

## INTRAMURAL BOOT HOCKEY RULES

### **Playing Time**

1. Three, 12-minute periods, with a 1 minute intermission between periods, and stop time in the last 2 minutes of the third period. No stop time if one team is ahead by 3 or more goals. If a game is tied at the end of regulation then a three-person shoot-out will take place to decide the winner. If it remains tied then a sudden death shoot-out will decide the winner.
2. Teams must have at least FOUR players to start and finish a game.
3. Teams will be allowed one, one minute time out per period.
4. The game will be called if a team is leading by 5 or more goals with 5 minutes remaining.

### **The Game**

1. Games will be played the width of the rink.
2. Helmets with must be worn and will be provided by UWS Intramurals.
3. Use of other protective equipment such as shin guards and elbow pads is strongly encouraged, but must be under clothing
4. UWS intramurals will not be providing Hockey sticks.
5. Broomball shoes will not be allowed. Shoes or cleats that are altered are illegal.
6. A sponge puck and regular size hockey nets will be used.

### **Check In**

1. Each player must have a UWS ID present at all games to participate.
2. Players signing roster forms are to use first and last names. No nicknames.

### **General Rules**

1. Six players will be allowed on the ice at a time. One player must be designated as a goalie to have goal tender privileges.
2. Face-offs will be used at the start of the game and after stoppages of play.
3. Substitutions will be allowed on the fly.
4. If a stick breaks, it must be dropped immediately, if not it will result in a 2-minute penalty.
5. No body checking is allowed.
6. The puck may be stopped with any part of the body, but not carried. No hand passing.
7. A stick may never be swung above shoulder height. (If the shoulders lower to shoot or pass the puck this then is the shoulder height) This results a 2-minute minor penalty
8. There will be no off sides or icing called.
9. No offensive players will be allowed in the crease unless the puck is in the crease.
10. A ball knocked out of play will be an indirect shot by the opposing at the spot closes to the last spot the ball was in play.

## **Goalie**

1. Goaltenders may wear goalie gloves or a baseball mitt. They are also allowed to wear shoulder, shin, and elbow pads. Goalie leg pads are illegal, but shin pads and chest protectors are recommended. Goalies are also required to wear a helmet with a facemask, which will be provided by Intramurals.
2. Goaltenders may not advance the puck forward with their hands. They may drop the puck in front or on the sides of the net. Goaltenders are not allowed to throw the puck. A thrown puck will result in a face off. The goalie has 3 seconds after complete control of the puck to get rid of it or a faceoff will occur. Goalies may not pass the puck across mid-ice when receiving the puck in the crease.
3. Goal tenders may come out of the net as an extra attacker. If the goalie wants to get rid of their glove they must throw it in or on top of the net. If the glove is set in playing area with no attempt to recover the glove a delay of game penalty will be called.

## **PENALTIES**

Penalty time shall be kept by "stopped time". Stopped time begins as soon as a player(s) reports to the penalty box.

- A. Minor violations - indirect shot (clock does not stop).
  - B. Minor penalty - penalized player removed for two (2) minutes during which time no substitute is permitted unless the penalized team is scored upon.
  - C. Major penalty - penalized player removed for five (5) minutes during which time no substitute is permitted, not even if the penalized team is scored upon.
  - D. Misconduct penalty - penalized player is removed for ten (10) minutes during which time a substitute is permitted immediately.
  - E. Game penalty - penalized player is ejected for the remainder of the game and must set up an appointment with the Assistant Director for Intramural Sports or his/her designee prior to playing any intramural activity or forfeiture will result for the teams and games played.
- NOTE: For a second (2) major penalty to the same player in a game, the player shall be ejected from the game. A mandatory meeting must be set up with the Director for Intramural Sports or his/her designee prior to playing any intramural activity or forfeiture will result for the teams and games played.
- F. After each penalty, a face-off will result at the face-off circle nearest the spot of the penalty. Face-offs will be made at the center circle when the penalty occurred in the attacking area of the player/team being penalized.

### **Two-Minute Penalties (Minor)**

1. No body checking is allowed.
2. High Sticking
3. Failure to drop a broken stick.
4. Throwing or leaving a stick
5. Kicking, throwing, holding, or knocking an opponent's stick to keep him/her from possession
6. Delay of game.

7. Intentionally causing the puck to leave the rink.
8. Holding of the puck.
9. Interference
10. Slashing, cross-checking, elbowing, hooking, tripping, roughing, holding, sliding into an opponent

### **5-Minute Penalties (Major)**

1. Flagrant boarding, charging, cross-checking, elbowing, high sticking, slashing, tripping and unnecessary roughness.
2. Goalkeeper flagrantly fouled in crease.

### **10-Minute Penalties (Misconduct)**

1. Abusive language/gestures toward players or referees.
2. Disrespect to officials.
3. Inciting or baiting an opponent.
4. Throwing stick off ice.

### **Overtime**

1. Three minute sudden death overtime will be played if a regulation ends in a tie.
2. If overtime ends in a tie a 3 man shoot-out will occur.
3. If still tied after the 3-man shoot-out, a sudden death shoot out will occur.

### **Shoot-out Rules**

- a. Goalies can take shoot-out shots.
- b. Every player on a team (both players on the ice and on the bench) must shoot before any player can shoot a second time..
- c. No player in the penalty box at the end of overtime may participate in the shoot-out.
- d. Shoot-out and penalty shots will be taken from 5 yards in front of the goal line with all other players behind and away from the shooter, except the goalie.
- e. At the referee's instruction, the shooter may take the shot from the spot. A shoot-out or penalty shot may only be contacted once by the shooter. There are no rebounds. Shooters may not dribble the ball in toward the goal.
- f. No faking of shoot-out or penalty shots. If done, either successful or unsuccessful, the goal does not count and there is no retry.
- g. The backward and forward arc of the stick during the swing of his/her shot must be kept below shoulder height. If in violation, the shot is no good and no retry.
- h. The goalie must remain in the crease until the ball is touched. The goalie may not throw his stick or glove. A goal shall be scored if he/she is in violation whether or not the shot is good.
- i. If, during a penalty shot, any player on the opposing team causes a distraction or interference, a second penalty shot attempt shall be awarded (provided the first attempt was unsuccessful) and a misconduct penalty will be given.

If a penalty shot is awarded during the game, the following provisions apply:

- i. If a goal is scored off a penalty shot, play will resume with a face-off at center ice.

- ii. If the penalty shot is not successful, there will be a face-off at the nearest face-off circle.
- iii. The fouled player must make the penalty shot, unless he/she is physically incapable of doing so. In such a case, the captain will choose from a participating player on the ice.

### **Penalties Resulting in a Penalty Shot**

- A. Defensive player other than the goalie stopping the ball in the crease or knocking the ball out of the crease with a chance of scoring.
- B. Offensive player has obvious breakaway when defensive player throws anything at the player, including the body or the broom, and makes him/her lose control.
- C. When defensive player catches up to the offensive player from behind and plays the body instead of the ball.
- D. Throwing any object in frustration or anger.

### **Misconduct Penalties**

Violations which result in the penalized player receiving a ten (10) minute penalty with a substitute allowed:

- A. Verbal abuse to officials can result in immediate game penalty.
- B. Showing disrespect towards an official. A game penalty may be levied if the player persists in disrespectful behavior.
- C. Any player who, after being warned by an official, persists in any action designed to delay the game or incite an opponent into an altercation or penalty.
- D. If, after the assessment of a misconduct penalty, a player persists in any course of conduct for which he/she has previously been assessed a misconduct penalty, a game penalty will be assessed.

### **Game Penalties/Ejections**

Violations which result in the penalized player being ejected from the game:

- A. Fighting - a player shall also be ejected for joining in an altercation or fight.
- B. Deliberate roughing of an opponent-CHECKING.
- C. Slashing, spearing, butting, or swinging stick at a player (hitting or missing).
- D. Attempt to injure an opponent.
- E. Unsportsmanlike conduct or repeated acts of abuse to officials.
- F. Player(s) using obscene gestures or language.
- G. Players leaving bench or sidelines to participate in an altercation.

### **Other Policies**

- A. No Alcohol Allowed. Anyone who has been drinking will be ejected immediately and removed from the building.
- B. Participants should be aware that there is a risk of injury in intramural sports due to the inherent nature of the activities