

**CU • STUDENT REC CENTER INTRAMURALS**  
**ICE 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.**

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 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 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 Rec 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 one regular season game.
  - If you accumulate two or more Honest Effort Forfeits (HEF).
  - If your team fails to average a 3.00 or better sportsmanship rating.
- The Intramural Sports 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 towards your record and sportsmanship rating.

**FORFEIT POLICY**

- **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 shall forfeit to their opponent. Any team that forfeits will be removed from the league for the remainder of the season.
- If you are not playing at least 50% of your scheduled games due to other teams forfeiting, please contact the intramural office to see if we can schedule more games for your team.

## ELIGIBILITY

- Every eligible intramural participant must be a full fee paying University of Colorado student or recreation center member.
- Every eligible intramural participant must present their Buff OneCard or Student 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 no more than one team in the Equal Opportunity division and one in the Co-Rec division per sport per session.
- 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 three club players per team in their specific sport or any related sport, and athletes must play on a team in the most competitive league offered.

## 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.
- An Honest Effort Forfeit (HEF) will be awarded to teams that have only two players at game time for all leagues. Teams with any less than this will be given a standard Forfeit. . Any team receiving an HEF will be given 3.0 points towards their sportsmanship rating.
- 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.

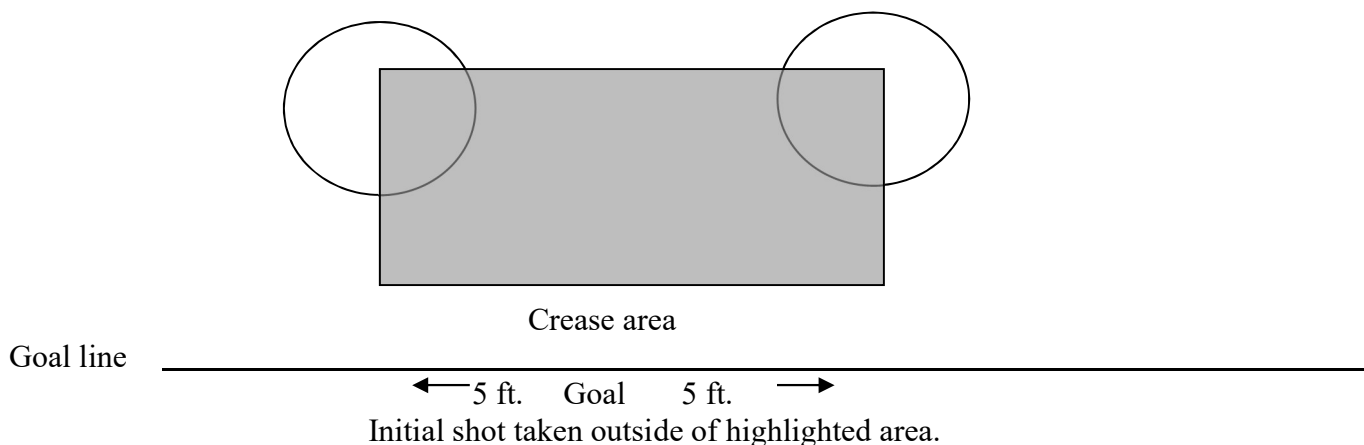
## STARTING THE GAME

- 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 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.

## 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/SPORTSMANSHIP

- Fighting and unsportsmanlike conduct will not be tolerated and are grounds for the entire team and all its members being dropped from the league and/or from Intramural Sports. Any team whose members leave the bench will result in the entire team being suspended for at least the semester.
- Any abusive language, physical gestures and untimely or inappropriate questioning of calls directed at any intramural staff, participant or spectator is grounds for ejection. Team technicals may be given and team captains are therefore responsible for controlling their respective benches.
- Pre and post-game harassing of any intramural staff, participant or spectator, as well as any unsportsmanlike conduct or lack of cooperation, is grounds for program penalty, suspension or expulsion.
- The Intramural Supervisor has the ability to award penalties and/or ejections to any Intramural Participant or Spectator at any point in time.
- Only captains may address the intramural staff on matters of interpretation and discussion.
- Teams are required to clean up after themselves and keep the intramural playing area clean. Failure to do so can impact your sportsmanship rating.
- **Teams must average no less than a 3.0 sportsmanship rating. Failure to do so will result in expulsion from the post-season tournament.**

## TOURNAMENT SCHEDULES

- Teams are considered ineligible for the post-season tournament for the following reasons:
  - Accruing one Forfeit.

- Accruing two Honest Effort Forfeits (HEF).
- Receiving less than a 3.0 sportsmanship rating average.
- Post-season tournament schedules will be posted the last week of the regular season.

**Forfeit Score: 5-0**

**Needed to Start Comp and Int: 6 players**

**Needed to Start Rec: 5 players**

**Minimum to Start for Comp and Int: 5 players**

**Minimum to Start for Rec: 4 players**

**HEF: 2 players**