

**CU • STUDENT REC CENTER INTRAMURALS
HOCKEY • RULES**

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Website: www.colorado.edu/rec-center/intramurals

ROSTER SIZE IS LIMITED TO 14 PLAYERS

Teams winning a championship will receive a maximum of 8 t-shirts.

CU IM Hockey is played according to USA Hockey rules with the following modifications and clarifications:

GENERAL

- Participants should have adequate health insurance to cover any injury which may occur.
- Alcoholic beverages are not allowed in the Student Recreation Center. Captains, please do not allow your players to play while intoxicated. Violations will be grounds for forfeit and possible season suspension.
- Game time is forfeit time!
- No Buff OneCard = No Play!
- The Intramural office does not reschedule league play or tournament games once the schedule has been posted. If your team is unable to make a game *the team captain must* email the Intramural Office at imsports@colorado.edu. The Intramural Office will email your game out to all the other teams and if your game is picked up your team will not be credited with a forfeit. If your game is not picked up then your team is responsible for playing that game.
- All games picked up by a team count as a real game and will count on your record and sportsmanship rating.

ELIGIBILITY

- Must be a full fee paying CU student or Rec-center member.
- Must present your “Buff OneCard” or Rec-Center Membership card in order to check-in before every game. If a player does not have their Buff OneCard or Rec-Center Membership, they will not be allowed to participate.
- Players may play on only one team per sport (with the exception of being allowed to play on a Co-Rec team and a team of their own gender in the same sport).
- A player must have played in at least one of the first four regular season games in order to play tournament.
- **Intercollegiate Athletes:** Current intercollegiate athletes are not eligible to participate in their sport or any related sport. An intercollegiate athlete is any individual participating in intercollegiate contests attending regular practice, whose name appears on the official squad list, or who has won a letter at a recognized senior college. Varsity, red shirts, junior varsity players, and freshman are all considered intercollegiate athletes. You are considered an intercollegiate athlete for one entire school year unless you have been dropped from the squad before the first intercollegiate contest and no longer playing or practicing with the team.
- **Club Players:** A member of a club sport is defined as a student who participated or practiced with the club during the current academic year. Intramural teams are limited to 3 club players per team in their specific sport or any related sport and they must play in the most competitive league.

TEAMS/ SUBSTITUTIONS

- Ice Hockey is an Equal Opportunity Intramural Sport and therefore may be played with any combination of players, regardless of gender.
- Open, A and B leagues are played with 5 players and a goalie.
- C league is played with a shooter tutor and 5 players on the ice.

- An Honest Effort Forfeit will be awarded to teams that have only 3 players at game time, teams with any less than this will be given a standard Forfeit.

UNIFORM/EQUIPMENT

- Players must wear HECC approved helmets with face mask, elbow pads, shinguards, and hockey skates with protective blade caps at all times while on the ice, including pre-game warm-up. Failure to comply is cause for a bench penalty and/or misconduct.
- Hockey equipment rental is located in the ice rink. Players can rent helmets, elbow & shin pads, and gloves. **PLAYERS MUST HAVE THEIR OWN STICK!**
- **MOUTHGUARDS ARE REQUIRED!**

THE GAME

CHECK-IN

- **All players must be checked in and on the ice, ready for play 5 minutes before game time with their Buff OneCards.**

LENGTH OF GAME

- A game will consist of three running time periods of twelve minutes each. All periods will be running time except for the last two minutes of the third period in tournament play where the goal differential is two or less.

CAPTAIN'S MEETING

- At the beginning of each game there will be a captains meeting. Officials will go over any questions or rules changes with captains at this time

STARTING THE GAME

- The game will be started by a “face-off” at the center face off spot.

SCORING

- **C League” Shooting Rule:**
 - The initial shot must be taken from outside of the hashmarks if the player is facing the goal directly. If a player shoots the puck at an angle to the goal, the area in which that player can shoot moves gradually closer but may not be any closer than five feet at the direct side of the net (along the goal line).
 - The initial shot must strike the “shooter toter” in order to be eligible for a rebound shot. The rebound shot must be taken from outside the crease area. Following the rebound shot the next shot must be taken within the first shot parameters.
 - As a rule of thumb, the rebound shot should be fairly immediate. This will be left to the discretion of the referees.
 - A player may not score more than 3 goals in game in C league. Any goal after the 3rd goal by the same individual will not count.
 - Goaltending is not allowed. It is up to the official’s discretion if a player is goaltending. The official will give a warning the first time goaltending occurs and a 2 minute penalty and time after.



Crease area

Goal line

← 5 ft. Goal 5 ft. →
Initial shot taken outside of highlighted area.

MERCY RULE

- If a team is losing by more than 6 goals with 2 minutes remaining in the 3rd period the game will be called.

OVERTIME

- There is no overtime during the regular season
- A 3 man shootout in OT will be played during the games in tournament.

RULE CLARIFICATIONS

- **ALL HOCKEY IS NO CHECK.**
- Open & A is slapshot; B & C is no slap shot; C is no goalie.
- **A broken stick must be dropped to the ice immediately** (minor penalty). No one is allowed to throw a stick to a player, although a replacement stick may be handed to the player from his player's bench. No player shall throw part or all of his/her stick out of the playing area (10-minute misconduct).
- The puck may be stopped by the hand above and on the ice. Play shall be stopped and an ensuing face-off shall occur if a) the puck shall go directly to a teammate outside his/her defensive zone, b) the player closes his hand around the puck. Play shall continue if a) the puck goes directly to an opposing player or, b) the puck is batted down and the same player plays the puck.
- Center is ejected from face-off if teammates don't line up; penalty for second violation at that face-off

PENALTIES

- Penalty times are as follows:
 - Minor - 2 min
 - Double Minor – 4 mins.
 - Major - 5 mins. plus automatic game ejection upon any subsequent minor penalty.
 - Misconduct - 10 mins. + automatic game ejection.
- A minor penalty for unsportsmanlike conduct (Zero Tolerance) shall be assessed whenever a player:
 - Openly disputes or argues about any decision by an Official.
 - Uses obscene or vulgar language in a boisterous manner to anyone at any time including any swearing, even if it is not directed at any particular person.
 - Visually demonstrates any sign of dissatisfaction with an Official's decisions.
 - Anytime any player persists in any of these actions, they shall be assessed a Misconduct penalty. A Game Misconduct shall result if such behavior continues.

CONDUCT/SPORTSMANSHIP

- Fighting & unsportsmanlike conduct will not be tolerated in Intramural Hockey and can be grounds for the entire team being dropped from the program.
- Any team whose members leave the bench will be suspended for at least the remainder of the semester.
- Any abusive language, physical gestures and untimely questioning of calls directed at an official, scorekeeper, or player is grounds for a technical foul. Bench technicals may be called; therefore team captains are responsible for controlling their respective benches.
- Regarding pre & post game conduct: As a participant in Intramurals you are part of our program for the entire season. Harassing of officials, scorekeepers, other players, or a supervisor, poor sportsmanlike conduct, or lack of cooperation is subject to penalty from a mild warning to complete expulsion from the program.

NOTE -- Fighting is defined in the USA HOCKEY rulebook as striking an opposing player with his fist. The referee is allowed great discretion when making this call. The severity of the call (minor, double minor, or major) shall be determined by the official. If the official elects to call a fighting major (5 min. + a game misconduct) the player shall serve at least a one game suspension. Any team whose members leave the bench will be suspended for at least the remainder of the semester.

TOURNAMENT SCHEDULES

- All teams that do not forfeit any regular season games, do not have 2 or more Honest Effort Forfeits, and have an average of at least a 3.0 sportsmanship rating will advance to the post season tournament.
- Tournament schedules will be posted the last week of the regular season.

INJURY POTENTIAL INFRACTIONS

INFRACTION

POSSIBLE PENALTIES FOR VIOLATION

Butt-Ending	Minor plus Misconduct OR a Major plus a Game Misconduct*
Checking from behind	Minor plus Misconduct OR a Major plus a Game Misconduct*
Head-Butting	Minor plus Misconduct OR a Major plus a Game Misconduct*
Spearing	Minor plus Misconduct OR a Major plus a Game Misconduct*
Board Checking	Minor OR Major plus a Misconduct or Game Misconduct
Charging	Minor OR Major plus a Misconduct or Game Misconduct
Cross-Checking	Minor OR Major plus a Misconduct or Game Misconduct
Elbowing / Kneeing	Minor OR Major plus a Misconduct or Game Misconduct
High Sticking	Minor OR Major plus a Misconduct or Game Misconduct
Holding (Face Mask)	Minor OR Major plus a Misconduct or Game Misconduct
Slashing	Minor OR Major plus a Misconduct or Game Misconduct
Unnecessary Roughness (Checking above shoulder) (Making physical contact after the whistle)	Minor OR Major plus a Misconduct or Game Misconduct

*May also be assessed a Match penalty