



Ice Hockey Rules Non-Contact

Rule 1 The Game

- Each game shall consist of 2 periods of 20 minutes running time. The clock shall be stopped in the final 2 minutes of the second period if there is a two or less goal differential in score. The clock will only be stopped for injuries requiring outside assistance.
- Each team will be allowed 1-30 second time out per game.
- The teams will not be allowed on the ice surface until the Zamboni doors are completely shut.
- Each game will have a warm-up. The length of the warm-up will be set by the Intramural staff and will be determined by the time available before the beginning of the game.
- All scheduled games will start 10 minutes after the scheduled start time.
- If for any reason a delay of game occurs the Intramural Staff will shorten the game to accommodate the schedule.
- No more than 2 Coaches are permitted on the bench.

Rule 2

Equipment

- Team jerseys must be of matching color and clearly marked with numbers. Teams are provided a set of numbered jerseys from the Campus Recreation department at the time of registration for.
- All players are responsible for providing their own equipment.
- All players must wear helmets with certified face mask/full shield attached with chin straps fastened.

- Full regulation hockey equipment must be worn.
- If a player is not wearing the required equipment, officials may issue a 3-minute penalty for delay of game, and the player must address the improper equipment before re-entering the game.
- Every team must designate a captain and an assistant for the duration of the scheduled game.
- **Neck guards are mandatory for all players.**

Rule 3

Rosters

- Teams must have their roster set prior to playing their first game. This includes the proper information to be submitted on a proper Intramural registration form.
- Players may only play on 1 team and in 1 league during the Intramural season.
- All players must bring their Dalhousie ID cards to the Arena and sign-in to play their scheduled game with the Intramural Staff.

Eligibility

- Please refer to section A of the Dalhousie Intramural Policy Manual.

Rule 4

Substitutions

- Unlimited substitutions shall be permitted provided the player coming off the ice is at the bench and out of play before the substitute enters the game.
- Substitutions shall be permitted during a live puck (on the fly) and after a stoppage in play.

Rule 5

Officials

- Officials shall administer each game according to Canadian Hockey Rules and also by the Intramural rules set out by the Campus Recreation program.

- The Campus Recreation Department has zero tolerance for abuse of officials and will have all authority and final decisions to assess the appropriate penalty for any confrontations.

Rule 6

Forfeits

- A team must have 9 players (including a goalie), to start a game.
- Failure to have 9 players present 5 minutes after the scheduled starting time shall result in forfeiture of the game, providing the opposition meets the necessary requirements for starting a game.
- If forfeiture occurs both teams may use the ice for 45 minutes or the time remaining to play a competitive game of hockey and must leave the ice surface upon the discretion of the Intramural staff at the facility.

Rule 7

Personal Injury

- Any player injured must notify the Intramural Staff and the Intramural Supervisor so that the proper paperwork can be completed.
- The clock will only be stopped for injuries requiring outside assistance.
- Any player who is bleeding shall be removed from the game immediately. The clock shall be stopped and will resume once the player that is bleeding has been removed from the contest. If the bleeding has stopped or been covered completely, and has been cleaned from all surfaces, the player may return to the game and the contest shall resume. The Sport Supervisor will have the authority to decide if the player shall return to the game.
- Intramural Sport is a volunteer activity in which players participate at their own risk. Participants should understand that they are responsible for any and all cost arising from injury or property damages a result of participation.

Rule 8

Penalties

The Intramural Hockey League shall be governed by the rules of the Canadian Hockey Association (CHA) and the rules set up by the Campus Recreation Office.

- Running time penalties: Minor 3 minutes Major 7 minutes
Misconduct 10 minutes

- Stopped time penalties: Minor 2 minutes Major 5 minutes
- Rules infractions listed hereupon shall be penalized by a **3 minute running time penalty**.
 - Failure to wear proper equipment
 - Hooking
 - Tripping
 - Interference
 - Ineligible player
 - Slashing
 - Roughing
 - Elbowing
 - Holding
 - High sticking
 - Bench penalty
 - Unsportsmanlike conduct
 - Body checking
 - Throwing equipment
 - Charging
- Rules infractions listed hereupon shall be penalized by a **7 minute running time penalty (Double Minor)**.
 - Spearing
 - Butt ending
 - Kneeing
 - Cross checking
 - Head-butting
- Rule infractions listed hereupon shall be penalized by a **misconduct penalty (10 minute running time)**, any player committing the infraction may be **suspended for up to two games** and must meet with the Campus Recreation Coordinator before participating in any future Ice Hockey contests.
 - No player shall verbally abuse an official or intramural sports staff member.
 - Checking from behind
 - Intent to injure
- Any players involved in any altercations where physical contact (**fighting**) between two players takes place shall be penalized by a **match penalty and a 7 minute running time penalty** which will be served by a substitute player.
 - **Fighting includes:**
 - A punch thrown at an opponent
 - Attempting to strike or wrestle an opponent

- **Dropping of gloves**
- **3rd man in**

- The player or players involved in these altercations will be **suspended for a minimum of 1 game** or an amount decided upon by the Campus Recreation Coordinator.
- If a major penalty occurs in the last 15 minutes of a game, it will result in expulsion from the game and a suspension decided upon by the Campus Recreation Coordinator.
- Any player receiving **(3) three 3 minute minor penalties** will automatically receive **a game misconduct and a (1) one game suspension**.
- Second infraction of any of the above combination (6 or 10 minute penalties) shall result in a **6 minute penalty + game misconduct +suspended for the next game (minimum)**.
- A four month suspension from participation in any IM activity may be given for the following reasons:
 - Second offence of a game misconduct
 - Participation in IM activities while under suspension
 - Deliberate intent to injure
 - For any gross misconduct
- An indefinite suspension will be given for:
 - Striking an official and/or convenor
 - Found guilty of having alcoholic beverages at the game location
 - Found guilty of stealing equipment and/or defacing the facility
- The on-ice officials will have the final authority in all rule interpretations during a game.

Rule 9

Ties during regular season play

- During the regular season a game is allowed to end in a tie at the end of regulation.
- **During playoffs** a 3 player shootout (nhl style) determines the winner if the game is tied at the end of regulation.

