UVM Intramural Sports • 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 – No more than three (3) club players (men’s or women’s team members) may be listed on a roster.
  - B-League Teams – No more than two (2) club players (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 same sex team and one co-rec team per ice 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

Players: Six (6) players per team (including the goalie). Co-rec teams must have at least two (2) men and two (2) women skaters (not including the goalie) on the ice at all times.

- A team may play without a goalie, but no player without goalie equipment may play in the crease. A team may start with no less than five (5) players. In the event a team is playing with the minimum number (5) 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.
- Co-rec teams need to have at least two (2) male and two (2) female skaters and one of either gender in order to avoid a forfeit.
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.

Goalie Substitutions: Goalie substitutions are only allowed if the substitute goalie is present and ready when the goalie requests the substitution. No goalie substitutions will be allowed if the goalie is not fully dressed and ready and must occur during a stoppage of play. Exception- if the goalie on ice becomes injured.

Duration of Game and Grace Period

Game Length: Games will consist of three (3) periods. The 1st and 2nd periods will be ten (10) minutes in length and the 3rd period will be twelve (12) minutes in length. During the last two (2) minutes of the game, the clock will stop on all whistles.

Timeouts: Each team will be allowed one time out per game (1 minute in length). Unused timeout 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 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 third period, 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:** If needed, each team will be issued a set of goalie equipment at the start of the game. A UVM ID must be given to the Intramural Sports Supervisor in order to check out this equipment.

- At the end of the game, the equipment must be returned to the supervisor on duty.
- Any loss or damage of equipment will be charged to the person whose ID was given.

**Changing Areas:** Teams will be allowed to use the locker rooms in the hockey hallway adjacent to the rink. Use of the locker rooms are a privilege that will be lost if the locker rooms are left trashed. Failure to comply will result in your team being dropped from the league. Teams will be docked one sportsmanship point for leaving trash (i.e., water bottles, tape, etc) in the locker rooms and/or the bench area.

**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:** Icing rules are in effect. If icing is called, play shall be stopped and the puck will be faced off at the end face-off spot of the offending team. Note: If a team is shorthanded due to an ejection or from a shortage of players, they will not be allowed to “Ice the Puck.”

**Offsides:** Offsides will be called. Delayed offsides will be in effect.

**Penalties**

Intramural ice hockey is different from NHL/NCAA ice hockey (where penalties are “part of the game”). The accumulation of penalties in intramural ice hockey 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 player accumulating six (6) or more penalty minutes 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 polices](#)).

**The following penalties will result in two-minute minors:**

- Tripping
- Holding
- High sticking
- Hooking
- Slashing
- Goalie interference
- Slap shots (second offense)
- Delay of game
- Bench minors (too many players on the ice, violation of CoRec rules, taking too many time-outs, etc.)*

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*Note*: Any bench minor penalties will not count towards a player’s own penalty minutes. Double minors (4 minutes) can be called for any of the above penalties at the official’s discretion. If a player is ejected due to committing too many penalties, the player’s team must play shorthanded for the remainder of the game.

Major penalties may be given to any player (including the goalie) and will last for five (5) minutes. Teams are 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

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
- Disrespect to any official
- Cross-checking
- Boarding
- Charging
- Roughing

**Overtime**

*(Rules for overtime are subject to change before the playoffs begin)*

**Ties**: There is no overtime in the regular season.

**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 five (5) players from each team taking penalty shots on an alternating basis. Co-rec teams must alternate genders.
- If it is still tied after five (5) rounds, the team that scores the first unanswered goal wins.
- Each of the five players participating for a team in the shoot out must shoot once before a player can shoot again. *Exception: Since Co-Rec teams must alternate male-female, members of one gender will shoot again to maintain the alternating order if there are not an equal number of males and females present.*

**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.

- **Goalie Interference**: Unless the puck is in the goal crease, a player of the attacking team may not stand in, have their stick in, or skate through the goal crease while the attacking team has possession of the puck. Violation of this rule will result in a face-off at the nearest neutral zone spot. Goals will count if the defending player(s) causes the attacking team to be in the crease.

- **Icing**: When a team of equal or superior man strength shoots the puck from the player's own half of the ice (Red Line) beyond the goal line of the opposing team.

- **Offside**: Players of the attacking team must not precede the puck into the attacking zone. When both skates are completely over the outer edge of the blue line involved in the play at the instant a puck completely crosses the outer edge of the line. A face-off will then occur just over the blue line in the neutral zone. A player who is in possession and in control of the puck may back across his attacking blue line without being offside.

- **Delayed Offside**: A situation where an attacking player (or players) has preceded the puck across the attacking blue line, but the defending team is in a position to bring the puck back out of its defending zone without any delay or contact with an attacking player, or, the attacking players are in the process of clearing the attacking zone. An offside call will not be made if one of the following conditions is met:
  1. All players of the offending team clear the zone at the same instant (skate contact with the blue line) permitting the attacking players to re-enter the attacking zone.
  2. The defending team passes or carries the puck into the neutral zone.

  If, during the course of the delayed offside, any member of the attacking team touches the puck, attempts to gain possession of a loose puck, or forces the defending puck carrier further back into his own zone the official will stop play and enforce the offside penalty.

  If, during the delayed offside an attacking player in the attacking zone elects to proceed to the team bench to be replaced by a teammate, the player shall be considered to have cleared the zone provided that the player is completely off the ice and the replacement comes onto the ice in the neutral zone. If the replacement comes on the ice in the attacking zone (if the offside is still in effect) the player must clear the attacking zone. If the remaining attacking players have cleared the attacking zone and the official has lowered the arm for the delayed offside, the player shall be considered on-side.

- **Power Play**: An advantage given for 2 minutes (minor penalty), 4 minutes (double-minor), or 5 minutes (major penalty) for the team not committing the penalty. All minor penalties end if the team with the Power Play scores. A team cannot be more than two players down at one time. If a third penalty to a person is called that person will be required to sit in the box until their time starts at the end of the first assigned penalty.

- **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.