concerning the dispute be recorded by the official/supervisor on the official scorecard. It shall be announced that the game is being played under protest.
- Based on eligibility - must be announced prior to the game or before the game ends. The team protesting must submit their protest in writing within 24 hours of the contest to the Wellness Coordinator or the Intramural Supervisors. This written document must include the name of the player whose eligibility is in question.