

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

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**Website: [www.colorado.edu/rec-center/intramurals](http://www.colorado.edu/rec-center/intramurals)**

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**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.

**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!
- If you forfeit your first game you will be dropped from the league, if you forfeit your 2<sup>nd</sup>, 3<sup>rd</sup>, or 4<sup>th</sup> game you will not advance to the tournament. If you accumulate 2 Honest Effort Forfeits you will not advance to the tournament.
- If your team cannot make a regular season game please email us at [imsports@colorado.edu](mailto:imsports@colorado.edu) and we will email out all the teams to see if we can find a replacement team. If a replacement team is found your team will not get credited with a forfeit. If a replacement team is not found your team is responsible for the 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 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.

**TEAMS/ SUBSTITUTIONS**

- A player may only play on one team per sport. If it is discovered that a player is playing on multiple teams all games that they have played in will be forfeited, and they will be unable to continue playing.
- 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.
- C league is played with a shooter tutor and 5 players on the ice.

**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 check-in 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

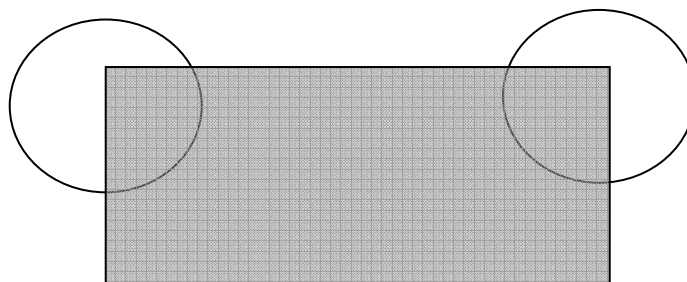
- At the beginning of each game there will be a captains meeting. Officials will go over any questions or rules changes with captains at this time

### 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 tooter" 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 3<sup>rd</sup> goal by the same individual will not count.



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 8 goals with 2 minutes remaining in the 3<sup>rd</sup> 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 - 4min.
  - Major - 5 min. plus automatic game ejection upon any subsequent minor penalty.
  - Misconduct - 10 min. + 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 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 player continues.

## **CONDUCT/SPORTSMANSHIP**

- Fighting & unsportsmanlike conduct will not be tolerated in Intramural Hockey it could be grounds for the entire team being dropped from the program.
- Any team whose members leave the bench results in the entire team being suspended for at least 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 technical may be called. Captains, control your bench.
- 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 the 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 results in the entire team being suspended for at least the semester.

## **OFFICIALS**

Officials are required to conduct themselves in a businesslike, sportsmanlike nonvindictive manner at all times. The actions of an Official must be above reproach. Actions such as "baiting" or inciting players or Coaches is strictly prohibited. On Ice Officials are ambassadors of the game and shall always conduct themselves with this responsibility in mind.

## **TOURNAMENT SCHEDULES**

- All teams that do not forfeit, do not have 2 or more Honest Effort Forfeits, and have an average of 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**

<b>INFRACTION</b>	<b>POSSIBLE PENALTIES FOR VIOLATION</b>
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