



Intramural Sports Ice Hockey Rules



Intramural Sports Participant Manual

- All participants are required to adhere to the policies of Intramural Sports. This information is located online at <http://intramurals.athletics.cornell.edu>.
- In the Intramural Sports Participant Manual, you will find important information regarding:

Team Information	Participant Information
• Registration	• Eligibility
• Divisions	• Participation
• Playoffs	• Participant Conduct
• Sportsmanship	• Safety
• Forfeits and Cancellations	• Alcohol and Drug Policy
• Protests	
• Champions	

Location

- All games will take place in Lynah Ice Rink.
- Participants should park in the Central Campus Parking Garage.

Timing

- The game will consist of three 12-minute periods. The clock will be stopped during the last two minutes of the final period.
- Each team will be granted one 60-second timeout per game.
- There will be no overtime for regular season games.
- There will be a three-minute break between periods where teams will change sides.
- Overtime (Playoffs Only)
 - In the event of a tie, there will be one 5-minute, sudden death overtime.
 - If the game is still tied, three penalty shots will be taken in alternate turns.
 - During the shootout, teams must use the same goalie and players on the ice that finished the overtime. Teams must select the three players who will shoot. Teams cannot use the same player to shoot until all players on the ice have shot at least once.
 - If the score is still tied after three rounds, the team that scores the first unanswered goal wins.

Players

- Teams consist of six players. A minimum of five players is needed to begin and continue a game.
- **Only one club player per roster.**
- Only one non player/coach is allowed in the box.
- Late players cannot enter the contest until the beginning of the next period.
- CoRec Modification: A minimum of two male and two female players must be on the ice at all times. Neither gender may outnumber the other by more than one.

General Playing Rules

- USA Hockey non-checking rules will be enforced. All action toward gaining possession of the puck or a team's advantage must be directed toward the puck and not the opponent's body.
- On a slap shot the blade may not be above the waist.
- If a stick is thrown in an attempt to prevent a goal, a goal shall be awarded.
- Any player accumulating the following groups of penalties in one game shall be ejected from that game:
 - 3 minor penalties
 - 1 major and 2 minor penalties
 - 2 major penalties
- Any team accumulating sixteen or more minutes in penalties will automatically forfeit the game and the team captain must meet with the Intramural Sports Professional Staff before the team may participate again.

Penalties and Fouls

- The following penalties will result in two-minute minors: (these penalties are releasable)

Tripping	Holding	Holding opponent's stick
Boarding	Cross-Checking	Falling on/trapping the puck
Delay of Game	Interference	Goalie Interference
Hooking	Charging	High Sticking/ Head Checking
Roughing	Slashing	Failure to wear equipment while goaltending
Bench minors (Too many men on the ice, taking too many time-outs, etc.)		

NOTE: Bench minor penalties will not count towards a player's own penalty minutes. Double-minors (4 minutes) may be called for any of the above penalties at the official's discretion. If a player is ejected due to committing three minor penalties or a double-minor and one minor penalty, the team will be able to substitute for him or her.

- The following penalties will result in a five minute major: (these penalties are non-releasable)
 - Injury: any injury caused by a player may result in a game misconduct
 - Unsportsmanlike conduct: Throwing equipment, abusive language, or any infraction that the referee judges to be unsportsmanlike conduct (may be a two-minute penalty based on severity)
 - Checking from behind
- The following penalties will result in a five minute major AND ejection:
 - Fighting
 - Butt-Ending
 - Checking from behind near the boards
 - *NOTE: listing of penalties is not meant to be inclusive.*
- An ejection will occur with the following:
 - Repeated major penalties, the player involved will be ejected
 - Illegal and/or ineligible players will be removed from the game
 - Failure to obey the referee may result in an ejection
 - Any player that receives the needed combination of penalties discussed earlier
 - If a fight breaks out, any player that leaves the bench shall be ejected

Definitions

1. *Boarding*: Any player that checks the opponent in to the boards.
2. *High Sticking*: Any conduct above the shoulders will result in a penalty. For a back swing above the waist during a shot the whistle will be blown and there will be a face-off.
3. *Cross Checking*: A check delivered by extending the arms with both hands on the stick and making contact with the opponent above the waist.
4. *Butt-Ending*: Any player swinging the end of the stick at an opposing player, regardless of whether contact was made.
5. *Slashing*: Any player who swings the stick at any opposing player or makes a wild swing at the puck with the objective of intimidating an opponent.
6. *Goalie Interference*: Unless the puck is in the goal crease, a player of the attacking team may not stand in, have their stick in, or skate through the goal crease while the attacking team has possession of the puck. Violation of this rule will result in a face-off at the nearest neutral zone spot. Goals will count if the defending player(s) causes the attacking team to be in the goal crease.
7. *Icing*: When a team of equal or superior strength shoots the puck from their own half of the ice (red line) beyond the goal line of the opposing team, play shall be stopped and a face-off will be held.

Icing is nullified and play shall continue when:

- a. players of the team icing the puck, deflect or tip the puck in the attacking half of the ice before the puck reaches the goal line extended
- b. the icing team has fewer players on the ice than the opposing team
- c. the shot is made from a face-off
- d. the puck touches an opposing player or his/her equipment before reaching the goal line extended
- e. a player of the opposing team other than the goalkeeper is able, in the opinion of the referee, to play the puck before it passes the goal line extended but does not do so
- f. the puck is played by the goalkeeper prior to reaching the goal line extended or enters the cage (in which case a goal is scored)
- g. the puck passes through any part of the goal crease
- h. the puck is shot and rebounds from the body or stick of an opponent in his/her own end of the ice, it crosses the goal line extended of the player shooting the puck.

Ruling: Face off at end zone face-off spot in defensive zone on side nearer the place from which shot was made.

8. *Offsides*: When both skates are completely over the outer edge of the blue line involved in the play at the instant the puck completely crosses the outer edge of the line. A face-off will then occur just over the blue line in the neutral zone.
9. *Delayed Offsides*: When an attacking player arrives in the opponents blue line before the puck does without touching it and the defending player is able to play the puck beyond their own blue line, play will continue.

10. *Penalty Shot*: A breakaway shot between the person taking it and the goaltender. The player carries the puck from the red line and has one shot on net. The goalie must remain in the crease until the play begins. Anyone can be designated to take a penalty shot.

A penalty shot is given when:

- a. A defensive player (not the goalie) touches the puck in their own goal crease.
- b. The offensive player was prevented a great scoring opportunity by the defensive player tackling or tripping them from behind.
- c. Any stick thrown by the defensive team in their defensive zone

*All rules not specifically covered in this document will be enforced as USA Hockey Rules.
All rules are subject to change by the Intramural Sports professional staff.*

Last Updated 1/07/07