UVM Intramural Sports • 3v3 Ice Hockey

The rules governing this intramural sport activity are derived from rules used by the National Federation of High School Associations (NFHS), National Intramural-Recreational Sports Association (NIRSA) and rules unique to the UVM Intramural Sports Program. This rules sheet is not meant to be all-inclusive; rather it is a summary of the more common rules, policies, and procedures used by the Intramural Sports Program. All important policy information can be found in the Intramural Sports Handbook, which is available on our website. All team managers and players are responsible for reading this document and understanding the rules, policies, and procedures prior to participating in this activity.

General/Eligibility
See the Intramural Sports Handbook for complete listing of eligibility.

Varsity & Club Player Eligibility:
- Members of the UVM Varsity Ice Hockey Teams are not eligible to participate in intramural hockey.
- Members of the UVM Club Ice/Roller Hockey Teams are eligible to participate in intramural hockey; however these players are subject to the following participation guidelines:
  - A-League Teams – May consist of entirely club players
  - B-League Teams – No more than one (1) club player (men’s or women’s team members) may be listed on a roster.
- **Penalty:** Any team with a varsity player on the roster or that is in violation of the club player participation guidelines will automatically forfeit every game in which the ineligible player(s) participated. During playoffs, use of an ineligible player will result from the team being removed from further competition.

Intramural Team Participation: Individuals may only play on one team per 3v3 hockey season.

UVM Identification: All players MUST present a UVM Cat Card to the IMS Supervisor prior to each game. Players who do not have their Cat Card will be subject to the terms of the Campus Recreation ID Policy.

Team Rosters: The official team roster consists only of those individuals who are eligible and who have signed the official roster/waiver. Individuals must be listed on the official roster by the end of regular season play in order to be eligible to participate in playoffs. Confirming that all players are listed on the official roster is the responsibility of the Team Manager(s).

Communication with Staff: Team managers are the only individuals permitted to speak with officials regarding substitutions, calls, or questions. If another player attempts to dispute, a warning may be issued. Subsequently, an unsportsmanlike conduct penalty may be called followed by a possible ejection.

Players
Three (3) players per team, 3v3 hockey is an open league

A team may start with no less than two (2) players. In the event a team is playing with the minimum number (2) of players, and a player becomes injured or has to leave (other than an ejection) the game will continue until it is deemed a farce as determined by the officials and supervisor.

**Goalies:** 3v3 hockey is played without a goalie.

Substitutions

**Unlimited Substitutions:** Substitutions “on the fly” are permitted and substitutes can also enter on any stoppage of play. All substitutes must enter from their team bench. NO substitution is permitted for an ejected player. The team will play shorthanded for the remainder of the game. If a team loses two players due to ejection, the team will automatically forfeit.
Goals

- Goals must be scored from the attacking side of the ice, which will be defined by the top of your defensive circle.
- A goal in 3v3 hockey is anytime:
  - The puck hits only the loose netting around the goal or,
  - The puck hits any part of the crossbar surrounding the netting.
- For 3v3 hockey, the net will be face down with players shooting at the top of the net.

Duration of Game and Grace Period

Game Length: Games will consist of two fifteen (15) minute halves, running time.

Timeouts: Each team will be allowed two (2) time outs per game (1 minute in length). Unused timeouts may not be carried over into the Overtime Period (playoffs only). During playoffs, teams will be awarded one, 1-minute time out during OT.

Game Time is Forfeit Time! All intramural events are tightly scheduled based on facility availability to allow for maximum participation, so keeping the games on schedule is very important. Please have your team at the field checked-in and ready to play at least 15 (15) minutes before your scheduled game time. Game time if forfeit time! If one team is late/is not present, the team's manager that is present and has the minimum number of participants required ready to play will be given two options (once a decision is made it cannot be changed):
  - Take the forfeit immediately
  - Give the team five (5) minutes to show
    - If the team shows, the game must be played with only the remaining amount of time left. If the team still does not show, it will be a forfeit.

Reverse Clause: The IM Staff reserves the right to make any necessary time/schedule adjustments due to facility availability and conflicts.

Mercy Rule: If a team is down by seven (7) goals or more at the two-minute mark in the second half, the game will end.

Equipment

Jerseys: HOME TEAM (team listed first on schedule) is required to bring and wear WHITE (no grey) shirts and the AWAY TEAM (listed second) is required to wear dark shirts (no grey-choose from blue, red, maroon, black, orange, tie-dye etc.). There will be a limited number of pinnies made available to teams or players who forget to comply with this rule; however, these teams will be docked a half point on their sportsmanship.

Jewelry: All jewelry must be removed. This includes, but is not limited to, necklaces, earrings, newly pierced earrings, facial piercings, rings, bracelets, and watches. Individuals will not be allowed to tape over any jewelry item. If you cannot remove the item then you CANNOT play.

Equipment: Gloves, sticks, skates and helmets with face guards covering the entire face, are mandatory! No lacrosse helmets or gloves will be allowed. Shin pads, elbow pads, pants, mouth guards and chest/shoulder protectors are highly recommended. Players not having the minimum required equipment will not be allowed to participate. Questionable equipment is subject to approval by the IMS supervisor/official.

Goalie Equipment: Is not allowed to be worn by any player on the ice. This includes sticks, gloves, and goalie pads but players can use goalie helmets and skates

Playing Rules

Body Checking: Body checking is not permitted and will be penalized.
**Slap Shots:** Slap shots are not allowed. A slap shot is defined as a shot being taken where the blade of the stick starts above the player's knee. The first slap shot will be penalized with a face-off in the offending player’s defensive zone. If repeated, the slap shot will be penalized with a 2-minute penalty.

**Thrown Sticks:** If a stick is thrown during an obvious scoring opportunity, a penalty shot will be awarded. If a stick is thrown during any other time, a 2-minute penalty will result.

**Icing:** There is no icing in 3v3 Hockey.

**Offsides:** There is no offsides in 3v3 Hockey.

**Penalties:** Referees will award a penalty shot to the opposing team when a minor penalty is called. A penalty shot will be taken from center ice and must be attempted within 30 seconds of the penalty being called and has to be taken before halfway mark on the ice. Anyone on the opposing team who was on the ice can take the shot. After a penalty shot has been awarded the game will start with a center ice faceoff.

In intramural 3v3 hockey is the accumulation of penalties in the game will impact your team's sportsmanship rating (i.e., if your team earns a high number of penalties it will be reflected in your sportsmanship rating).

**Excessive Penalties:** Any team accumulating seven (7) or more penalty shots in one game shall be ejected from that game. In addition, any team accumulating twelve (12) or more minutes in penalties will automatically forfeit the game and the team manager must meet with the Assistant Director of Intramural Sports before the team may participate again (see Ejected Player policies).

The following penalties will result in penalty shots for the other team:

- Tripping
- Holding
- High sticking
- Hooking
- Slashing
- Slap shots (second offense)
- Delay of game
- Bench minors (too many players on the ice, taking too many time-outs, etc.)*
- Falling or Laying on the ice in an effort to protect the goal area
- Players cannot lay their sticks down to protect the goal area

Major penalties may be given to any player and will last for Two (2) minutes. Teams are not allowed to substitute for that person. The following infractions are subject to this penalty administration:

- Wearing jewelry
- Person other than the captain disputing an official’s ruling
- Disrespect to any official
- Equipment violation
- Obscene language/gestures
- Penalized player not going directly to penalty box
- Unsportsmanlike conduct
- Body checking/excessive contact

Misconduct penalties will result in a five minute major and ejection. Teams are unable to substitute for a player who is ejected for misconduct. Misconduct penalties include the following infractions:

- Fighting
- High sticking to the face/head
- Any contact to the head at all
- Throwing a stick at a player
- Checking from behind or boarding (head first)
- Any attempt to injure a player

*Updated 8.16.2017*
- Disrespect to any official
- Cross-checking
- Boarding
- Charging
- Roughing

**Overtime**
There is no overtime in the regular season. Regular season games will result in a tie.

**Playoff Overtime Procedure**: During the playoffs, tie games will be settled by a five (5) minute (running clock) sudden victory overtime period. If still tied at the conclusion of the OT period, a shoot-out will determine the winner. Teams will be awarded one, 1-minute time out during OT.

**Shoot Out**: During the shoot-out, teams must use the same goalie and players on the ice that finished the overtime period.
- The shoot-out will consist of three (3) players from each team taking penalty shots on an alternating basis.
- If it is still tied after three (3) rounds, the team that scores the first unanswered goal wins.
- Each of the three players participating for a team in the shootout must shoot once before a player can shoot again.

**Definitions**
- **Boarding**: Any player that checks the opponent into the boards.
- **Cross-checking**: A check delivered by extending the arms with both hands on the stick and making contact with the opponent above the waist.
- **Butt-ending**: Any player swinging the end of the stick at the opposing player, regardless of whether contact is made.
- **Slashing**: Any player who swings the stick at any opposing player or makes a wild swing at the puck with the object of intimidating the opponent.

**Penalty Shot**: A breakaway shot between the person taking it and the goaltender. The player carries the puck from the red line and has one shot on net. The goalie must remain in the crease until the shooter touches the puck. Only the fouled player can take the penalty shot. A penalty shot is awarded to restore a lost scoring opportunity. Examples- in the two minutes of regulation or overtime, a defensive player intentionally knocks down the goal net; or the offensive player was prevented a great scoring opportunity by the defensive player tackling or tripping them from behind.