Bemidji State University
Intramural Hockey Rules

1. EQUIPMENT
   • Players are required to wear the following equipment: shin guards, helmet with a chinstrap and full-face mask, hockey gloves, elbow pads, and protective cup (for men).
   • Figure skates are allowed.
   • Goalies are required to wear full protective padding. Goalie skates may only be worn by the goalie. Goalie equipment may be checked out with a valid student/member ID. Available equipment includes: helmet, blocker, glove, chest and arm protector, pads, and a stick.
   • Players will not be allowed to compete without a chinstrap fully and completely fastened to the helmet. Helmets are available for checkout with a valid student/member ID.
   • Players must furnish their own equipment, and are recommended to wear any other equipment available to them, with the exception of shoulder pads.
   • If the goaltenders mask is dislodged during play, play will be stopped immediately.

2. PLAYERS
   • Each team should have 6 players to start the game. A team may play with a minimum of 5 players. Team roster sizes must remain at 15 players or less.
   • No team may have more than 4 Men’s or Women’s Club Hockey players on their roster.
   • All team members must be in the team bench area. Only team members are allowed in the bench area – no spectators/fans!

3. SCORING AND TIME REGULATIONS
   • Time permitting, there will be a five-minute warm-up before each game.
   • Games will consist of two 20-minute halves with running clock.
   • Stop time will be played in the last five minutes of the second half if the goal difference is two or less.
   • Overtime will consist of a five-minute stop time sudden death period.
   • If tied after overtime, a tie will be declared, except in playoffs.
   • If at the conclusion of the overtime period the score is still tied in a playoff game, there will be a 4-person shootout.
     o A coin toss will determine which team shoots first.
     o The puck will be placed on the centerline.
     o The goalie must stand on the goal line until the opposing player first touches the puck.
     o The puck is immediately dead after the shot is taken.
     o The team with the most goals at the end of the shootout will be declared the winner.
     o If there is no winner, the sudden death shootout will continue.
     o All players on the team must shoot once before a shooter can be repeated.
   • Substitutions may be made at any whistle or on the fly provided the player coming off the ice is at the player’s bench and out of play before the sub enters onto the ice.

4. FOULS
   • Playing the puck with the blade of the stick higher than the shoulder results in a delayed whistle with a face-off in the defensive zone of the offending team.
   • Carrying the puck with hand or forwarding the puck to a teammate with the hand in the offensive zone results in a face-off outside the zone.
   • Off-sides occurs when advancing the puck into the attacking zone. The puck must cross the blue line before the player. Players may not pass to a teammate in the attacking zone from the other zones. Off-sides results in a face-off in the neutral zone.
- Icing occurs when the puck is shot from behind the center line, over the opponent’s goal line. Icing results in a face-off in the offender’s defensive zone.

5. PENALTIES
- Penalties will be called on a delayed basis. If a team scores on a delayed minor penalty, the delayed penalty shall be waived and 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.
- Coincidental minors will result in off-setting penalties.
- Offending players must come off the ice for a minimum of one shift. If this puts a team under 5 skaters then that player comes off the ice until the next whistle.
- There is no penalty time. All penalties will result in a penalty shot for the non-offending team.
- Penalties include:
  - Holding - any holding of a player or part of a player, including the stick in an attempt to keep a player from making a play.
  - High Sticking - any use of the stick on another player above the waist.
  - Hooking - any use of a players stick to keep an opponent from making a play.
  - Slashing - any swing of the stick intentionally at an opponent.
  - Interference - any deliberate obstruction by one player on another player to interfere with making a play.
  - Checking - any deliberate body contact.
  - Cross-Checking - a check with two hands on the stick across the body of an opposing player.
  - Tripping - use of any body part or stick to interfere with an opponent.
  - Elbowing - intentional use of an elbow to strike an opponent.
  - Fighting - any punching motion with gloves on or off.
  - Spearing - use of the stick blade or end as a spear on an opponent.
  - Unsportsmanlike Conduct - any act of aggression during or after play aimed towards opposing players or officials.
  - Delay of Game - an attempt to delay the game whether intentional or not.
  - Too Many Men - too many players on the ice for one team.
- Goalkeepers may not freeze the puck behind the goal line, and may not play the puck beyond their own blue line or they will be called for a delay of game.
- All penalties listed above with the exception of delay of game or too many men may be called as a major penalty.
- All penalties are up to the discretion of the officials. If an official feels an attempt to injure someone has occurred, a major penalty will be called.
- Any player receiving a major penalty will be ejected from the game, receive a two game regular season suspension, and suspension for the first playoff game.
- Any player ejected in two separate instances will forfeit the privilege of playing intramural hockey. Any player ejected in the playoffs whether for the first or second instance over the course of the season will also forfeit privileges for the remainder of the season.
- Any player receiving three minor penalties will be ejected from the game and may have to serve a suspension.
- Any player receiving two ejections from minor penalties will forfeit intramural hockey privileges.
- Any player that is ejected from a game must meet with the Intramural Coordinator before returning to play.

6. PENALTY SHOT
- A penalty shot is awarded when:
  - Any minor or major penalty has incurred.
- An extra player attempts to stop a breakaway.
- A stick or other equipment is thrown to stop a reasonable scoring opportunity.
- A defending player other than the goalie traps or covers the puck in the crease.
- A player deliberately displaces the cage to prevent a goal.
- A player fouls from behind on an open breakaway in the offensive zone.

7. MISCELLANEOUS RULES
   - Participants must wait for players from previous games to leave before going to team benches. After each game, please try to leave the bench as quickly as possible so the next teams may get ready.
   - Teams must clean bench area after each game.
   - Chewing tobacco, alcohol, pop, and seeds are not allowed at the rink.
   - The puck must remain below the crossbar for competitive games and below the waist for rec games when a slap shot occurs.
   - Due to time constraints and ice availability, all games must be played as scheduled. No mutual postponements will be allowed.
   - Locker rooms are available at the City Rink.
   - Captains are the only ones who may discuss penalties with the referees.

The team captain is responsible for thoroughly informing all team members of all intramural rules and policies and game rules as documented here.

Questions? Contact –

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