

CU • STUDENT REC CENTER INTRAMURALS
3v3 POND HOCKEY • RULES
Office Line: 303-492-2893 • Email: imsports@colorado.edu
Website: www.colorado.edu/rec-center/intramurals

ROSTER SIZE IS LIMITED TO 8 PLAYERS
Teams winning a championship will receive a maximum of 6 t-shirts.

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

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 sanctioned events. Participation while under the influence of these substances is also prohibited these areas. Violations will be grounds for immediate ejection, forfeiture and possible season suspension.
- NO JEWELRY is allowed in any Intramural Competition.
- **Game time is forfeit time! Players should check in with the Intramural Supervisor at least 15 minutes before their scheduled game time. If you do not have enough players to field a team at your game time, your team will receive a Forfeit. NO EXCEPTIONS!**
- **No Buff OneCard = No Play! All Intramural Participants are required to have either their Buff OneCard or Recreation Center Membership card with them at EVERY Intramural Event. Failure to do so will result in ineligibility. NO EXCEPTIONS!**
- The following are situations in which your team WILL NOT be allowed to advance to the post-season tournament:
 - If you forfeit two regular season games.
 - If you accumulate two or more Honest Effort Forfeits (HEF).
 - If you receive two or more Defaults for failure to comply with equipment regulations.
 - If your team fails to average a 3.00 or better sportsmanship rating.
- The Intramural Office **DOES NOT** reschedule regular season or post-season tournament games once the schedule has been posted. If your team is unable to make a regular season game, **your team captain must** email the Intramural Office at least 24 hours prior to your scheduled game time Monday-Friday, and by no later than 5:00pm on the Friday preceding a Sunday game. The Intramural Office will then be responsible for offering out your game. If your game is picked up by another team, your team will not be credited with a Forfeit. However, if your game is not picked up by another team, your team is still responsible for playing that game. Failure to notify the Intramural Office by the deadline stated will result in a Forfeit. Failure to show up to a game where no replacement team was found will result in an Honest Effort Forfeit (HEF).
- All games picked up by a team count as a real game and will count on your record and sportsmanship rating.

FORFEIT POLICY

- TEAMS RECEIVING ONE FORFEIT

- **If a team accumulates one Forfeit during the regular season, they will automatically be charged a \$20 fee that must be paid within the four business days following the forfeited game.**
- **If a team receiving one forfeit pays the assessed \$20 fee within the four business days, this team will be allowed to continue in the league for the remainder of the regular season and will still be eligible for the post-season tournament.**
- **If the team fails to pay this \$20 fine within the four business days, they will still be responsible for the \$20 fee, but will be automatically dropped from the remainder of the regular season and will not be allowed to participate in the post-season tournament.**

- TEAMS RECEIVING TWO FORFEITS

- **If a team accumulates two Forfeits during the regular season, they will automatically be charged an additional \$10 fee. This team will then be dropped from the remainder of regular season play and will be ineligible for the post-season tournament.**

ELIGIBILITY

- Every eligible Intramural Participant must be a full fee paying CU Student or Recreation Center Member.
- Every eligible Intramural Participant must present their “Buff OneCard” or Recreation Center Membership Card in order to check in before every game. If a player fails to have one of these two proofs of identification, they will not be allowed to participate. **NO EXCEPTIONS!**
- Players may play on only one team per sport per session (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 be eligible to play in the post-season 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 academic 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 1 club players per team in their specific sport or any related sport and they must play in the most competitive league.

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!**

THE GAME

1. The winner of a captain's coin toss will determine which goal to defend. Teams will switch goals after first half.
2. No goalie equipment or goalie sticks permitted.
3. There will be one off-ice pond official to monitor the play (scoring, time, puck reset, and arbiter of infractions).
4. The monitor will have the discretion to also award a "penalty shot" to the opposing team when a minor penalty is flagrant and/or a team is consistently playing in a reckless manner.
 - Penalty shot will be taken from center ice and must be attempted within 30 seconds of the penalty being called. Anyone on the opposing team can take the shot. The team that is awarded the penalty shot will also be given possession of the puck following the penalty shot attempt (regardless of the outcome of the shot).
5. Any major penalty, which includes any action that could possibly injure another player, will result in that player being ejected from the tournament. Off-ice pond official will determine major penalties.
6. Abuse of monitor will be considered a major penalty. This includes yelling, swearing, or arguing about calls.
7. No checking is allowed. Such action will result in a minor penalty unless deemed serious enough to be a major (see off-ice pond official).
8. No slapshots allowed. Such action will result in a minor penalty.
9. Players cannot fall or lay on the ice in an effort to protect the goal area. Such action will result in a minor penalty.
10. Goaltending is not allowed. A player may not patrol, "camp out" or remain stationary in the crease area and act as a goaltender. A defender may deflect the puck in the crease area, but the defender must do so while continuing to move through the crease area. The crease area is defined as an imaginary box extending out four feet from the outside corners of the goal.

12. Contacting the puck with a stick above the waist will result in a loss of possession.
13. Saucer passes (i.e. pucks that are lifted low, below the knee) are acceptable.
14. If a puck goes out of bounds, the last team to touch it loses possession. During restart, the defender must give his opponent 2-stick lengths of space.
15. There are no off-sides or icing calls.
16. Goals must be scored from the attacking side of center ice.
17. The monitor will call out the score after each goal. This includes goals scored by players or awarded from minor penalties.
18. Teams must give their opponents 1/2 ice after a goal is scored or an infraction takes place.
19. Games will be composed of two 20-minute halves with a 2-minute halftime.
20. All games are running-time and substitutions can be made during play ("on-the-fly") or while a puck is being retrieved. There is no stoppage of play after a goal is scored, or after a penalty is awarded. It is up to each team to ensure that there are only four players on the ice.
21. Players can only play on one team.
22. Setting picks in offensive zone is not allowed. Deference will be given to a defender in front of their own net where their progress is impeded by the pick or interference of an offensive player.