University of Minnesota

The following set of rules addresses gameplay for intramural ice hockey. Any additional situations that arise will be ruled on in accordance with the NFHS Ice Hockey Rules Book. Additionally, the intramural handbook addresses intramural policies that apply to all sports and should be read prior to registering an intramural team. The Intramural Handbook can be found online.

I.D. Check-in-Policy and Procedure

1. All students, staff and faculty MUST present a valid U of M identification card to participate in any Intramural activity.
2. There will be no exceptions to this policy. If participants do not present a valid U of M identification card they will NOT be allowed to participate in the Intramural activity.
3. Penalty for attempting or using a false identification card will be suspension from the league. Suspended individuals MUST meet with the Intramural Director for possible reinstatement into the Program.

Adding Players to Your Roster

All players must be on your roster (this includes accepting their invitation) by 2 PM the day of the scheduled match for the player(s) to be eligible. For matches scheduled on Sundays, players must have been accepted to the roster by 2 PM on the Friday.

Visit http://www.recwell.umn.edu/intramurals/

Adding Players as a Captain

- Click on "My Teams" in the upper right hand corner of your IMLeagues screen.
- Click "Invite Members to Your Team".
- Enter the invitees' email addresses separated by a comma.
- Once the invitee receives an invite and accepts your invitation, they will be added to your team.
- IMPORTANT: If you do not see a player on your roster, they have not accepted your invitation and are ineligible to participate.

Adding Yourself to a Friend's Team

- First, create your IMLeagues account.
- Click "Player Signup" on the upper right hand side of your screen.
- Find the team that you would like to join.
- Click "Join Team".
- Fill out the waiver.
- Once the captain has accepted your request, you will be added to the team.
- IMPORTANT: You will not be added to the roster until the captain accepts your request.
Ice Hockey Rules

Postings: Schedules, league updates, game results, and playoff brackets will be posted on IMLeagues as that information becomes available. Team captains should check the site regularly to check for changes.

Pre-Game: All players must check in at the table with their U-cards. There are no exceptions to this rule. Using another student’s U-card is grounds for suspension from intramural sports.

Player Eligibility: A Participant may only play on one co-rec and one non co-rec team in each sport. Players playing for more than one team will lose their eligibility and cause forfeiture for their team’s games.

A player is eligible if s/he plays on:
- 1 co-rec and 1 open team
- 1 co-rec and 1 women’s team

A player is not eligible if s/he plays on:
- 1 open A and 1 open B team
- 1 open and 1 women’s team

All players on the team must play in one regular season game to be eligible for playoffs.

Uniforms: All uniforms must follow the Recreation and Wellness Center Dress code.

The following items are required while playing intramural hockey
- Athletic-style shoes with non-marking soles, closed toes, and closed heels.
- Athletic-style pants or shorts. Shorts must be of sufficient length to cover the gluteal fold.
- Shirts that reach the top of the pants or shorts and fully cover the torso (chest, stomach, back, and sides.)
- All clothing must be free of profanity, offensive language, and offensive graphics.
- Participants should wear the same or similar colored jerseys to easily identify with their team.
- No visible jewelry may be worn.

Equipment: Players must provide their own sticks that comply with MSHSL restrictions.

All players must wear hockey skates and a hockey helmet with a full face mask. If a player loses his/her helmet during play, play is stopped, and the player must return to the bench to tighten his/her helmet.

Additionally, the following items are recommended but not required:
- Shoulder pads
- Elbow pads
- Breezers
Pelvic protection
Shin pads
Gloves
Mouthguard

If a player is wearing any goalie equipment, s/he cannot skate as an ice player.

**Forfeits:**

**Game time is forfeit time.** If a team has no players check in with legal equipment at game time, the game will be declared a forfeit, and the team will be disqualified from playoffs. Additionally, if a game must be ended due to major sportsmanship issues, the result will be a forfeit.

**1st Forfeit:** Team is no longer eligible for playoffs.

A team that has 2 forfeits, 2 defaults, or 1 of each will be removed from the league without a refund.

**Defaults:**

Teams must have **at least 4 players** checked in with legal uniforms at game time in order to avoid a default. A default will result in a 2.5 sportsmanship rating.

If at game time, a team has at least one player checked in but is short the minimum number of players, that team will have five minutes to get all checked in and ready to play.

If the game begins late because of one team’s lack of players, that team can get no higher than a 2.5 sportsmanship rating for that game. Additionally, that team will start down one goal for every 2 minutes they are late. After five minutes, the game will be called as a default.

Team captains may call the intramural office by 4pm on the day of the game or 4pm on Friday for weekend games to default the game ahead of time. In this case, the team will receive the loss, but will not need anyone to show up at game time.

**1st Default:** Recorded as a loss for the team and a 2.5 sportsmanship rating, however the team is still eligible for the playoffs.

If a team has one player arrive at the game or calls the Intramural Office to inform them of the inability to play by the default time, the game is a **DEFAULT**.

If no one shows up for a team and there is no contact with the Office prior to the game the game is a **FORFEIT**.

**Timing:**

Each game consists of three periods of 15 minutes each. There will be two 2-minute intermissions.

The clock will run continuously for the first two periods. At the 2-minute mark in the third period, stoppage time will go into effect if there is a goal differential of 2 or less.
During stoppage time, the clock will stop for all whistles and will start once the puck is dropped for the ensuing faceoff. Each team is allotted one timeout per game. The duration of the timeout shall be one-minute in length.

**Overtime:**

There is no overtime in the regular season. The game will end in a tie.

During playoffs, a 5-minute sudden death period will be played (4 on 4). If there is no winner after one overtime period, a shootout will be used with each team using 3 shooters. The higher seed will decide to go first or second. If after 3 shooters, a winner has not been determined, the shootout will continue with one shooter each until a winner can be determined.

**Mercy Rule:**

If there is a 7-goal differential in the 3rd period, the game will end by mercy rule.

**General Rules:**

The game is played by teams of 6 players, including the goalie. Teams may pull their goalie and play with five position players at their own discretion.

Faceoffs will be used to restart play in the following situations:

- To start a period
- A goal is scored
- The ball is frozen between two players
- A net is dislodged
- The ball is frozen by the goalie
- An injury occurs
- A penalty is called
- The puck leaves the ice

**Offsides:**

Offsides will be called as described by the NFHS rulebook.

**Player Conduct:**

**Checking is not allowed.** Blatant disregard of this rule will result with a major penalty and an ejection at the discretion of the officials.

The officials’ judgment is final. Questions and/or concerns may be brought by the team captain only. Captains must do so in a respectful manner. Abuse of officials will not be tolerated. Repercussions can result in anything from a minor penalty to ejection from the game or league, per discretion of the officials and/or supervisors.

**Minor Penalties:**

The offending player will serve two minutes in the box and his/her team will play shorthanded. The minor penalty with the least amount of time remaining will expire should the team playing shorthanded allow a goal. The following are minor penalties:

1. High Sticking
2. Interference
3. Boarding
4. Tripping
5. Holding
6. Elbowing
7. Kicking
8. Kneeing
9. Pushing
10. Slashing
11. Body Checking
12. Hooking
13. Misconduct
14. Unsportsmanlike Conduct
15. Too many players
16. Playing with a broken stick

Any minor penalties can become major penalties if in the opinion of the referee the act was intentional. If it was intentional and an attempt to injure, the official will call a major penalty and eject the player from the game. **Any player’s second unsportsmanlike conduct or misconduct penalty (any combination of the two) is a mandatory major penalty and ejection.**

**Major Penalties:**

The offending player will serve five minutes. Major penalties will not expire when a goal is scored. If blatant, the player will be ejected, and the team must remain shorthanded for the duration of the penalty. However, a player does not need to be sent to the box. Below are the major penalties:

1. Fighting (includes ejection)
2. Spearing
3. Butt ending
4. Cross-Checking
5. Contact to the head

Any individual player who receives 3 penalties in one game will be ejected from the game.

**Playoffs:**

Due to facility restrictions, we usually cannot take all eligible teams to playoffs. We will schedule the most teams that we can into the ice hockey playoffs, but there is not guarantee as to the number of teams that will be accepted to playoffs.