**INTRAMURAL ICE HOCKEY RULES AND REGULATIONS**

**GAMEPLAY**

1. Game duration will usually be 3 x 20-minute periods with no clock stoppages. Games may be longer or shorter, subject to availability of ice time (no overtime).
2. Roughing will be considered a major penalty.
3. If a team is unable to ice the required 6 players by 10 minutes after game time, they will default the game.
4. Substitution(s) may occur at any time.

**EQUIPMENT**

5. No jewelry (unless properly taped down), non-elastic head bands, or hard support braces are allowed during game time. Captains will be warned at the beginning of the game to have all their players remove such items. During the game, players found with such items will be asked to leave play until the item is removed.
6. All players must have a jersey with a defined and separate number on it, and must be in contrasting colour to the opposing team. It is the responsibility of the captain to sign out jerseys from the equipment desk prior to game play.
7. The butt-end of the hockey stick MUST be taped.
8. Helmets and face masks: Only CSA approved helmets will be acceptable. Full screen face masks and Itech face masks that are CSA approved are acceptable.
9. Players will not be allowed on the ice with improper equipment, which includes shoulder pads. Neck guards are strongly encouraged but not mandatory.
10. Goalies and players must adhere to CHA equipment rules.

**PLAYERS**

11. Each team must have a minimum of six (6) players to start a game.
12. Rosters max out at 18.

**CENTRE LINE**

13. The centre line will only pertain to icing calls. There will be no zone (2 line) passes.

**BODY CHECKING**

14. Body checking of any type is **not** permitted in intramural hockey. A minor or major penalty will be assessed at the discretion of the official.
LINE CHANGES

15. Teams may change players at any time during the game, however, if the officials feel a team is deliberately delaying the game, a delay of game penalty may be assessed. A delay of game bench minor penalty will be assessed for violation of this rule.

PENALTIES

16. Minor – 3 minutes (Running Time)
17. Double Minor – 6 minutes (Running Time)
18. Major – 7 minutes (Running Time)
19. Misconducts – 10 minutes, however team doesn’t play short-handed. (if less than 10 minutes remaining in the game, possible suspension from additional games).
20. Game Misconduct - ejection from game, and suspension from league pending disciplinary hearing.
22. Three (3) minor penalties or two (2) major penalties to any one player in a game will result in ejection of that player from that game, and possible suspension from additional games.
23. Roughing will be considered a major penalty.

ANY PLAYER WHO RECEIVES A MAJOR PENALTY DURING THE PLAYOFFS WILL AUTOMATICALLY BE SUSPENDED FOR THE REMAINDER OF THE POST SEASON.

Any player dropping their gloves or removing any other protective equipment on the ice during an altercation will be automatically suspended from the Intramural Program for the remainder of the academic year.

Any team receiving 8 penalties (not including co-incidentals) during 1 game will forfeit that game and be put on probation for the remainder of the season. Their opponents will be declared the winner regardless of the score on the game clock.

OVERTIME

24. For playoff games that are tied after regulation time, a five-minute running time sudden death period will be played.
25. If the game remains tied upon completion of the sudden death period, three (3) players /team will shoot penalty shots.
26. If after these six (6) players have taken their penalty shots, the game remains tied, another player from each team will be chosen to shoot. This procedure continues until the tie is broken.
27. No player is permitted to shoot twice until all other skaters have had a turn.
28. During the shoot-out both teams shoot simultaneously at opposite ends of the rink. For the overtime, the goaltenders will remain in the nets that they were in during the third period.

CO-ED RULES

29. In Co-Ed Leagues, there must be a minimum of 1 female on the ice at all times. If a team has no female players then they must ask the opposing team for permission to play with all male players or to play a player down otherwise they are subject to a forfeit.