

Laurier Intramurals

Ice Hockey Rules

Rules

1. A team shall have no more than six players on the ice at any one time while play is in progress.
2. The minimum number of players needed to begin a game is six skaters and one dressed goalie (or seven dressed players). Any team which delays the start of a game will be assessed a minor penalty for delay of game. If a team is not ready to play 5 minutes past the scheduled start time the team will be given a loss and lose half of the team's bond money, the second default will result in the loss of the remaining half of their bond and expulsion from the league.
3. Each team shall be allowed one goaltender on the ice at one time. The goaltender may be removed and another "player" substituted, once the goaltender is within 3.05m (10ft). Such player shall not be permitted the privileges of a goaltender. If a player is sent on the ice prior to the goaltender being within the 10ft, the play shall be blown down, and the ensuing faceoff will occur at centre ice.
4. No player under suspension may participate in the pre-game warm up or occupy the players' bench.
5. Player may be changed at any time from the players' bench, provided that the player or players leaving the ice shall be at the players' bench (within 3.05m (10ft)) and out of play before change is made.
6. If, in the last two minutes of regular playing time, or anytime in overtime, a Bench Minor penalty is imposed for DELIBERATE illegal substitution, a Penalty shot shall be awarded against the offending team. The Bench Minor shall not be served.
7. While on the ice, including pre-game warm ups, all players, including goaltenders, shall wear a CSA approved hockey helmet, to which a CSA approved facial protector must be securely attached and not altered in any way. Any alteration to a CSA approved helmet or facial protector automatically destroys the certification. Failure to follow this rule will result in a minor penalty.
8. All players must provide their own equipment. Campus Recreation Intramural Sports accepts no responsibility for injury, players use equipment at their own risk.

9. Should the helmet of a player come off while play is in progress, such player shall immediately replace the helmet (properly fastened) or shall proceed to the players' bench for a substitution without becoming involved in the play. 10. Any player incurring a total of three minor penalties during the same game shall be ejected from the game. If a player is ejected on two occasions under this rule, they shall be suspended for one game and will be required to meet with the Spirit of Competition committee. A third game ejection, will result in expulsion of the league.

11. Minor penalties will be 3 minutes in duration; if a goal is scored while a "delayed penalty" is in effect, the delayed penalty will be washed out. Only 2 penalties may be served at one time. If players of opposing teams receive minor penalties at the same stoppage of play, the penalties will be co-incidental, and no time shall be placed on the clock. The players will sit until the first stoppage of play after 3 minutes.

12. Major penalties will be 6 minutes in duration; and must be served in duration regardless of whether a goal is scored.

13. Any player incurring a major penalty will be asked to leave the facility for the duration of the game and may also be subject to further disciplinary action. Their team will lose half of their bond money.

14. Any player incurring a gross or match penalty will be asked to leave the facility for the duration of the game and the player(s) will be suspended from the league. The player(s) may also receive further sanctions or suspensions, pending review by the Spirit of Competition Committee. Their team will also lose ALL their bond money.

Timing of game

1. The games will consist of 2, running- time periods of 22 minutes in duration. The referees may specify a shortened second period if the game has been delayed in any way. The last 2 minutes of the third period will be stop time if a goal differential of less than 3 separates the teams.

2. The game may be "curfewed" by the City of Waterloo staff at any time.

3. Once the zamboni doors have closed teams can come onto the ice. A minor penalty will be assessed for each player that come onto the ice prior to the doors closing.

4. 25 minutes will be put on the clock and will commence running without stoppage. At 23:00 the officials will sound a whistle notifying the players to clear in ice in order to prepare for the opening face-off at 22:00. Any team that is not on the ice and ready to play at 22:00 minute mark of the first period

will be assessed a minor for delay of game. If a team is still not on the ice and ready to play at the 17:00 mark of the first period, that team will receive a loss by default. Ejections

1. Any player who is assessed a misconduct during a game is automatically suspended for that game. A 2nd misconduct penalty issued to the same player in subsequent games will result in an additional two game suspension.
2. Any team that is discovered to having allowed an ineligible player – due to suspension or not being on the roster – to participate in subsequent game(s), will lose by forfeiture. That team may also be removed from the league, at the discretion of the Recreation Coordinator. The participant will automatically receive a suspension for the remainder of the year from ALL Intramural Sports activities. All suspensions will strictly be enforced by Intramural staff.
3. Fighting Defined: An exchange, or an attempt to exchange, blows between 2 or more players or a violent blow by one player to another regardless of whether or not retaliation occurs or the blow is landed. Both parties involved in the fight will receive a major penalty + game misconduct, will be removed from the league, and lose half their teams bond money. They have the right to an appeal with the Spirit of Competition Committee. If a player who has previously been suspended for fighting, receives another fighting major, the player will be removed from the league for the remainder of the season, along with losing the remainder of their bond.
4. A minor penalty will be assessed to any player for body checking. Body Checking Defined: When a player makes an attempt to hit an opponent in order to impede the progress of that player.
6. Hitting from Behind: A minor penalty plus a game misconduct or a major penalty plus a game misconduct at the discretion of the referee, based on the guidelines and the degree of violence of the impact; shall be assessed by – any player who pushes, shoves, body checks or hits an opposing player from behind in a manner in which he is unable to protect himself, anywhere on the ice. If a player is injured a major penalty plus a game misconduct must be assessed.
7. High Stick: The carrying of sticks above the normal height of the shoulders or your opponent is prohibited. A minor penalty may be assessed to any player who makes contact or intimidates an opponent while carrying her stick above the waist of his/her opponent.
9. Any participant discovered to be playing on more than one team within Intramural Ice Hockey (floating free agent excepted) will automatically receive a year's suspension, and will cause the teams to forfeit the game(s) in question.

10. All violations of this nature will be subject to a Spirit of Committee session, where suspensions could be modified depending on the severity/magnitude of the violation. Other General Guidelines

11. As a result of Intramural Sports' focus on fair play and improved communication between officials and participants, both teams should meet in the referees' crease and introduce each other before the game. This process should take no longer than 15 seconds and should take place after the pre-game warm-up is completed. Furthermore, it's considered proper etiquette for all players to shake hands in a congratulatory manner after the game unless the officials choose to not allow this to occur because of possible heated tempers of certain players.

12. There is no red line offside pass rule; the red line is eliminated for this purpose.

13. Delayed offsides are in effect.

14. Icings will not occur when a player clears the puck the length of the ice from behind the centre red line.

15. Each team is to designate one captain and two alternate captain on the scoresheet as well as on their jerseys. ONLY THESE 3 PLAYERS ARE ALLOWED TO ADDRESS THE OFFICIALS pertaining to any aspect of the game. When addressing an official, the captain and alternate are expected to be courteous and respectful. When captain or alternate captain receives a penalty he/she shall lose all his/her privileges for the duration of the penalty.

16. All players must have individual numbers that remain the same the entire season.

17. In the case of a tie, there will be a best out of three shootout. Both teams go at the same time. In the case of a tie after three, single elimination will take place. There must be three different shooters. If still tied you may repeat these shooters

Eligibility Considerations

To be eligible to play, a player's name must appear upon the team's roster each game and a student membership (Valid ONE card) must be shown to Intramural staff if requested. Random checks will be made and are mandatory for playoffs. Updating rosters will be the responsibility of the team captains.

Team entry forms on file in the Rec office will serve as the official team roster. It is the captain's responsibility to verify that the game sheet is completed and correct prior to the beginning of the game.

To be eligible for playoffs a player must have played in six regular season games.

Any eligibility violations (i.e playing under suspension, playing under assumed name, playing without membership, etc.) will bring about immediate suspension, pending a Spirit of Competition Committee session.

Everyone wishing to participate in Intramural Sports must be a Campus Recreation member and meet

Intramural eligibility requirements. See the Rec guide for details.

Violators will be suspended from all Intramural Sports, Pending a Rules committee session with the Rec Coordinator. Varsity hockey players who were listed on their team's roster, are not eligible to play for the academic year, regardless of season.