



WELLNESS & HEALTH PROMOTION

UNIVERSITY OF NORTH DAKOTA

ICE HOCKEY RULES

General

The *RecSports 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/RecSports. Key Handbook items include:

- **Updates for 2023-2024'** - Handbook pg. 4
- **Alcohol, Tobacco, and Illegal Drugs** – Handbook pg. 6
- **Participant Eligibility/ID Requirements** – Handbook pg. 7
- **Playoff Requirements** – Handbook pg. 9
- **Captain Responsibilities** – Handbook pg. 10
- **Team Name Requirements** – Handbook pg. 12
- **Registration & Payment** – Handbook pg. 14
- **Default/Forfeit Instructions and Consequences** – Handbook pg. 17
- **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 IM Leagues.

Facility

All games will be played at the Ralph Engelstad Arena or at the ICON Arena. Check IM Leagues for location.

Questions

Please feel free to contact RecSports with any questions or concerns.

Braeden Mueller	Coordinator of Campus Recreation	701-777-3256	braeden.mueller@und.edu
Kevin Bowe	Program Manager	701-777-2719	kevin.bowe@und.edu
Wellness Center	701-777-9355		

Rules

- Current NFHS Hockey rules will be in effect, with the exceptions of those listed on the following pages.

Players, Rosters, and Substitutions

- Teams will consist of 6 players (5 skaters and a goalie). This is an Open League meaning there are no gender-related rules regarding play or rosters.
- Roster minimum is 9 skaters and 1 goalie.
- Roster maximum is 18 skaters and 2 goalies.
- Games can begin with 3 skaters.
- Teams will play 5v5 unless the captains of both teams agree to play 4v4 or 3v3 before the game begins.
- 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.
- All players (even added after registration) must sign the waiver to compete registration.
- Players may only play for one team.
 - Goalies are an exception to this rule, they may play goalie for as many teams as they like (if RecSports staff has been notified) but may only skate out for one team.

Equipment

- Required equipment (players):
 - Helmet with full-face shield (If non-cage shield, must be clear. No tinting or coloring.)
 - Helmets must always be securely strapped during play (grounds for minor penalty if not followed).
 - Hockey jersey must be worn during game play, street clothes will not be allowed on the ice, athletic (sweatpants) will be permitted
 - Hockey gloves
 - Shin pads
- Required equipment (goalies):
 - Helmet with full face protection
 - Chest protector
 - Leg pads
 - Glove and blocker
 - Goalie pants
- The RecSports program has limited equipment available for check out prior to games. Players should make arrangements to provide their own equipment.
 - Equipment available includes helmets with facemasks, and all required goalie equipment
 - RecSports 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 RecSports 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 on the ice. Numbers are also encouraged.
 - If two teams have the same color jersey, it is the away team's obligation to change jerseys, therefore it is recommended to always have two different colored jerseys.

The Game

Game Time

- 3 – **Fifteen (15)** minute periods with a running clock.
 - The clock will stop in the last minute of play in the 1st and 2nd periods. Third period stop clock rules are listed below.
- Two thirty (30) second intermissions will be used for RecSports games.
- Each team will be given **one 30 second timeout per game.**

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 2 minutes of the 3rd period and overtime, the clock will stop on all whistles. The clock will restart when the puck 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 overtime period.
 - One 3-minute overtime period during the regular season
 - Clock will stop only in the last minute on stoppages.
 - If the game is tied after the overtime period, the result is a tie for both teams

Overtime (playoffs)

- All games ending in a tie will be settled with a 3 on 3 – 3 (3) minute sudden-death overtime period (stop-time play).
- If still tied, the teams will enter a 3 person shootout. The higher seed gets the choice to shoot 1st or 2nd
 - If the game still isn't tied after the 3 person shootout, the teams will continue until a victory is declared
 - Teams can reuse shooters after the initial 3 person shootout

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 puck in an offensive fashion to avoid the 10-goal rule.

Playing Rules

- Rule Protest: Must be done at time of incident.
- Putting the puck in play
 - All general rules from NFHS regarding face-offs, automatic icing, delayed off-sides, etc. will be enforced.
 - Face-offs after penalties will be conducted in the offending team's defensive zone.
 - Rules for which a face-off is conducted are as follows:
 - Playing the puck with the blade of the stick higher than the shoulder. Delayed whistle with face-off in the defensive zone of offending team.
 - Carrying the puck with hand or forwarding the puck to a teammate with the hand except in the for passes completed in the defensive zone. Last play face-off one zone back from where play was stopped.
 - Offsides and icing. Standard per NFHS rules.
- **Slap shots** will be allowed in RecSports play from the **knee or lower**. If above the knee, the play will be blown dead and the resulting faceoff will be in the offending team's zone (same as high sticking on the puck).

- Controlled Line Changes will be conducted during play. The away team will have the first four (4) seconds after play has been stopped to change their line. After four seconds are up the lead official will hold his hand up indicating the away team's time is up and will not be allowed to change any players after that. The home team will have the last four seconds to make any changes. At the conclusion of the home team's four seconds the official will hold up his other hand indicating the home team has no more time to change. After both hands are up players have three (3) seconds to get to the face-off circle and line up. Both hands will be dropped after three seconds informing the official conducting the face-off to blow their whistle and teams have three (3) seconds before the puck is dropped to resume play. If either of the teams is not lined up for the face-off at the conclusion of those three seconds, the puck will be dropped, and play will commence.

Scoring

- A goal is made when the puck, 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 puck 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 puck bounds or deflects off the person or equipment or any defensive player into the net;
 - The puck hits an official and goes directly into the net;
 - The puck is between the goal keeper's pads or lodged in his equipment and is carried over the goal line by an opponent pushing the goalkeeper;
 - The attacking team commits a penalty, which assists in the making of a goal including too many players on the ice.
 - Any member of the attacking team is in or skating through 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.

Forfeit Score

- Forfeit score will be recorded as 5-0.

Penalties

Any penalty information not covered here will be taken from the official NFHS rule book

Minor Penalties Only	Minor, Minor Plus Misconduct, or Major Penalty	Major Plus Ejection and 1 Game Suspension	Major Plus Expelled from League
Holding	Checking	Boarding	Fighting
Hooking	Cross Checking	Butt Ending	Instigation
Interference	High Sticking	Charging	Intent to Injure
Tripping	Illegal Equipment	Checking From Behind	Intentional Contact of an Official
Too Many Players	Roughing	Head Contact	Leaving Bench to Join Altercation
	Slashing	Leaving Bench to Watch Altercation	Reckless Endangerment
	Unsportsmanlike Conduct**	Spearing	

***Any player receiving four (4) penalties will automatically be ejected and suspended from the next game.**

****Players can be given a Major Plus Ejection or Expulsion for Unsportsmanlike Conduct**

5 Minute Majors

- During a Major penalty, the 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.
- A player that receives 2 Majors during a season must meet with the Coordinator of Campus Recreation before they will be allowed to play.

- Players receiving 3 Majors during the season will be suspended for the rest of the season and potentially the following season as well, depending on the severity of the offense.
- If a player receives a 5-minute major within the final 5 minutes of the game/overtime, they will receive an automatic 1 game suspension.

Double Minors

- 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.

Ejections

- Any player who is ejected in 2 separate instances shall forfeit their privilege of playing RecSports 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.
- Any player that is ejected from a game must meet with the Coordinator of RecSports

3 on 3 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 4 players meaning 3 skaters plus the goalie) If a team can't serve the penalty without going below 3 skaters, a penalty shot is awarded to the other team.

Penalty Expiration

- 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).
 - However, if the infraction should call for a major or misconduct penalty, such penalties shall be served.
 - If there is already a powerplay in effect and the shorthanded team takes a penalty, and the team with the advantage scores during the delayed penalty, the current penalty will expire and the new penalty will be issued at its full time.
- If a goal is scored while on the power play, the shorthanded team's penalty shall expire upon the goal (except for major penalties).
 - Coincidental minors will result in 4 on 4 or 3 on 3 play.
- If a penalty expires during a stoppage, the player will be allowed to leave the box once the puck is dropped.

Penalty Shot

- A penalty shot is awarded when:
 - A stick or other equipment is thrown at any point during the game.
 - A defending player other than the goalie traps or covers the puck 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.

Penalties during 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 three (3) skaters on the ice during the overtime period. If a team enters the overtime period on a power play, it 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.

Miscellaneous

- **All officials' calls are final!**
- The scorekeeper's record is the official record. Scorekeepers will be responsible for keeping score, penalties, and timeouts.
- Fans are not allowed behind team benches, in the locker rooms, or in the downstairs of the main sheet of ice.
- Any "coach" on the bench (limit two per team) must have a helmet with a cage or full face shield.
- No pop, chew or seeds are allowed.
- 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.