

Ice Hockey Intramural Rules



Facility: Conti Forum

Uniform: Pennies

Roster Management: TBD

Minimum Player: You need a minimum of 5 players to begin the game. For the competitive league there is a max of 2 club skates and 1 club goalie that is allowed to play. For the recreational league there is a max of 1 club player total.

Clock Management: Each game will consist of three, 12 minute periods. The clock will run continuously except for the last 2 minutes of the third period.

Mercy Rule:

Up 5 after the start of the last period, Up 10 at any point.

Game Rules

Governing Rules: There is no boarding or checking allowed as well as slap shots. Hockey sticks can not be lifted above the waist. Automatic icing and touch up will be called. Fights **WILL NOT** be tolerated.

Faceoffs: Locations are as follows:

- After goal: Center Ice
- Icing: End zone on side of ice from which puck was shot
- Offside: Neutral zone or where puck was shot from
- Penalty: End zone
- Other situations: Where puck was played last but not giving team who caused stoppage an advantage

Offsides: Off-side occurs when an attacking player either carries the puck or shoots the puck directly to a teammate who has both skates inside the blue line. (Note: A player in possession and control of the puck may carry the puck into the zone after his feet enter).

Delayed Offsides: Occurs if the puck is passed or shot into the offensive zone while attacking player is offside but has not been touched by a member of the attacking team. The attacking team may “tag up” by having all players exit the offensive zone.

Penalties: Minor penalties will be a 2 minute running time power play. Major Penalties will be a 5 minute running time power play with a player ejection. Here are the list of penalties below:

- Tripping
- Checking (can be major)
- Holding
- Hooking
- Slashing (can be major)
- High Sticking (can be major)
- Roughing (can be major)
- Spearing (automatic major)

Instances of a Penalty Shot

- A player is prevented a breakaway with a clear path to the net
- A defensive player covers the puck with his hand in his defensive goal crease