

CU • STUDENT REC CENTER INTRAMURALS
ICE HOCKEY • RULES
Office Line: 303-492-2893 • Email: imsports@colorado.edu
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.

Games will be governed by the current rules of the National Intramural and Recreational Sports Association (NIRSA), with the following modifications and points of emphasis:

GENERAL

- Participants should have adequate health insurance to cover any injury which may occur.
- Alcoholic beverages and drugs are prohibited in the Student Recreation Center, on any recreation center property and at all Intramural Sports sanctioned events. Participation while under the influence of these substances is also prohibited in these areas. Any violation of this policy will be grounds for immediate ejection, forfeiture and possible suspension.
- **No Buff OneCard or Government issued ID = No Play! All intramural participants are required to have either their Buff OneCard or Government issued ID with them at EVERY intramural event. Failure to do so will result in ineligibility. NO EXCEPTIONS!**

FORFEITS

GAME TIME IS FORFEIT TIME! All teams should arrive 15 minutes prior to the scheduled start of the game to check in and get the necessary equipment for the game. Any team failing to report ready to play at the scheduled starting time will forfeit to their opponent, be assessed a fee, and become ineligible for playoffs.

- **Teams who forfeit will have all of their members suspended until the forfeit fee has been paid. The forfeit fee will be \$30.**
- The captain of the team will be emailed a notification of the forfeit fee. Teams can pay the forfeit fee online (Link) or at the guest services desk at the Student Recreation Center.
- Once the fee has been paid teams will bring their receipt to the IM Sports office to be reinstated. Any team that forfeits a second time will be automatically removed from the league for the remainder of the season.
- 10-Minute Grace Period: If one team is present and ready to play, they can choose to grant their opponents a 10-minute grace period.
 - The game clock will start at the original start time.
 - If the required minimum number of players arrives within 10 minutes, the game will be played and recorded as an official game.
 - The waiting team will be given a point for every minute they wait.
- If neither team has the required number of players at the scheduled contest time, both teams will be given 10 minutes to complete their team.
 - No scoring advantage will be given to either team in this case.
- **Teams that have a second forfeit will be assessed an additional forfeit fee and dropped from the league.**

Defaults

If your team is unable to make a regular season game, your team captain must email the Intramural Office at imsports@colorado.edu by 2:00 pm the day of your scheduled game, and by no later than 2:00 pm on the Friday preceding a Sunday game time. This will result in a default and keep your team from being assessed a forfeit fee.

Teams that default a second game in a season will be treated as a forfeit and be given a forfeit fee.

ELIGIBILITY

The following people are eligible for participation in Intramural Sports:

- Students: All **full fee-paying** students are eligible to participate in the Intramural Sports Program. Graduate students who opt out of paying Recreation Center fees and who are not members of the Recreation Center are not eligible to participate in Intramurals.
- Faculty, Staff, and Alumni Members: All faculty, staff, and alumni members that have a Recreation Center Membership are eligible to participate in the Intramural Sports Program.
- Part-Time Students and Continuing ED: All **full-fee** paying part-time and continuing education students or part-time and continuing education students who are members of the Student Recreation Center are eligible to participate in the Intramural Sports Program. Part-time and continuing education students who opt out of paying Recreation Center fees and are not members of the Recreation Center are not eligible to participate in Intramurals.
- Student/Faculty/Staff Spouses: Spouses of eligible undergraduate students, graduate students, faculty and/or staff members who have a valid Recreation Center Membership are eligible to participate in Intramurals.
- The minimum age to participate is 15 years old.
- Miscellaneous: All other persons who have a valid Recreation Center Membership (minimum monthly membership that is active) are eligible to participate in the Intramural Sports Program.
- [Link to Rec Membership page](#)

*****All participants must present their Buff OneCard or any government-issued photo identification at every game to check-in. *****

TEAMS/ SUBSTITUTIONS

- Ice Hockey is an Equal Opportunity (EO) intramural sport and therefore may be played with any combination of players, regardless of gender.
- For the Competitive and Intermediate Leagues teams consist of six players, five skaters and a goalie.
 - A minimum of five players are needed at game time to start the game.
- A Recreational League team is played with five players and a shooter tutor.
 - A minimum of four players are needed at game time to start the game.
- ALL MEMBERS of a team MUST be checked in AN ON THE ICE ready for play at least five minutes before their scheduled game time.

UNIFORM/EQUIPMENT

- Players must wear HECC approved helmets with face mask, elbow pads, shin guards, 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 Recreation Center Ice Rink. Players can rent helmets, elbow pads, shin pads, and gloves.
- PLAYERS MUST HAVE THEIR OWN STICK!
- MOUTHGUARDS ARE REQUIRED!

THE GAME

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 captain's meeting. Officials will go over any questions or rule changes with captains at this time.

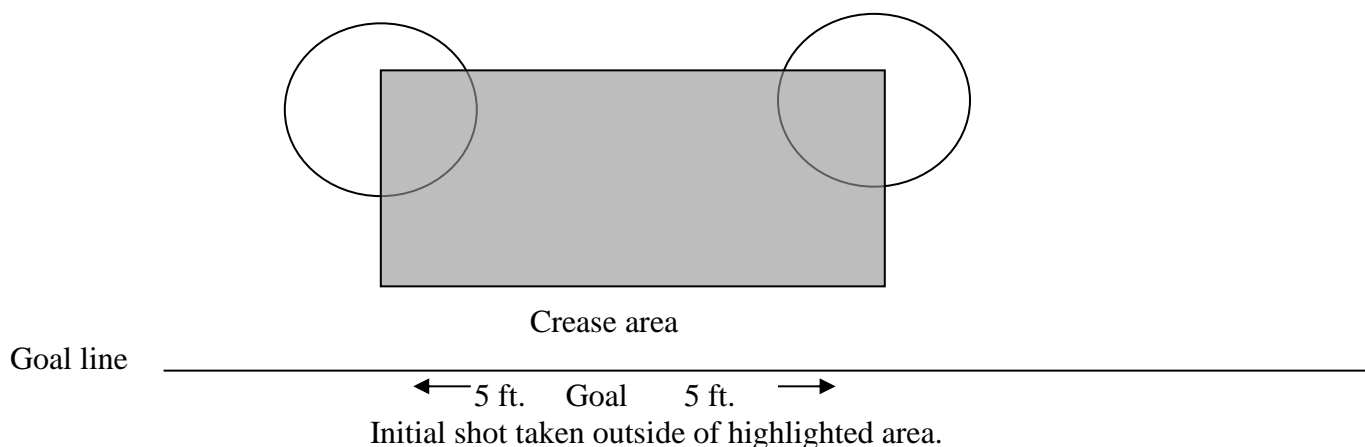
STARTING THE GAME

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

SCORING

Recreational League Shooting Rule:

- The initial shot must be taken from outside of the hash marks 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 same parameters as the first shot.
- As a rule of thumb, the rebound shot should be fairly immediate. This will be left to the discretion of the Officials.
- A player may not score more than three goals in one single game. Any goal after the third goal by the same individual will not be counted.
- 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 two minute penalty each time after.



MERCY RULE

- If a team is losing by more than six goals with two minutes remaining in the third period the game will be called.

OVERTIME

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

RULE CLARIFICATIONS

- **ALL INTRAMURAL HOCKEY IS NON CHECKING.**
- Slapshots are allowed in the Competitive League only. Slapshots are not allowed in the Intermediate League. Recreational League has 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 (ten 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.
- b) The puck is batted down and the same player plays the puck.

- The Center will be ejected from face-off if their teammates don't line up.

PENALTIES

- Penalty times are as follows:
 - Minor - two minutes
 - Double Minor – four minutes
 - Major – five minutes. plus automatic game ejection upon any subsequent minor penalty.
 - Misconduct – ten minutes. + automatic game ejection.
- A minor penalty for an unsporting 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.

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	Minor OR Major plus a Misconduct or Game Misconduct
- Checking above shoulder	
- Making physical contact after the whistle	

*May also be assessed a Match penalty

CONDUCT/SPORTING BEHAVIOR

We will be using a “2, 3, 4” method of determining eligibility for all leagues and major tournaments. The following will be in effect for the activity's season:

- The accumulation of **TWO (2)** unsporting conduct fouls in a game will result in the ejection of the individual from the game, and procedures outlined in the “Ejections” section.
- The accumulation of **THREE (3)** total unsporting conduct fouls during an activity's season will result in the dismissal of the individual from the activity for the remainder of its season.
- The accumulation of **FOUR (4)** unsporting conduct by a team will result in the forfeiture of the contest.
- The accumulation of **FIVE (5)** total unsporting conduct fouls by the team's participants during an activity's season will result in the dismissal of the team from the activity for the remainder of the season.

****Unsporting totals rollover to playoffs***

