IOWA STATE INTRAMURALS
ICE HOCKEY RULES----SPRING 2016

“Be positive, play fair, show respect and have fun”

INJURY AND HEALTH DISCLAIMER

Participants should be aware that there is a risk of injury in participation due to the inherent nature of the activity. Individuals are encouraged to have a physical examination and to obtain adequate health and accident insurance prior to participation. Individuals participate in intramural activities at their own risk.

PHOTOGRAPHS

Photographs of activities may be taken and used internally to promote our activities. Please contact the Intramural Sports Program if you are opposed to having your picture used in Intramural displays and representations (web page, flyers, etc.).

ELIGIBILITY

ISU students who have paid the current Activity and Service Fee (Recreation included) are eligible to participate in the Intramural Sports Program with their valid ISUCard. All ISU students are assessed the Activity and Service Fee with a few exceptions. Examples of some of the exceptions: APP students, noncredit internships and co-ops, distance education courses, etc. You may check your U-Bill online to see if you have paid the Activity and Service Fee. If you have not been assessed the fee and want to participate, you may pay the fee at the Registrar’s Office in Beardshear Hall.

Recreation Pass Holders (Spring 2016 and Annual 2015-16) are eligible to participate in the Intramural Sports Program.

All participants must bring a current ISUCard to each game. Some of the skill divisions have restrictions on experienced players -- see the ( III. PLAYER/SUBSTITUTES B. - below) for skill division details.

A player may play on ONE team only.

Ineligible: ISU Hockey Club Varsity Players (Men and Women) Fall 2015 – Spring 2016

ISU Intramural Ice Hockey will follow National Federation High School rules with the following exceptions and inclusions:

I. EQUIPMENT:

A. The Intramural Program will provide pull-over mesh jerseys, helmets, sticks, pucks and goalie equipment. The goalie equipment includes: helmet with throat guard, chest protector, leg pads and gloves. This equipment will be available through the Intramural Officials at your game. Any lost, stolen or broken equipment must be paid for by the player/team.

B. Players may wear their own helmets – but they must be HECC certified helmets with FULL face protection--cage or shield. Chin straps need to be securely fastened. Play should stop immediately if a helmet comes off. (If it's intentional to prevent a score, it is a penalty shot.) Only players are allowed in the bench area and they must have their helmets on at all times.

C. ALL PLAYERS MUST PRESENT THEIR ISU ID CARD AT EACH GAME.

D. Players must provide: hockey skates (no figure/speed skates) Recommended (but optional) equipment includes: gloves, shin pads, knee pads, thigh pads, hip pads, protective cup for men, elbow pads, shoulder pads, dental guard and throat/neck protector. The ice rink has dental guards for sale. No JEWELRY may be worn. Medical or religious medals shall be taped to the body under your clothing.
E. **LEGS MUST BE COVERED WITH TIGHTS OR PANTS.** Uncovered legs are more easily scraped on the ice and blood delays take time away from players in the game and sometimes back-up the entire night’s schedule.

F. Skates may be rented at the ice rink - $3.00. You need a picture ID to rent skates. **Bring two ID’s if you plan on renting skates…because you need your ISU ID to show to the officials who are refereeing your game.**

G. **NO ONE** can go on the ice until the Zamboni gates are closed and locked.

II. **TIME REQUIREMENTS**

A. Games will consist of three 8 minute periods, running clock. There will be 2-minute breaks between periods. **Each team will be permitted to take (1) time-out of one minute duration during the game and the clock will stop.** The clock will also stop during a penalty shot unless it is taken during an intermission.

B. Late penalty - If a team is not ready at the scheduled game time, the clock shall start as usual for that period and their opponent will be awarded one (1) penalty shot during intermission. A second penalty shot is awarded if they are not ready at five (5) minutes into the first period. It is a forfeit if a team does not have the minimum number of players ready to play by the end of the first period.

C. Any time during the game, a player who is bleeding, has an open wound, or has blood on his or her equipment/clothing - must leave the game. The blood flow must be stopped, the wound covered, and/or jersey removed before the player may return to the game. The clock will stop at the Intramural Supervisor’s discretion.

III. **PLAYERS/SUBSTITUTES:**

A. Six (6) players on the ice. A team must have 4 players to start a game. **There will be a limit of 12 players at a game for your team.** You may have more than 12 players on your team – but only 12 are allowed at each game. Keep in mind that the periods are 8 minutes running time – so fewer players means more playing time for them. A player may play on ONE team. **A player must play in a prelim game to be eligible to play in the tournament.** For Ice Hockey, just being listed on the roster does not make you eligible to play in the tournament … you must PLAY in a prelim game. **The tournament goalie must have played at least one prelim game in the goal.**

B. **OPEN –** Varsity ISU Hockey Club players are not eligible for IM hockey.

   A teams – Limit of 6 --- current ISU D3 club or former varsity & D3 club/intercollegiate players.
   B teams – Limit of 3 --- current ISU D3 club or former varsity & D3 club/intercollegiate players.
   C – Gold – Limit of 1 current ISU D3 club or former varsity & D3 club/intercollegiate player
   C – Cardinal & D teams - No ISU D3 club or former club/intercollegiate players

   **WOMEN –** ISU Hockey club players are not eligible for IM hockey. Limit of 1 --- ISU former club/intercollegiate player.

   **(Any exceptions to this rule must be cleared through the sport director.)**

C. Substitution may be at any time as long as it doesn't interfere with the game. The player coming out of the game must be off the ice before their substitute may enter onto the ice.
IV. SCORING/TIES

A. A goal is NOT allowed if the puck is kicked, thrown, carried or otherwise deliberately directed into the goal by any means other than a stick.

B. The puck must go completely across the goal line in order to be a goal. 

   "Remember ... we don’t have instant replay ... so this decision is based on what the officials could see."

C. Tie games will be settled with a 3-person shootout. Each team will select 3 shooters and the two teams will alternate shots. If the game is still tied, teams will alternate penalty shots until one team makes it and the other team misses...Continue to use a 3-person rotation (they may switch the order of individuals after the initial 3 shots.) If a team did not have a goalie during the regulation play, they may still designate one for the shoot-offs. Once a goalie is designated he/she must remain the goalie for the entire shoot-out unless he/she is injured. The designated overtime goalie cannot be one of the shooters. The puck shall be placed at the center face-off spot. At the referee’s instruction, the shooter shall begin toward the goal, keeping in motion toward the goal until the puck is shot or has crossed the goal line extended. The puck may be drawn back as long as the player continues to maintain forward progress. If a player reverses motion away from the goal – the shot is forfeited. Only one shot is permitted. When the attacking player touches the puck, the goalie may come out of the crease to stop the puck.

V. PLAYING RULES

A. NO OFFSIDES CALLED. NO ICING CALLED.

B. NO CHECKING is allowed in Intramural Hockey. PENALTY--Minor.

   What is checking? – when a player raises his hands and/or elbows up or lowers his shoulder and pushes forward instead of just absorbing incidental contact.

   If flagrant—major penalty and possible game disqualification. You must make an attempt to play the puck before any body contact is made. (This means the stick will be on the ice.)

   Only incidental contact will be allowed.....and that is when players run into each other with neither pushing forward or making an aggressive move toward the other.

C. Delay of the game –

   A player who traps the puck with his/her skates (usually against the boards) and remains stationary so the opposing player cannot get the puck. – Minor Penalty. If delay of game occurs in the last 2 minutes of play -- the clock should be stopped and restarted when the puck is dropped.

   Delay caused by arguing--if this delay is by the team that is ahead with the obvious intent to stall the remainder of the game, the official may call a delay of the game penalty. (Minor penalty served by a player who was on the ice when the penalty was incurred; player designated by the captain.) On the discretion of the supervisor, the clock may be stopped to foil the stalling technique.

D. High Stick - The puck may not be played or stopped with any part of the stick when the puck is over 4 feet (goal post height) off the ice (exception – goalkeeper in the goal crease). This action will result in a faceoff.

   Striking an opponent with the stick above the shoulder – results in a minor penalty.

   Intentionally striking an opponent with the stick above the shoulder – will result in a major penalty or game disqualification.
E. “Slap shots” - are ONLY allowed in the men’s “A” skill division. A slap shot is when a player raises the blade of his/her stick higher than their knee in their backswing and executes a high velocity shot. It will result in a 2 minute penalty. Remember that not everyone is wearing shin guards, protective pads and gloves.

F. Use of Hands - the puck may be stopped by the hand on or above the ice. The puck cannot be propelled to a teammate unless you are both in the defensive zone. If the puck is caught and dropped immediately, play shall continue. Play shall continue if the propelled puck goes directly to an opposing player or the puck is batted down and the same player plays the puck. Exception - goalie

G. Goal Crease - One person has designated goalie privileges. If the goalie goes outside the crease and another defensive player moves into the crease, that defenseman has no goalie privileges. If the defenseman freezes or falls on the puck in the crease with no attempt to get up – it is a penalty shot. The goalie cannot go beyond the center line. Goalies may not lay down continuously across the crease to prevent goals.

If the puck is in the crease, offensive players may be in the crease. A goal shall NOT be allowed if: any member of the attacking team (other than the player in possession of the puck) is in, skating through or has his/her stick in the goal crease when the goal is made from outside the crease. If an attacking player has been pushed into the crease by a defensive player (then goal is allowed).

H. MINOR PENALTY

1. A minor penalty will result in a two (2) minute penalty for the offender. If a goal is scored by the opposing team, the first penalty shall terminate. If the goalie commits a minor penalty, the penalty time shall be served by a teammate on the ice at the time of the offense. (Penalty clock will start when the puck is dropped to resume play following the penalty call)

2. Minor penalties include but are not limited to: body checking, cross checking, charging, delaying game, elbowing, high sticks, holding interference, hooking, kneeing, leaving feet to play puck, tripping, slashing, unsportsmanlike conduct, unnecessary roughness, intentionally shooting or batting puck out of the rink, slap shot in skill level B, C and D

Some examples of unsportsmanlike conduct: 1) openly disputes or argues an Official’s decision, 2) uses obscene or vulgar language in boisterous manner, not directed at any particular person, 3) visually demonstrates dissatisfaction with an Official’s decision

Any flagrant minor penalty may result in a major penalty and possible ejection from the game.

I. MAJOR PENALTY

1. A major penalty will result in a four (4) minute penalty for the offender. A player will serve the entire duration of his/her penalty regardless of the number of goals scored by the opponents during that time.

2. Major penalties include but are not limited to: flagrant minor penalties, grabbing opponents facemask, head spearing, head butting, 2nd unsportsmanlike conduct penalty, kick shot and checking from behind.

Any flagrant major penalty may result in ejection from the game.
J. GAME DISQUALIFICATION

1. A game disqualification consists of a major penalty (4 minutes) and immediate ejection of that player from the game and suspension from all intramural sports.

2. Game disqualification can result from but is not limited to: causing an opponent to crash headfirst into the boards, butt-ending or attempting to butt-end, deliberate attempt to injure, kicking, use of obscene or abusive language toward a teammate/opponent/official, use of obscene gesture, use of ethnic or racial slur before/during/after the game, flagrant major penalties and fighting (See player conduct in this summary.) A teammate must serve the penalty time for a disqualified player.

K. FOULING OUT

A player will “foul out” of a game on his/her third penalty. If a player receives 3 penalties, they may not re-enter the game. A teammate must serve the penalty time. Fouling out of a game is not considered an ejection.

L. PENALTY SHOTS: The clock will stop during a penalty shot. The following situations will result in a penalty shot:

1. Offensive player has obvious breakaway when defensive player/bench throws a stick or other equipment on the ice.

2. Defensive player fouls offensive player in control of puck from behind – when no other defensive players other than the goalie are between the offensive player and the goal.

3. Defensive player other than the goalie picking up, throwing, trapping or covering puck in the goal crease.

4. Deliberate removal of helmet/face mask during a breakaway to prevent a score.

VI. PLAYER CONDUCT

A. The officials and supervisors have authority before, during, and after the game. Unsportsmanlike conduct during any of these times is not acceptable.

B. No alcohol or tobacco use is allowed in the ice arena. The officials and supervisors may prohibit a player(s) from participating if they feel they might be a danger to themselves or others.

C. Taunting and belligerent talk--The captain is responsible for controlling his/her players and fans. Problem players may be given a penalty for unsportsmanlike conduct for this offense. A team may receive a penalty for their fans unsportsmanlike behavior. Under severe circumstances the player may be given a game disqualification and must leave the building or rink area. Failure to control belligerent players/fans may also result in forfeiture of that contest. This includes verbal abuse from the bench.

D. Any players involved in pushing or shoving outside of normal game contact will be ejected from the game. This will call for immediate suspension from all intramural activity until they meet with the coordinator of the sport. (Minimum suspension of that game and one additional game.)

E. Any player involved in a fight where he/she throws a punch or is the obvious aggressor will be suspended for the remainder of the hockey season. (Automatic suspension from all IM sports, must meet with the coordinator of the sport.)
F. If several players are involved in a problem situation, the game may be forfeited at that time. The team that is the aggressor will forfeit the game…both teams may be dropped. Additional disciplinary action may also be taken.

G. Sportsmanship – teams will be rated on their sportsmanship for each game. The officials will award an A, B or C. A=good, B=Okay, C=Poor. If a team receives 2 “C” ratings, they eliminate themselves from competition. There are no automatic “C” ratings for behavior – it could be the entire team that is a problem or one individual. The captain/team leaders should make sure their teammates and fans are showing good sportsmanship so their team is not penalized.

REMEMBER….PLAYERS MAY PLAY ON ONLY **ONE TEAM** DURING THE PRELIMINARY GAMES AND THE TOURNAMENT. A team’s roster is frozen after the 2 prelim games – so new players may NOT be added for the tournament.

REMEMBER….THE REFEREES ARE STUDENTS AND THEY WILL DO THEIR BEST TO UPHOLD THE RULES. WITHOUT THEM, THE INTRAMURAL PROGRAM WOULD NOT BE ABLE TO OFFER THIS SPORT.

QUESTIONS/CONCERNS/SUGGESTIONS: Contact the Sport Director: Linda Marticke  Lkmarti@iastate.edu  
2127 Beyer Hall, 294-3234