



## Intramural Hockey Rules

### 1. Eligibility

- a. **ID's:** All students, faculty, and staff must purchase a PEIF membership to be eligible to participate. You must show the Intramural Staff your NMU/Membership ID in order to participate. Community members are eligible to participate but must be 16 years of age, and must purchase a PEIF membership.
  - i. *Note:* Participants who are found to be playing without a current membership will have three business days to purchase their membership. Community members/students with less than 6 credits may purchase their membership through the Recreational Sports office in the PEIF. For students that are taking 6 or more credits, they may add the student recreation fee to their account by emailing the Student Services Center (ssc@nmu.edu). If students do not opt-in for the fee, a \$25 fee will be charged to their student account for participating illegally.
- b. **Varsity Athletes:** Varsity athletes may participate in intramural sports which are not sports that they represent at NMU. Varsity athletes are eligible to play, provided they are not a varsity hockey player, a current red-shirt, a practice player, or a varsity letter winner who has not sat out for one academic year.
- c. **Club Sport Athletes:** Club Sport athletes may participate in intramural sports in which they represent at NMU, however, no more than 40% will be allowed on the playing surface at one time.
- d. **Playoff Eligibility:** Teams must average a 3.0 sportsmanship rating in order to qualify for the playoffs.
  - i. Players must play in at least one regular season game in order to be eligible to play in the playoffs.
- e. **Concussion:** Any player who exhibits signs, symptoms, or behaviors consistent with a concussion shall be immediately removed from the game and shall not return to play until cleared by an appropriate healthcare professional.

- f. **Blood Rule:** Any player who starts to bleed will not be able to re-enter the game until the bleeding has stopped. If the player's clothes have blood on them, the player must change clothing in order to re-enter the game.

## 2. Equipment

- a. Pucks and goals will be provided.
- b. Teams shall wear the same/similar color jersey. Pinnies will be available if necessary.
- c. Hockey pants (breezers) and shin pads are required at all times.
- d. Gloves will be not be provided. It is recommended that hockey gloves are worn at all times.
- e. Hockey skates are required. No figure skating skates will be permitted.
- f. Helmets are required. Helmets must a  $\frac{3}{4}$  visor. Chinstraps must be fastened at all times.
- g. Equipment that protrudes the body and is visible will be declared illegal.
- h. Shoulder pads and upper body protection equipment are not required, but are highly recommended.
- i. Billed hats, metal bracelets, necklaces, rings, earrings, or watches are not allowed. Jewelry may be taped in the case that the jewelry cannot be removed.
- j. Players may wear a face shield molded to the face with no protrusions to protect against a facial injury.
- k. Mouthpieces are not required, but are highly recommended.
- l. Any player who must wear a necessary metal brace must cover all metal parts of the brace before playing.
  - i. *Note:* The referee(s) reserves the right to allow/disallow any piece of equipment in which they deem unsafe towards the participants.

## 3. Playing Area

- a. Games will be played in the Berry Events Center.

## 4. General Guidelines

- a. Please arrive 10-15 minutes before your scheduled game to sign in.
- b. Each player must provide their valid NMU ID/Membership to the scorekeeper/supervisor and sign in next to their name.
- c. All players must be on the roster. No write in names are allowed.
- d. If a team is unable to provide the minimum amount of players allowed (4) at their scheduled game time, they will be given 10 minutes to arrive after the clock begins. When a team is late, the team that was on-time will be awarded two goals. The on-time team will get an additional 2 goals every 5 minutes the opposing team is late until a forfeit occurs. A forfeit will be declared if the team is more than 10 minutes late.

## 5. Captains Responsibilities

- a. The captain is responsible for passing rule information on to their team.

- b. All players must be on the official roster on IMLeagues.com.
- c. Late arrivals must sign in before they can play.
- d. Players must play in at least one regular season game to be eligible for tournament play.
- e. Captains are responsible of informing their teammates of the time and location of all scheduled contests.
- f. Captains are held responsible for their team and fan control.
- g. Discussion with officials may only take place between the designated team captain and the officials. These discussions must be made in an appropriate manner.

#### 6. Forfeits

- a. Teams are expected to begin on time. A team has 10 minutes to arrive after the clock begins. When a team is late, the team that was on-time will be awarded 2 goals. The on-time team will get an additional 2 goals every five minutes the opposing team is late until a forfeit occurs. If a team is more than 10 minutes late, a forfeit will be declared and a \$25.00 fee will be charged to the captain's student account. Certain circumstances may apply.
- b. Teams that forfeit during the season may not be eligible for tournament play.
- c. Teams who forfeit twice during the regular season will not be eligible for tournament play.
- d. Teams that are unable to attend their scheduled game time must contact the Intramural Sports Manager by emailing Chrsmith@nmu.edu or calling 906-227-1561 at least 48 hours prior to your game time in order to avoid the forfeit fee. Make sure to leave your team name, game time, and league.

#### 7. Tobacco/Alcohol Policy

- a. Alcoholic beverages, tobacco, and/or drugs are not permitted on or around the playing area. Contests will not be played and will be forfeited if alcohol, tobacco, and/or drugs are present. Any NMU Rec Sports employee reserves the right to remove participants and/or forfeit games if substance abuse occurs.
- b. A player that is removed for substance abuse will be indefinitely suspended, pending a meeting with the Intramural Sports Manager.

#### 8. Protests

- a. All protests must be filed by the team manager at the time the question occurs.
- b. Protests concerning rule interpretations will be settled at the game site by the officials or sport supervisor.
- c. If a team manager believes the decisions rendered to be in error, they must notify the officials and supervisors that the contest will continue under protest.

- d. A written protest and a \$10.00 protest fee must be submitted to the Rec Sports office (PEIF 126) by noon the following day. The fee will be returned if the protest is upheld.
- e. Matters involving the official's judgment will not be subject to protest.
- f. A protest concerning eligibility can be made before, during, or after a contest.
  - i. Eligibility protest:
    - 1. If an eligibility question is before or during a contest, the player and team manager will be notified and given the choice of whether or not the player will play.
    - 2. If the player choose to play and is found ineligible, the contest will be forfeited and that player will be suspended from Intramural Sports participation.
    - 3. If the player leaves the contest and is found to be ineligible, the contest may be subject to review by the Intramural Sports Manager.
    - 4. A protest regarding the eligibility of players must be made before either team plays its next scheduled game.
    - 5. All eligibility questions will be investigated by the Intramural Sports Manager. Participants found ineligible will be penalized accordingly.

## 9. Game Play

- a. Teams shall consist of six (6) players on the rink. This include a goalie.
  - i. Teams can play with a minimum of four (4) players, which includes a goalie.
- b. **Length of game:**
  - i. Three (3) twelve (12) minute periods shall constitute a game. Time will be continuous for the three periods, except when a timeout is called, an injury occurs, unusual delays, or during the last two minutes of the third period with stoppages coming on a blown whistle.
  - ii. There will be a two (2) minute intermission between each period.
  - iii. Each team will be permitted one time-out per game, lasting 60 seconds. Must be called on a dead puck.
  - iv. No overtime will take place in the regular season. Games will end in a tie.
  - v. In the postseason, if a tie occurs at the end of regulation, there will be a five (5) minute running clock sudden death overtime.
    - 1. If teams are still tied after the end of the overtime period, a shootout will occur.
    - 2. Each team will select three shooters. Once an advantage has been determined by a team and the opposing team has no chance to overcome the deficit, the team with the advantage will be declared the winner.

- c. **Mercy Rule:** If a team is losing by 7 or more with 5 minutes or less remaining in the third period, the game will be called with victory going to the team leading.
- d. **Substitutions:**
  - i. Substitutions can be made at any point during the game. The players must near the bench in order to sub. Any players that substitute for a goalie must be fully dressed.
  - ii. Pulling the goalie: Goalie can be pulled at any point during the game to give a team another skater on the ice.
- e. **Starting the game:**
  - i. A puck drop will begin at the center line each period or overtime period. A puck drop will also occur after a goal.
  - ii. If the Zamboni is on the ice, players will not be permitted to enter the ice until the Zamboni has left the surface.
- f. **Signing In:**
  - i. Players must have their name on the scoresheet in order to play. Players must sign in and provide their ID.
- g. **Movement, Advancement, and Shooting of the puck:**
  - i. The puck may be advanced by the use of the feet or stick. A goal cannot be scored by the feet.
  - ii. Shots may be taken by shooting or deflecting the puck into the goal with the stick.
  - iii. Slapshots are NOT allowed.
  - iv. Shots which bounce off a player and into the goal shall be legal scores, as long as the puck's contact with the person is accidental as determined by the officials.
  - v. A goal is scored when the entire puck is across the goal line.
  - vi. Goals will not be counted if:
    - 1. The stick blade is held above crossbar level.
    - 2. The puck is kicked in.
    - 3. The puck is batted in by the hand or headbutted in the goal.
    - 4. The puck is in the crease and an offensive player makes contact with the goalie prior to scoring.
  - vii. Goalie: When the goalie catches/covers the puck, they may hold it approximately three (3) seconds and have it remain in play. If the puck is held longer than three (3) seconds, a face-off shall be granted in the defensive zone area. Official's discretion.

1. The goalie can freeze the puck only when their body is in the goal crease area. Any stoppage of play by the goalie while outside of the crease shall be called a delay of game penalty (see minor penalties).
- viii. There will be no icing.
- ix. When a penalty occurs, it shall be called if the fouled player is not in a position to score or if the opposing team gains possession of the puck. A delayed penalty will be granted if the offensive team is still holding possession of the puck.
- x. An automatic goal will be awarded if a defensive player throws a stick to prevent the puck from entering into an open net. A stick may be laid on the ground as long as the player's hands remain in contact with it. An automatic goal may be awarded if the goal is intentionally displaced to stop an opposing team from scoring.
- xi. If a stick is cracked or broken, that player will leave the stick on the ground but must return to the bench to get a new stick or sub out of the game.

#### **h. Penalties**

- i. Minor Penalty: All minor penalties will last two (2) minutes. Penalty may be carried over into the next period. Any player who receives five (5) minor penalties during the match will be disqualified.
  1. Holding
  2. Tripping
  3. Interference
  4. Diving on the puck
  5. Hooking
  6. Kicking a player
  7. High sticking (crossbar level)
  8. Throwing a stick (goal may be allowed)
  9. Delay of game (if on the goalie, another player will serve the penalty)
  10. Too many players on the ice
- ii. Major Penalty: All major penalties will result in the player serving a five (5) minute penalty. Two major penalties will result in an ejection.
  1. Intentional tripping
  2. Elbowing
  3. Intentional holding
- iii. Penalty Shots

1. A penalty shot will be awarded to a player who, in the official's judgment, had a clear opportunity to score a goal and was prevented from doing so by an opponent tripping, throwing a stick, holding, etc.
2. All penalty shots will start from the center line.

iv. Ejections/Misconduct

1. Misconduct penalties will include:
  - a. Excessive use of profanity
  - b. Abuse of the facility and/or equipment
  - c. Slashing with an intent to injure (not part of the game).
  - d. Intentional roughing
  - e. Fighting
  - f. Checking

*The NMU Recreational Sports Office reserves the right to modify and/or remove any of these guidelines or rules for the improvement of the sport. All participants are expected to comply with these rules and policies that are stated within this publication.*