ICE HOCKEY RULES

Registration and Payment
All teams must register online through wellnessregistration.und.edu. A team must be registered AND paid in full, before they are officially in the league. Teammates must register and join the team separately online before being allowed to play.

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

Facility
Games will be played at the Ralph Engelstad Arena on the Main rink and/or Olympic rink and the ICON Complex.

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

<table>
<thead>
<tr>
<th>Mike Wozniak</th>
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</tr>
</thead>
<tbody>
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Eligibility Liability
Each participant is responsible for their own eligibility. Furthermore, each team captain is responsible for the eligibility of their team members. Inquiring about eligibility in advance of contests precludes delays and potential protest(s). The Intramurals program will check the eligibility of players if an opposing captain lodges a protest or the Intramurals program has reason to believe the person in question is not eligible. The Intramurals office reserves the right to put into immediate effect any rule changes or modifications regarding eligibility. The Intramurals program reserves the right to handle eligibility violations without a formal protest. IGNORANCE OF ANY INTRAMURALS RULE IS NOT AN EXCUSE!

Who is Eligible?
Only the following are eligible to enjoy all Intramurals privileges:

- All currently and regularly enrolled UND Students
- Current UND Faculty/Staff Members working in any department or college of the University
  - Must be a Wellness Center Member
  - If not a Wellness Center Member, they must purchase a Wellness Center Day Pass for each day of an intramural contest. The receipt from the Wellness Center must be presented at each contest.

Intercollegiate Team Members, Junior/Community College and Former Varsity Athletes

Intercollegiate Team Members: “Active” members, including redshirts of the varsity or other intercollegiate teams, are ineligible to participate in the same or related sport during the same academic year in which they participated as a member of the varsity team. “ACTIVE” members shall be defined as any athlete who is on an intercollegiate team within one week of the intercollegiate team’s first scheduled contest.
Junior College/Community College: athletes who have competed for a junior college or community college team are ineligible to compete in those sports or related sports during the same academic year.

Former University Varsity athletes are eligible to participate, but a maximum of two (2) may be on the same team in their similar or related sport.

Identification Cards
All participants will be asked to present a valid UND ID, Wellness Center membership card, or State/Federal ID prior to playing in any Intramurals contest. Individuals failing present a valid ID will not be allowed to participate.

Adding Players to Roster
Players may be added to the roster at any time during the regular season provided the new players meet all eligibility requirements. Only players that have played in at least one regular season game are eligible to participate in the playoffs.

All players MUST be added to their team through wellnessregistration.und.edu before they can participate. Being on the “Pending Roster” is only acceptable for the first week of competition. After the first game, all players must be on the “Active Roster”, or they will not be able to participate.

General
- The Intramural 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.
- Current USA Hockey rules will be in effect, with the exceptions of those listed on the following pages.

Grace Period
Game time is forfeit time! A forfeit or default will be declared if an individual or a team fails to have the minimum number of players required to start a game at the scheduled game time. BECAUSE OF LIMITED ICE TIME, HOCKEY GAMES MUST START ON TIME. THERE IS NO GRACE PERIOD. The minimum number of players for each sport will be listed on sport rules.

Default
A default will be granted to each team that has players present to participate but does not meet the minimum requirement of players to play. Each default will result in a loss for that team. Defaulted games will not be rescheduled. Teams may call the Intramurals office at least 3 hours prior to their game if they are unable to make their game. This will be considered a default. Hockey default rules are different than other sports:
- One default will result in that team being ineligible for the playoffs in their sport, but left on the schedule.
- Two defaults will result in that team being automatically dropped from league play and will not be allowed to re-enter the league.

Forfeit
A forfeit is given to a team if:
- No players are on site by game time.
- A team uses a player who is ineligible or participates under an assumed name.
- Unsportsmanlike conduct
Each forfeit will result in a loss for that team. Forfeited games will not be rescheduled.
Hockey teams are NOT ALLOWED TO FORFEIT any games without consequences. Any forfeit will result in the team being dropped from the schedule for the remainder of the regular season and playoffs. Exceptions will ONLY be made with extenuating circumstances and prompt notification to the Intramural Coordinator.

Playoffs
The following guidelines will apply to the scheduling of postseason tournaments for league sports:

- A team must not have one forfeit or two defaults on their record and have a cumulative average of “3” or above sportsmanship rating to be eligible for the postseason tournament.
- The number of teams registered in each division will determine how many teams make the playoffs. The guidelines are:
  - 4-7 teams registered = 4 teams make playoffs
  - 8-14 teams registered = 8 teams make playoffs
  - 15-18 teams registered = 12 teams make playoffs
  - 19-26 teams registered = 16 teams make playoffs
  - 27-35 teams registered = 24 teams make playoffs
  - >36 teams registered = 32 teams make playoffs
- Tiebreakers will be:
  - Overall record
  - Sportsmanship rating
  - Head-to-head
  - Score differential
- During the playoffs, a “1” or “0” sportsmanship rating results in forfeiture of the game and all players on the team being suspended for the first game of the next season, regardless of their new team or involvement in the forfeited game.

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.
- Each team, at the conclusion of each game, will receive a sportsmanship rating by that game’s officials. Any team receiving a ‘0’ or ‘1’ rating will be suspended from further play until that team’s captain has met with the Intramural Coordinator, Supervisor, and suspending officials. If you have any questions, refer to the handbook for further clarification. Teams will receive a letter informing them of this violation and explaining their options.
- ALL team members, coaches, and spectators are subject to ALL rules
- All players (even added after registration) must sign the waiver to compete.
- Players may only play for one competitive (D2, D3) team and one Rec 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.
  - Teams with players found to be playing on more than one team will be required to forfeit those games with the illegal player.
  - The first team you PLAY for is the team you are committed to for the season. If you have not played for a team, you are allowed to transfer teams, with proper notification to the Intramural staff.

Equipment
• Required equipment (players):
  o Helmet with full-face shield (If non-cage shield, must be clear. No tinting or coloring.)
  o Helmets must be securely strapped at all times during play (grounds for minor penalty if not followed).
  o Hockey jersey must be worn during game play, street clothes will not be allowed on the ice, athletic (sweat pants) will be permitted
  o Hockey gloves
  o Shin pads

• Required equipment (goalies):
  o Helmet with full face protection
  o Goalie stick
  o Chest protector
  o Leg pads
  o Glove and blocker
  o Goalie pants

• The Intramurals program has limited equipment available for check out prior to games. Players should make arrangements to provide their own equipment.
  o 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
  o 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.
  o If two teams have the same color jersey, it is the away 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.
• Two thirty (30) second intermissions will be used for intramural play.
• Each team will be given one 30 second timeout per game. One more timeout 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 (running 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 USA Hockey 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 face-off 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.
- 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 men 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 USA Hockey rule book

**Minor 2:30 Penalties (minimum) (Returns to the ice if opponent scores)**

<table>
<thead>
<tr>
<th>Penalty</th>
<th>Penalty Details</th>
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<tbody>
<tr>
<td>Interference</td>
<td>Player from the ICE servers 5:00 Penalty + Ejection + Next Game suspension</td>
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<tr>
<td>Holding</td>
<td>Spearing</td>
</tr>
<tr>
<td>Hooking</td>
<td>Butt Ending</td>
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<tr>
<td>Slashing</td>
<td>Leave Box to watch altercation</td>
</tr>
<tr>
<td>Tripping</td>
<td>Charging</td>
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<tr>
<td>Delay of Game</td>
<td></td>
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<tr>
<td>Equipment</td>
<td></td>
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<tr>
<td>Too many men on Ice</td>
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<tr>
<td>Throwing Equipment (Penalty Shot)</td>
<td>Player from the ICE serves 5:00 Penalty + Ejected + Expelled from League</td>
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<tr>
<td>Roughing</td>
<td>Fighting</td>
</tr>
<tr>
<td>Elbowing</td>
<td>Instigation</td>
</tr>
<tr>
<td>Cross Checking</td>
<td>Leave bench to join altercation</td>
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<tr>
<td>High sticking (slap shots)</td>
<td>Contact of an official</td>
</tr>
<tr>
<td>Checking</td>
<td>Intent to injure</td>
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<tr>
<td>Not dropping a broken stick immediately</td>
<td>Unsportsmanlike conduct</td>
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<tr>
<td>Throwing/leaving a stick/other equipment on the ice</td>
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*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 Men, 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 Intramural Coordinator 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 man 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, manpower 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.

NOTE

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.