General
The Intramurals Participant Handbook will govern all aspects of play not considered playing rules of the sport. Participants are expected to follow the Handbook rules of conduct as well as the sport-specific rules outlined below. The Handbook is available at und.edu/intramurals. Key Handbook items include:

- Alcohol, Tobacco, and Illegal Drugs – Handbook pg. 6
- Registration & Payment – Handbook pg. 7
- Captain Responsibilities – Handbook pg. 9
- Team Name Requirements – Handbook pg. 10
- Playoff Requirements – Handbook pg. 12
- Default/Forfeit Instructions and Consequences – Handbook pg. 14
- Participant Eligibility/ID Requirements – Handbook pg. 15
- Adding Players to Roster/Participation Limits – Handbook pg. 18
- Appropriate Attire – Handbook pg. 19
- Team/Participant Conduct – Handbook pg. 21

Schedules
Schedules for league play are posted online through wellnessregistration.und.edu.

Facility
All games will be played at the Student Wellness Center in the Multi-Activity Court.

Questions
Please feel free to contact Intramurals with any questions or concerns.

<table>
<thead>
<tr>
<th>Name</th>
<th>Role</th>
<th>Phone Number</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mike Wozniak</td>
<td>Intramural Coordinator</td>
<td>701-777-3256</td>
<td><a href="mailto:michael.wozniak@und.edu">michael.wozniak@und.edu</a></td>
</tr>
<tr>
<td>Addie Roling</td>
<td>Program Manager</td>
<td>701-777-2719</td>
<td><a href="mailto:adrianna.roling@und.edu">adrianna.roling@und.edu</a></td>
</tr>
<tr>
<td>Wellness Center</td>
<td></td>
<td>701-777-9355</td>
<td></td>
</tr>
</tbody>
</table>
Players, Rosters, and Substitutions

- Teams will consist of 5 players (4 “skaters” and a goalie). This is an Open League meaning there are no rules about the number of male/female players.
- Roster limit is 18 total players, including goalies.
- Game can begin with 3 “skaters” and a goalie.
- Individuals may be added to the roster at any time prior to the beginning of the playoffs.
- All rosters will be frozen prior to the playoffs for all divisions. Players must have played at least one game with the team during the regular season to be eligible for the playoff roster.
- Unlimited substitutions are allowed during the game.
- Each team, at the conclusion of each game, will receive a sportsmanship rating by that game’s officials. Any team receiving a ‘0’ or ‘1’ rating will be suspended from further play until that team’s captain has met with the Coordinator of Intramurals, Supervisor, and suspending officials. If you have any questions, refer to the handbook for further clarification. Teams will receive a letter informing them of this violation and explaining their options.
- ALL team members, coaches, and spectators are subject to ALL rules.
- All players (even added after registration) must sign the waiver to compete.
- Players may only play for one team. Teams with players found to be playing on more than one team will be required to forfeit those games with the illegal player. The first team you PLAY for is the team you are committed to for the season. If you have not played for a team, you are allowed to transfer teams, with proper notification to the Intramural staff.
  - Goalies are an exception to this rule, they may play goalie for as many teams as they like but may only skate out for one team. They must notify the intramural staff of which teams they will be playing for before the season starts if playing for multiple teams.

Equipment

- Shin pads and gloves are recommended but not required for “skaters”. Shin pads must be worn under clothing or be covered in some way.
- Non-marking athletic shoes only.
- Players must provide their own sticks. No tape on the blade of sticks, as it will mark the floor.
- Required equipment (goalies):
  - Helmet with full face protection
  - Goalie stick
  - Chest protector
  - Leg pads
  - Glove and blocker
- The Intramurals program has limited equipment available for check out prior to games. Players should make arrangements to provide their own equipment.
  - Equipment available includes jerseys, goalie leg pad sleeves and all required goalie equipment
  - Intramurals equipment will be checked out on a first-come, first-served basis
  - A UND ID card or Wellness Center membership card must be provided in exchange for checking out any of the intramural equipment. A sign out sheet will also be present for participants to sign out equipment borrowed for the scheduled contest
  - If the equipment is not returned after the game, you will be charged for the replacement cost of the equipment not returned.
- All teams are encouraged to play in matching jerseys. Matching jerseys make it easier for the officials to identify and separate the teams. Pennies may be issued to identify teams.
- Jewelry and other items, which may be considered dangerous, are not permitted. Players must remove any jewelry before participating.

The Game

Game Time (regular season)
- 3 – Ten (10) minute periods with a running clock.
- The clock will be stopped on injuries, penalty shots, lost balls, or when deemed necessary by the official(s).
- Two three (3) minute intermissions will be used for intramural play.
- Each team will be given one 30 second timeout per game. One more time out may be given in the playoffs during the overtime period.

**Officials’ time-outs:**
- Injury - charged to official - player must leave the ice and be replaced.
- Injury with bleeding must leave the ice and may not return until inspected by a supervisor, bleeding is stopped and wound is covered. Blood-soaked clothing must be removed.
- In all injury cases, the clock will be stopped
- Protest - charged to official if the ruling is changed; charged to the team if the ruling is upheld.
  - If one team is ahead by 2 goals or less entering the last 3 minutes of the 3rd period and overtime, the clock will stop on all whistles. The clock will restart when the ball is put back into play.
  - All penalties occurring during stop time will be reduced to 2 minutes.
  - If a team increases its lead to 3 goals during stopped time, the clock will resume run time.

**Overtime (regular season)**
- All games ending in a tie will be settled with a 3 on 3 – five (5) minute overtime period (running clock).
- If still tied after the overtime it will go into a 3 player shootout, with the teams alternating shots until both teams have tallied 3 shots.
- If the teams are still tied after the 3 player shootout, the teams will advance to a sudden death shootout. Every player must shoot during the shootout before a player gets to shoot twice. *EXCEPTION: If a team has less players than their opponent, once the team with the smaller amount of players completes their shootout rotation, the opponent with the larger number of players may repeat players.

**Overtime (playoffs)**
- All games ending in a tie will be settled with a 3 on 3 – five (5) minute sudden-death overtime period (stop-time play).
- If the teams are still tied after the overtime period, regular season shootout rules apply.

**Mercy Rule**
- If at any time during a game a team secures a lead of 10 goals the game will be halted with the team having the 10 goal lead declared the winner. If ice time still remains teams will be divided up and participate in Open Hockey without officials for the remainder of the allotted time. This rule may also be invoked if in the judgment of officials a team is failing to advance the ball in an offensive fashion to avoid the 10 goal rule.

**Playing Rules**
- Rule Protest: Must be done at time of incident.
- Putting the ball in play
  - All general rules from USA Hockey regarding face-offs will be enforced.
  - Faceoffs after penalties will be conducted in the offending team’s defensive zone.
  - Rules for which a face-off is conducted are as follows:
    - Carrying the ball with hand or forwarding the ball to a teammate with the hand in the offensive zone. Face-off outside the zone.
- **Slap shots** will be allowed in intramural play from the knee or lower. If above the knee, play will immediately stop and the resulting faceoff will be in the offending team’s zone.
- **Sticks must never be carried above the waist. Any play in which a player raises his stick above his waist on his/her own will result in a high-sticking penalty.** Plays in which a stick is lifted by an opponent and it causes the players stick to raise above his waist will result in a penalty to the opponent.
- **Offsides** – Traditional Offsides will not be enforced, however, the ball cannot be passed across 3 of the dark green hashed lines in any one pass. This will be blown dead and a faceoff awarded in the offending team’s zone.
- A player must not close his hand around an airborne ball in an attempt to return it to play. The ball must be batted downwards. A delay of game penalty will be issued to any player closing their hand on a ball.
Scoring

- A goal is made when the ball, entering from the front, passes between the goal posts, below the top of the net and completely crosses the goal line.
- A goal shall not be allowed if:
  - The ball is kicked, thrown, carried or otherwise deliberately directed into the goal by any means other than a stick, or propelling illegally with the stick, even if the ball bounds or deflects off the person or equipment or any defensive player into the net;
  - The ball hits an official and goes directly into the net;
  - The ball is between the goal keeper’s pads or lodged in his equipment and is carried over the goal line by an opponent pushing the goal keeper;
  - The attacking team commits a penalty, which assists in the making of a goal including a “too many men” infraction.
  - Any member of the attacking team is in the goal crease when the goal is made from outside the crease, unless the goalkeeper is outside the crease when the play is made or the attacking player has been pushed into the crease by a defensive player.

Penalties

Any penalty information not covered here will be taken from the official USA Hockey rule book.

<table>
<thead>
<tr>
<th>Minor 2:30 Penalties (minimum) (Returns to the court if opponent scores)</th>
<th>Major 5:00 Penalty</th>
</tr>
</thead>
<tbody>
<tr>
<td>Interference</td>
<td>Spearing</td>
</tr>
<tr>
<td>Holding</td>
<td>Butt Ending</td>
</tr>
<tr>
<td>Hooking</td>
<td>Leave Box to watch altercation</td>
</tr>
<tr>
<td>Tripping</td>
<td>Slashing</td>
</tr>
<tr>
<td>Delay of Game</td>
<td>Deliberate body checking</td>
</tr>
<tr>
<td>Illegal equipment</td>
<td>Throwing Equipment</td>
</tr>
<tr>
<td>Too many men</td>
<td>Player from the court serves 5:00 Penalty + Ejected + Expelled from League</td>
</tr>
<tr>
<td>Roughing</td>
<td>Fighting</td>
</tr>
<tr>
<td>Elbowing</td>
<td>Instigation</td>
</tr>
<tr>
<td>Cross Checking</td>
<td>Leave bench to join altercation</td>
</tr>
<tr>
<td>High sticking (slap shots)</td>
<td>Contact of an official</td>
</tr>
<tr>
<td>Not dropping a broken stick immediately</td>
<td>Intent to injure</td>
</tr>
<tr>
<td>Throwing/leaving a stick/other equipment on the ice</td>
<td>Unsportsmanlike conduct</td>
</tr>
</tbody>
</table>

*Any player receiving three (3) 2:30 minute minor penalties will automatically receive a game misconduct unless within last 5 minutes, then the player will be suspended for the next game.

**NOTE 1** All penalties listed above with the exception of Tripping, Too Many Men, Holding, and Hooking may be called as a major penalty.

**NOTE 2** All penalties are up to the discretion of the officials. If an official feels an attempt to injure was made, a major penalty will be called.

- 5 Minute major penalty; player will not be released from box until the entire 5 minutes are served, regardless of how many goals are scored in that time frame.

**NOTE 3** Any player who is ejected in 2 separate instances shall forfeit their privilege of playing Intramural hockey. Any player ejected in the playoffs, whether for the first or the second time over the course of the season, also forfeits playing privileges for the remainder of the season.

**NOTE 4** Any player that is ejected from a game must meet with the Coordinator of Intramurals before returning to play.
**NOTE 5** Double minors will be two (2) 2:30 penalties for a total of five (5) minutes. This is not to be confused with a major penalty. If the opposing team scores within the first 2:30, the penalty will expire but the team will remain shorthanded for the remainder of the time left on the second 2:30 infraction unless the opposing team is to score again before the time expires. The team will only return to full strength if the time runs out on the clock or the opposing team scores two (2) goals.

**NOTE 6** 2 on 2 play
- If a team is shorthanded and takes another penalty, that player goes to the box, but their penalty time won’t start until the other penalty expires. (Never play with less than 3 players meaning 2 “skaters” plus the goalie) If a team can’t serve the penalty without going below 2 “skaters”, a penalty shot is awarded to the other team.

A. **Penalty Information**
   - Penalties will be called on a delayed basis. If a team scores on a delayed minor penalty, the delayed penalty shall be waived. (It will still be recorded by the scorekeeper.)
   - If a goal is scored while on the power play, the shorthanded team’s penalty shall expire upon the goal (with the exception of major penalties).
   - Coincidental minors will result in 3 on 3 play.

B. **Penalty Shot**
   A penalty shot is awarded when:
   - A stick or other equipment is thrown to stop a reasonable scoring opportunity.
   - A defending player other than the goalie traps or covers the ball in the crease.
   - A player or goalie deliberately displaces the cage to prevent a goal.
   - A player eliminates a scoring chance by committing a penalty from behind or the side of a player clearly ahead of them where the offensive player has no other defenders between them and the net.

**Note 7** 3 on 3 Overtime
- Penalties during overtime will be adjusted to reflect the situation in the game, but at no time will a team have fewer than two (2) “skaters” on the ice during the overtime period. If a team enters the overtime period on a power play, manpower would be adjusted from 5 on 4 at the end of regulation to 4 on 3 at the start of overtime. If a minor penalty is assessed during overtime, the teams will play 4 on 3. If a second minor penalty is assessed to the same team during overtime, the teams will play 5 on 3.
- When a penalty ends, the teams play 4 on 4 or 5 on 5 until the next whistle.

**Note:** If a player is penalized and that player’s team scores a goal on the play, no penalty shot is awarded. If an infraction occurs which calls for a minor penalty, the minor penalty is not served. However, if the infraction should call for a major or misconduct penalty, such penalties shall be served.

**Miscellaneous**
- **All officials’ calls are final!**
- The scorekeeper’s record is the official record. Scorekeepers will be responsible for keeping score, penalties, and timeouts.
- Teams must clean both the bench area and their locker rooms after each game. If a team’s area is left a mess, this will be reflected in their sportsmanship rating.
- After each game please try to leave as quickly as possible so that the next teams can get ready.
- The team listed first will be considered the home team and has color preference, and will have last change.