



RECREATION

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INTRAMURAL ICE HOCKEY RULES

Last Revised: Winter 2024

 = Revised Changes

Part A: WR Governing Rules

1. Warrior Recreation Intramural Leagues are guided by the Spirit of Competition (S.O.C.). Every participant, player, captain, and league staff will all have an active part in upholding the S.O.C.
2. Warrior Recreation Ice Hockey is governed by the policies and rules put forth by Hockey Canada in conjunction with rules the listed here, as well as the policies as outlined in the Spirit of Competition.
3. Officials, team captains, and players are all responsible for the good order and conduct of the game.
4. The official's judgment is final for all decisions regarding game play.
5. A more comprehensive list of rules and regulations for all intramural sports can be located in the Intramural Handbook found [here](#).

Part B: The Teams

1. The conduct of the participants must be in accordance with the Spirit of Competition. Any player violating these guidelines may be asked to leave the facility.
2. It is recommended that both teams be dressed and ready to play 10 minutes before the scheduled start of their game. All games start at the time published on the schedule.

3. Team Members: Teams consist of 6 players playing at one time. Each team must have a minimum of 6 players.
4. Grace Time: Any team without the required number of players within 5 minutes of the scheduled time will default that game. If any team member is in doubt about their eligibility, they should speak with their team captain, League Staff, or the Intramural Coordinator immediately.
5. If players, team officials, game timekeeper, etc. show up for a game in a condition which in the official's opinion, render them unable to take part, the official may default the game.
6. Specialized Positions: The goalie is the only specialized position. They may play for multiple ice hockey teams but must be on the roster for one team.
7. Varsity players are not eligible to participate in an intramural sport similar to their varsity sport while in season. This means that varsity ice hockey players are not eligible to participate in the fall and winter semester.
8. Substitutes will remain in the bench area and any substitution must be done legally during play or in a timely manner during stoppages of play.

Part C: Team Captain

1. The team captain must be familiar with the Spirit of Competition guidelines and Eligibility rules, and inform players of all rules and conduct expectations.
2. Each team must identify their team captain at the beginning of each game to the official. If the captain is not present, the team will nominate a player to be the acting captain for that game. This person will take on all duties and responsibilities as the team captain. This person will be identified as the acting captain on the score sheet.
3. It is the team captain's duty to know his/her duties and responsibilities before the game begins.
4. Only the captain should be speaking with the officials during the game time. Players who wish to discuss any issue with an official must ask the captain to speak on their behalf.
5. It is each captain's responsibility to have the team roster ready on the score sheet by the start of game time.
6. The captains of each team are to complete the S.O.C. on the score sheet honestly by giving the opposing team a rating of 0, 1, or 2. They will also sign and validate the score upon completion of the game.

7. Any concerns that a captain may have regarding officiating, should be made aware to the League Staff in a timely and respectful manner.

Part D: Officials

1. Ice Hockey will have two officials and one scorekeeper assigned to each game.
2. The scorekeeper will require that all participants sign in. Any participant not signing in will not be able to participate.
3. All participants will respect the call of the officials. The team captain may ask for clarification in a respectful manner.
4. The officials will manage the match and the scorekeeper will manage the game sheet and score clock.
5. If there is a dispute, the official's decision is final.

Part E: Equipment

1. No jewelry (unless properly taped down), non-elastic head bands, or hard support braces are allowed during game time.
 - a. Captains will be warned at the beginning of the game to have all their players remove such items.
 - b. During the game, players found with such items will be asked to leave play until the item is removed or properly secured.
2. Religious wear may be worn while participating and must not be a safety risk to the participant, participant's team, opponents, or officials.
 - a. Items that are a safety risk will be asked to be properly secured.
 - b. It is the responsibility of the player to properly secure the item safely.
 - c. If there are any questions about an item's safety risks, players should contact League Staff or the Intramural Coordinator more than 24 hours prior to their game.
3. The following equipment will be provided:
 - a. Game Puck
 - b. Nets
 - c. Available to sign out with Arena Manager (WatCard required):
 - i. Jerseys (1 set per team)
 - ii. Goalie Equipment (skates not included)
4. The following equipment will be required:
 - a. Full hockey equipment as outlined in the Hockey Canada rulebook.

- i. Helmet must be CSA approved.
 - ii. Helmet must be full-face cage and/or shield.
 - iii. Neck Guards are required.
 - 1. Mandatory for goalies.
 - b. Hockey Stick
 - i. Butt end of the stick must be taped.
- 5. The following equipment will be optional:
 - a. Custom team jerseys
 - i. Must be all the same colour (contrasting to opponent).
 - ii. Must have distinct and unique numbers.

Part F: General Game Rules

1. Playing Time
 - a. Games consist of three, 13-minute run time periods.
 - i. Time will only stop for the following:
 1. An injury.
 2. The score is 3 goals or less with less than two minutes to play in the final period.
 - ii. No game shall exceed 50 minutes after the scheduled start time.
2. Overtime/Tie
 - a. If a game is tied at the end of time, the game will be recorded as a tie.
3. Time Outs: There will be no time outs during the regular season.
4. Mercy Rule: If a team is leading by a score of 6 goals, the game will be called complete and end immediately.
5. A game recorded as a default/forfeit will be scored 3-0.
6. Captains will sign the game sheet once completed and assign an SOC rating of 0, 1, or 2 to the opposing team.
7. The winner of the game will be determined as the team that has the most goals at the end of the game.
8. Game will be played in the CIF Arena.

Part G: Specific Game Rules

1. Teams must vacate the locker room within 30 minutes of the end of their game.
2. Team captains must have the score sheet properly and completely filled out prior to the team stepping onto the ice (last names and numbers are the minimum required). The official may assess a minor penalty to the team captain if the sheet is not properly completed prior to play.
3. These playing rules are meant to give a summary of the most common type of situations that occur in Intramural Ice Hockey games and outline any Waterloo Recreation specific rules. However, games are officiated using the full Hockey Canada Rulebook.
4. If the net moves from its standard position, play may be stopped at the official's discretion. If, in the official's judgment, the net is dislodged intentionally by the defending team, a delay of game penalty shall be assessed. If this occurs in the last 2 minutes of play, a penalty shot will be awarded to the offending team.
5. Beginner – No slapshots will be allowed. A slap shot is defined as bring the stick above the height of the waist and hitting the puck in one forward motion.
 - a. Play will stop immediately and a minor penalty for unsportsmanlike conduct will be assessed.

Part H: Penalties, Fouls, Misconducts

1. Penalties will have the following duration:
 - a. Minor: 3 minutes (run time); 2 minutes (stop time – Playoff Final Game)
 - b. Major: 7 minutes (run time); 5 minutes (stop time – Playoff Final Game)
 - c. Misconduct: 10 minutes
2. Any player incurring a total of three minor penalties during the same game will be ejected from the game. For this rule, double minors are counted as one penalty. Any player ejected from the game under this rule may be subject to a Conduct Review at the discretion of league staff.
3. Only the captain may address an official. When addressing an official, the player must be always courteous and polite. Penalties shall be assessed to any other player who addresses or directs inappropriate remarks at an official.
 - a. First occurrence in a game: minor penalty to be served by the player in question (If the referee is unable to identify the person responsible, a player on the ice shall serve the penalty).
 - b. Second occurrence in a game: Misconduct assessed to the player in question.
 - c. Third occurrence in a game: Game Misconduct penalty assessed to the player in question and the official will file a full report on the game sheet.

- d. Depending on the severity of the incident, the official can assess a Misconduct or Game Misconduct penalty initially.
 - e. According to the CHA Referee-in-Chief under clarification of "Zero Tolerance", if an official feels he/she is being shown disrespect in any form by a player or team official, the appropriate penalty MUST be assessed. It is IMPERATIVE that all officials apply this rule emphasis for it to have any lasting effect on the game. Coaches and players must strive to eliminate all forms of abuse directed at game officials.
4. Any player who has been ejected from the game must leave the playing area. If he/she refuses, his/her team will receive a minor penalty. If the player persists, the game may be defaulted to the other team.
 5. A Match Penalty will be assessed to any player who deliberately attempts to or deliberately injures an opponent.
 6. A Gross Misconduct penalty will be assessed to any player who conducts himself/herself in such a manner as to make a travesty of the game.
 7. Goaltenders who receive Major, Match, or Gross Misconduct penalties are treated as any player on the ice and must leave the game immediately. The team must continue to play the game without a goaltender unless they have one dressed as a spare at the beginning of the game.
 8. Coincidental minors will be in effect for any penalties occurring during the same stoppage of play, so long that it does not gain an advantage for one team.
 9. Any non-violent body contact is a minor penalty. Any player who pushes, body checks, or hits an opposing player from behind anywhere on the ice shall be assessed a major plus a game misconduct.

Part I: Playoff Specific Rules

1. Period length
 - a. Quarter and Semi Finals: 13-minute run time periods
 - b. Finals: 10-minute stop time periods
2. Each team is allowed one 30-second time out per game.
3. In the event of a tie, games will proceed as following:
 - a. Quarter and Semi-final games:
 - i. NHL style shootout: 3 players per side, most goals wins.
 - ii. If tied after 3 shooters, 1 player per side will shoot, sudden death.

- iii. The entire team must shoot before a player can shoot again.
- b. Finals:
 - i. 1 period overtime (5 minutes stop time).
 - ii. Then NHL style shootout as listed above.

Part J: Tie-Breaking Procedures

1. If teams have the same number of points at the end of the regular season, the following will be used in order to determine the team that is ranked higher in the order they are listed:
 - a. The team having the higher S.O.C. will be ranked higher.
 - b. The team with the fewest defaults and forfeits will be ranked higher.
 - c. The team with the fewest defaults will be ranked higher.
 - d. The team having won the head-to-head match will be ranked higher.
 - e. The team having the best ratio of points for/against will be ranked higher.
 - f. The team having the better point differential will be ranked higher.
 - g. A coin flip will determine the team to be ranked higher
2. If multiple teams are tied, the above criteria will be used until one team is ranked higher OR lower. The process will then reset and continue until all teams have been ranked.

If there are any questions about the above rules, please email League Staff at leagues@uwaterloo.ca and they will be more than happy to explain and clarify any questions.