

# IM ICE HOCKEY RULES

The following is a summary of rules and regulations for Ice Hockey. It is not the complete set of rules but includes the rules most frequently in question. All rules are adopted by the National Federation of Ice Hockey (MHSAA) will be in effect except for the modifications listed on these rules.

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## Rule 1: Facility & Equipment

**Article 1.** Facility- Ewingleben Ice Arena: 210 Sports Drive, Big Rapids, Michigan, 49307

### **Article 2. Equipment**

- a) Jerseys: Teams must provide their own jerseys when playing. The Intramural Department will bring pennies to fit over jerseys in case teams wear the same colors.
- b) Helmets: All participants are required to wear a protective helmet with full face mask. No half masks or shields are permitted.
- c) Skates: Each player must provide their own skates. If skates need to be sharpened, Ice Arena staff requests that skates be dropped off by 12:00pm, noon, to be ready for the evening's game.
- d) Pucks will be provided by the Intramural Department.
- e) Mouthpieces: Must be worn at all times while on the ice. Mouthpieces may be purchased at the Ice Arena if the store is open at time of game.
- f) Sticks: Participants must provide their own stick; tape is available for purchase at the Ice Arena.
- g) All other protective equipment (i.e. shoulder pads, arm and leg pads) must be worn and provided by the participant.
- h) Jewelry is illegal. All head/facial piercings must be removed or not visible to the intramural official  
NOTE: Officials of each game will determine legality of all equipment. A player wearing illegal equipment will not be permitted to play.

## Rule 2: Eligibility & Game

### **Article 1. Player Eligibility**

- a) No ID, no play, no exceptions.
- b) All currently enrolled Ferris State University students, faculty, and staff are eligible to participate in the Intramural Sports program. Each participant is responsible for verification of his/her eligibility.
- c) All varsity athletes are ineligible to participate in similar Intramural sports for a period of one calendar year since their last game/match.
  - a. Example: A varsity hockey athlete cannot participate in Intramural Hockey but can participate in other Intramural events like basketball or volleyball.
- d) A player can only play for one team per sport. If a player is caught doing so, the team will be required to forfeit the game that player played in. It will be up to the Intramural Sports Staff whether the participant will be suspended from any further Intramural activities.

### **Article 2. Playoff Eligibility**

- a) Intramural sports recommends that you have at least two extra players than the required amount on your roster, in case you need substitutes throughout the regular season and playoffs.
- b) All players must be listed on the team roster as soon as possible during the regular season.
- c) Rosters will be frozen the 3<sup>rd</sup> week of the regular season. This means that all players must be signed up on IMLeagues on the roster of that team and paid for prior to the beginning of the 3<sup>rd</sup> game. No additions will be allowed unless approved by the Assistant Director of Intramurals and Club Sports.



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- d) Teams must have a sportsmanship rating of 2.75 or better to make the playoffs.
- e) Teams must maintain this 3.0 rating during the playoffs.

## Article 3. Game

- a) The game will consist of three 12 minute periods. There will be a one minute interval that separates each period. The clock will run continuously throughout the game unless stopped by time outs or injuries. The clock will stop on all whistles during the last 2 minutes of the game if the difference in score is two goals or less. Clock will stop on all whistles in an overtime period.
- b) Game time is forfeit time! Make sure your team members are present, signed in, and ready to play at game time. Show up at least 15 minutes ahead of your scheduled game time to allow your team to check in with the supervisor.
- c) Puck in play: The pucks shall be put in play by a face-off.
- d) Teams have one (1-minute) timeout per period. Timeouts not used in the first period will not carry over to the second period; likewise third period unused timeout will not carry over during the overtime period. Only players on the ice (legally in the game) may request a timeout.
- e) Over time: there is no overtime in the regular season. Games that end in a tie during regular season will remain a tie.

## Article 4. Overtime

- a) In the event of a tie at the end of regulation in playoffs, there will be a three minute sudden death overtime period to determine the winner. The first team to score wins the game.
- b) There shall be a 2-minute rest period prior to the start of the overtime periods.
- c) Should the score still be tied at the end of the overtime period, we will have a shootout. Three (3) penalty shots will be taken in alternating turns.
- d) During the shootout, teams must use the game goalie and players on the ice that finished the overtime.
- e) Teams must select the 3 players who will shoot. Teams cannot use the same player to shoot until all players on the ice have shot at least once.
- f) If the score is still tied after 3 rounds, the team that scores the first unanswered goal wins.

## Rule 3: Intramural ice Hockey Specifics

### Article 1. Stick Handling

- a) Use of the stick: Hands must remain on the stick at all times. Any time a player (in the officials' judgement) uses their hands to impede another player or to gain an advantage (i.e. clutch and gab), a penalty will be assessed (2 minutes unless blatant or flagrant contact).
- b) If any portion of the puck is above waist level, it may not be played with any part of the stick, nor shall a player carry any part of the stick above the level of their shoulders on the back swing or above the level of their waist on the follow through. Penalty is high sticking. High sticking will be called at any time including during a penalty shot or overtime shootout procedure.
- c) Should an injury be caused while playing a puck struck above the waist, a major penalty shall be invoked against the offender; 5-minute penalty.
- d) A player on the ice must have a stick to participate; 2-minute penalty.
- e) Playing with a broken stick is illegal. A broken stick is to be dropped to the ice immediately. Should a player suffer an injury due to the use of a broken stick, the offending player will be ejected.
- f) A goalkeeper may receive a stick from a teammate without proceeding to the team bench.
- g) Throwing a stick is illegal. If a stick is thrown in an attempt to prevent a goal, a goal shall be awarded.
- h) Kicking, throwing, or knocking down an opponent's stick for the purpose of keeping it from his/her possession calls for a minor penalty (2 minutes).
- i) Holding an opponent or an opponent's stick with the hand, arm, leg, stick or otherwise is illegal; 2 minute penalty.
- j) It is legal for a player to lift an opponent's stick with his/her own stick when the opponent is playing or attempting to play the puck. This legal lifting shall be momentary and only for the purpose of taking possession of the puck or to prevent the opponent from playing the puck



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## Article 2. Infractions and Penalties

- a) Offside – If a player enter the opposing team’s defensive zone before the puck does, that player is offside.
- b) An offside violation results in a face-off outside the zone at the nearest face-off spot.
- c) A person serving a 2-minute penalty may re-enter the game if the opposing team scores a goal. This applies only when a team is shorthanded.
- d) Major 5 minute penalties will be served in full and the player may not re-enter until the time has been served.
- e) Use of the body: The puck may be stopped or controlled with the skates but it must not be propelled to a teammate. It may be stopped by any other body part but it must not be carried or held. It may be propelled forward by the stick only. There shall be a face-off if the puck is caught and held, carried, or passed to a teammate by the hand, arm or foot.
- f) Prohibited body actions: No player, while covering or being covered may push, shove, hold, hook, cross check, or charge an opponent (2 or minute penalty).
- g) Diving, rolling types of body checks and charging are illegal (2 or 5 minute penalty).
- h) Other than the goalkeeper, no player shall pickup, cover or trap the puck with his/her hands or body when the puck is on the ice. Should a defending player do so within his/her own crease, or in front of the goal area, a penalty shot shall be awarded to the attacking team.
- i) Any player receiving a third contact penalty (roughing, slashing, sliding, etc.) in the same game will be disqualified for the remainder of the game. No further suspension will be given unless the player is ejected for unsportsmanlike behavior.

## Article 3. Goalkeeper Privileges

- a) Goalkeeper privileges: He/she may play the puck in any manner or direction; however, stick throwing is illegal (5 minute penalty).
- b) Within the crease, the goal keeper may stop the puck by catching, batting, or kicking it with his/her hands, skates, body or stick.
- c) Slashes at the goalkeeper while the puck is in the crease is illegal (2 minute penalty). If in the official’s judgement, the action was blatant, the penalty time can be 5 minutes.
- d) The goalkeeper cannot intentionally kick the puck to a teammate, no deliberately throw or bat the puck out of the playing area. His/she may not intentionally displace the goal cage to disrupt, delay play, or prevent a goal (this action is subject to penalty or penalty shot, whichever is appropriate).

## Article 4. Penalty Shots

- a) The penalty shot shall be taken by the player fouled unless he or she is injured in which case it may be taken by a teammate who is not serving a penalty. If no particular player was fouled, the penalty shot may be taken by any member of the team fouled who is not serving a penalty (captain’s choice).
- b) All players shall move behind the blue line and remain quiet until the shot has been completed. A second attempt will be awarded if any interference or attempt to cause the penalty shot to fail is made by the defending team besides the goalkeeper.
- c) The puck shall be placed on the attacking player’s blue line in the center of the rink. At the official’s instruction the shooter shall begin toward the goal, keeping in motion toward the goal until the puck is shot.
- d) Only one shot is permitted and the penalty ends when:
  - a. A goal is scored.
  - b. The shot taken does not score due to goalkeeper save
  - c. Shot misses the net.

## Article 5. Ice Arena Guidelines

- a) All players must stay off the ice when the Zamboni is operating and may not enter the Ice Arena until the Zamboni is off the ice and the doors are closed to the Zamboni Pit.
- b) Use of the Ice Arena locker room is a privilege. Please keep the locker rooms picked up (i.e. tape and garbage in trash bins). Any damage to the locker room area will result in the loss of a privilege and any costs being divided amongst the entire team responsible.
- c) Alcohol and Tobacco Use: Not allowed. Anyone caught using alcohol or tobacco will be immediately ejected and their team will forfeit the game.



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## Article 6. Injured Player

- a) Any player that is injured (or apparently injured) who is discovered by an official when the ball is alive or dead and play is stopped for them will be required to sit out at least until the next substitution opportunity (after the ball becomes live again). Any player that is found to be bleeding must immediately be removed from the game and must receive attention to stop the bleeding. If in the official's judgement there will be an unusual delay (more than 30 seconds) to administer the first aid, the player who is bleeding will need to be substituted for.

## Rule 4: Captain's Responsibilities & Sportsmanship

### Article 1. Captain Responsibilities

- a) The captain must maintain control of his/her team's sportsmanship. Your team will be graded each game and must maintain a 2.75 average to make the playoffs. Every team makes the playoffs as long as they have the proper sportsmanship average. The captain is also in charge of the fans that come to support his/her team. The fans sportsmanship can also have an effect on your team's sportsmanship rating.
- b) **GAMETIME IS FORFEIT TIME.** If your team does not show up ON TIME for your scheduled game, your team will receive a forfeit and a 3sportsmanship rating. If at least one member of the team shows up before the scheduled start time, a 5 minute grace period will be awarded.
- c) **If your team forfeits, a \$25.00 fee will be issued to the Captain, and will need to be paid by 3 pm prior to the next game. Failure to do so will result in a second forfeit.**
- d) If your team forfeits a second time, by any means, the Captain will be issued another \$25.00 fee and their current team will be removed for the rest of the season.
- e) **If the Captain is unable to make it into the SRC to pay the forfeit fee in time, he/she is allowed to contact the Intramural Office to authorize the fee to be charged to their Student Account. We will try our best to contact the captain the next morning after to remind them about the fee. However, this is ultimately the Captain's responsibility!**
- a) Defaults are an alternative to forfeiting game. If your team will not be able to make it to a scheduled game, you may contact the Intramural office by **3pm on the day of the game (3pm on Friday for Sunday games)** and let us know you will default the game. Your team will receive a loss, but you will not have to pay a forfeit fee.

### Article 2. Appeal Play/Protest

- a) Protests will not be received or considered if they are based solely on a decision involving the accuracy of judgment on the part of an umpire.
- b) The appeal must be made before the next legal snap of play. The following may be appealed/protested:
  - a. Misinterpretation of a playing rule.
  - b. Failure of an umpire to apply the correct rule to a given violation.
  - c. Failure of an umpire to impose correct penalty for a given violation

\*\*\* Written protests may be filed in the Intramural Office anytime between the initial time of the incident to the following day by 3pm. (see desired articles under Rule 3: Intramural Sports Specifics for rule clarification) \*\*\*

