



St. Cloud State University
INTRAMURAL SPORTS
Ice Hockey Rules



POSTINGS

Schedules for the league will be posted online at http://www.stcloudstate.edu/intramurals/intramural_listing.asp

Minnesota Sport Federation hockey rules shall govern play with the following exceptions:

ELIGIBILITY

All players must have a SCSU I.D. to participate. All players must bring their I.D. onto the ice with them.

Playing Time

- 1) Games will consist of three 12 minute periods with 2 minute intermissions between periods. Clock will stop for whistles in the last 1 minute of all three periods of the game unless a team is trailing by three or more goals. **Games will be called if a team is 5 or more goals ahead with five minutes or less remaining in the third period.**
- 2) Teams will be allowed one 45 second time out per game. The time out may only be called after a "whistle".
- 3) Forfeit time is 5 minutes after scheduled starting time. Team captains should arrive early to sign in team and notify Program Assistant that your team is here.
- 4) Games will begin on the scheduled time. We will allow a minimum of five minutes of warm up before each game.
- 5) Regular season ties will be decided by a three person shootout. If, after the three person shootout, the score remains tied, the game will end in a tie.
- 6) During playoffs, if a game ends in a tie a 3 minute sudden death overtime period will be played. If the game remains tied a 5 person shootout will take place, followed by a one person sudden death shootout if the game remains tied after the 5 person shootout.

Equipment

- 1) Required equipment includes: **helmets with full face masks, mouth guards, shin guards, elbow pads, and gloves. This equipment must be worn.** No one will be allowed to play without this equipment. **Helmets are available for checkout with a validated I.D.**
- 2) Hockey sticks, including goalie sticks, and mouth guards are available for purchase at the arena pro shop. There are no stick rentals.

General Rules

- 1) Six players are allowed on the ice at one time. One must be designated as a goalie to have goaltender privileges.
- 2) No body checking is allowed.
- 3) Delayed off-sides will be used. The off-side will be waived if all of the player's in the attacking zone clear the attacking zone simultaneously by making contact with the blue line.
- 4) Icing will be called if the puck is shot into the attacking zone from **behind the BLUE LINE.**

PENALTIES

- 1) Each team will be a player short if a coincidental penalty is called (4 on 4).
- 2) If a power play goal is scored during a minor penalty the player who is serving the penalty will be set free. During a major penalty the player who is serving the penalty must stay in the penalty box for the full five minutes, regardless if a goal is scored upon their "shorthanded" team.
- 3) If there is a penalty shot called, no time will be served. The penalty shot will be awarded for a player being fouled from behind and denied a breakaway scoring opportunity. Also called for deliberately displacing the goal post during a breakaway or called when a defending player other than the goalie intentionally falls on the puck, usually around the defensive net area.

- 4) In the event of a penalty on the goaltender the goaltender shall not be sent to the penalty box, instead the minor penalty shall be served by another member of his team, who was on the ice when the infraction was committed.

Two Minute Penalties (Minor)

- 1) No body checking is allowed. (A checking penalty will be called)
- 2) Carrying sticks more than four feet above the ice in a way likely to cause injury. (A high-sticking penalty will be called)
- 3) Failure to drop a broken stick. (An unsportsmanlike penalty will be called)
- 4) Throwing or leaving a stick or other equipment on the ice. (An unsportsmanlike penalty will be called)
- 5) Holding of an opponent's body or stick (A holding or hold-the stick-penalty will be called)
- 6) Delaying the game by any means. (A delay of game penalty will be called)
- 7) Intentionally causing the puck to leave the rink. (A delay of game penalty will be called)
- 8) Holding, closing the hand on, or intentionally covering of the puck. (A delay of game penalty will be called)
- 9) Interference with an opponent not playing the puck by personal contact. (An interference penalty will be called)
- 10) The goaltender advancing beyond his own blue line and making a play on the puck. (An unsportsmanlike penalty will be called)
- 11) Slashing an opponent's body or stick. (A slashing penalty will be called)
- 12) Cross-checking of an opponent with the stick. (A cross-checking penalty will be called)
- 13) Elbowing an opponent to gain a competitive advantage. (An elbowing penalty will be called)
- 14) Hooking of an opponent to impede the player's progress or cause them to lose control of the puck. (A hooking penalty will be called)
- 15) Tripping of an opponent with the stick or any body part. (A tripping penalty will be called)
- 16) Rough play of any means is a penalty. (A roughing penalty will be called)
- 17) Interfering with the goaltender in any measure. (A goaltender interference penalty will be called)
- 18) Too many players on the ice. (Too many players on the ice penalty will be called)

5 Minute Penalties (Major)

- 1) **Flagrant** boarding, charging, cross-checking, elbowing, high sticking, slashing, tripping and unnecessary roughness. (The same penalty will be called as stated above but a 5 minute major (intent to injure) penalty will be called and the player will be immediately ejected.)
- 2) Goalkeeper flagrantly fouled in crease.

10 Minute Penalties (Misconduct) – All result in immediate ejection.

- 1) Abusive language/gestures.
- 2) Disrespect to officials.
- 3) Instigating or baiting an opponent.
- 4) Throwing stick off ice.
- 5) Checking from behind.

***Any player receiving a game misconduct or disqualification must meet with the Intramural Director **before they will be allowed to play again**. A game misconduct penalty carries a minimum of a one game suspension from the league for that player. A fighting penalty will be grounds for suspension from the league. **Fighting will not** be tolerated in Intramural Hockey. Two players from the same team ejected will result in a forfeit of the game at that point.

POINTS OF EMPHASIS

1. A player will be ejected from the game after their third penalty.
2. Hooking of opposing player's bodies to slow their progress will be tightly enforced.
3. Play in front of the net should be free from rough play and pushing. Players should "play the puck and not the body". Officials will closely watch this action.

4. Players can only participate on one team. Forfeiture of all games the illegal player participates in will result if a protest occurs. Protests should be addressed to the program supervisor at the rink.
5. Goalies are urged to return their rented equipment to the Pro Shop as quickly as possible in order to alleviate delays in the following games if goalie equipment is necessary.
6. Striking the glass, throwing a helmet, or chewing tobacco during the game will be immediate ejection. If it occurs at the end or after the game it will be a one game suspension.
7. Do not come to the game intoxicated. Players who come to the game under the influence will receive a game misconduct, may cause their team to forfeit that game and will have to meet with the Intramural Director before they may play again.