



GAME RULES

1. Each team will consist of 6-8 players. Three players (goalie not included) will be on the court at a time per team. If a team does not have at least 3 players on the court at the start of game time, that team will be forced to forfeit.

Teams will be required to wear their designated shirts during the game. Line change (switching players) can occur anytime during the course of play or during any stoppage of play (goalie covering ball, after goals scored, time outs or penalty shots). A penalty will occur if an extra player is on the floor and intentionally affects play.

2. Games consist of two 10 minute halves with running time. The clock will stop only for official time-outs or injuries.

3. A win in regulation game time is worth 2 points. If games are tied at the end of regulation play, each team will select 3 shooters for a 1 on 1 shoot out versus the goalie. The shooter takes position at the center faceoff circle with the home team shooting first. If the score is still tied after the shoot out both teams will be award a point each. Winner in the shoot out gets 2 pts, losers gets 1pt. During playoffs, after the first 3 shooters, the shoot out goes into sudden death and will continue until a winner is determined.

4. Start/Re-Start of Game / Half: A face-off will be used to begin each half. The face-off will take place at center court. Players must be on-side in their half of the floor.

5. Stoppage of Play: Play will be stopped when the goalie freezes (covers) the ball, a goal is scored, if there is a penalty or at the official's discretion. The opposing team will have 10 seconds to clear the zone before play is resumed. If the ball goes out of the playing area, the official will throw the ball back into play near where the ball left the playing area and play resumes.

6. No player (besides the goalie) is allowed in the goalie crease for more than 3 seconds. There will be a stoppage in play if this occurs and the opposing team shall clear the zone.
7. An intentional penalty will automatically result in a penalty shot, upon the completion of the half.
8. The Official is the sole judge of the laws and rules of the game.
9. A goalie may play the ball (or cover the ball) from any place on the court, at their own risk.

SCORING

- a. Each goal scored counts as one point. A goal is awarded when the ball fully crosses the goal line.
- b. The ball may deflect off a player or equipment but may not be kicked, thrown, or deliberately directed into the goal by any other means than the stick. If any of these infractions occurs, the goal will be waived off.
- c. Under no circumstances may a goal be scored when there is an infraction by the offensive team.
- d. A goal scored from a high stick (stick above the waist) is not allowed. A goal kicked into the net is not allowed.
- e. A goal is scored if a defending player puts the puck into the goal in any way.
- f. Players are not allowed to be in the goalie crease at any time while the offensive team has possession of the ball. Repeated violation of this rule may result in a penalty if the official determines the violation is done with intent and is not an inadvertent event.

Timeouts

Teams will be allowed one time-out per game. Time-outs will be one minute in length. Time-outs can only be called when there is a stoppage in play.

STICK HANDLING:

THE BLADE OF THE STICK MUST REMAIN BELOW THE WAIST AT ALL TIMES!!!

Slap shots: The forward or backward arc must be kept below the waist.

FOULS AND PENALTIES

Penalty: A penalty infractions will result in a penalty shot, which will be taken at the completion of each half.

The opposing team will select a player to take a penalty shot.

The player that caused the penalty is free to continue play.

DESCRIPTION OF PENALTIES:

Hockey is a competitive game, there are times when in the spirit of competition, penalties occur. There are two types of penalties, those that are accidental, and those that are committed to injure or intimidate. These rules are prepared to prevent injury.

There will be zero tolerance of any actions that, in the view of the official, are purposed to injure or intimidate. Please be mindful we hope this never occurs and we fully intend to have a friendly fun hockey experience.

Delay of Game

1. Falling on the ball — a penalty shall be imposed on the player other than the goalkeeper who deliberately falls on or gathers a ball into his/her body. NOTE: Any player, who drops to his/her knees to block shots should not be penalized if the puck is shot under them or becomes lodged in their clothing or equipment. Any use of the hands to make the ball unplayable should be penalized promptly. Intentionally stepping on the ball will also result in a delay of game penalty.

2. Handpass - A player may use their hands to block the ball above their waist, however, they must immediately drop the ball to the ground and they may not move the ball forward or backward with their hands; the ball may not be played first by another player on that team. If the ball is played by another member of the team, the ball will be forfeited to the other team.

3. A penalty shall be imposed on a goalkeeper who (when his/her body is entirely outside the boundaries of his/her own crease line) deliberately falls on or gathers the ball into his/her body, which is not a shot on goal.

4. A penalty shall be imposed on any players (including goalkeeper) who delays the game by deliberately displacing a goal post from its normal position. The official shall stop play when a goal post has been displaced.

5. A penalty shall be imposed on any player including the goalkeeper who holds or freezes the ball with his/her stick, feet, or body along the boards in such a manner as to cause a stoppage of play unless he/she is actually being checked by an opponent.

Elbowing and Kneeing

Inadvertent collisions that cause injury will result in a penalty. If the official determines this action is done with intent to injure, or with flagrant disregard to the safety of another player, the offending player shall be permanently banned from participation.

Slashing

1. A penalty, at the discretion of the official, shall be imposed on any player who

impedes or seeks to impede the progress of an opponent by slashing with the stick. If the official determines this action is done with intent to injure, or with flagrant disregard to the safety of another player, the offending player shall be permanently banned from participation.

2. Any player who swings his/her stick at another player/official shall be permanently banned from participation.

Head Contact

Any contact to another player's head may result in permanent ejection of the offending player. This includes sticks, hands, or anything else.

Shooting at another player

If the official believes a player shoots the ball at another player with the intent to injure, the offending player may be permanently banned.

Spearing

The offending player shall be permanently banned from participation.

NOTE: Spearing shall mean stabbing at an opponent with the point of the stick blade while the stick is being carried with one hand or both hands.

Tripping

A penalty shall be imposed on any player who shall place his/her stick, knee, foot, arm, hand, or elbow in such a manner that it shall cause an opponent to trip or fall. If the official determines the offender intended to trip a player, the offender may be banned permanently from participation.

NOTE: If in the opinion of the official a player is unquestionably hook-checking the ball and obtains possession of it, thereby tripping the ball carrier, no penalty shall be imposed.

Hooking

A penalty shall be imposed on a player who impedes or seeks to impede the progress of an opponent by hooking with his stick.

Interference

A penalty shall be imposed when:

1. A player interferes with or impedes the progress of an opponent who is not in the possession of the ball.
2. A player who deliberately knocks a stick out of an opponent's hand.
3. A player prevents an opponent from regaining his/her stick once it has been dropped.
4. A player throws the stick or broken stick towards an opposing ball carrier in a manner that would distract the carrier.

5. A player intentionally trips or otherwise fouls from behind thus preventing a reasonable scoring opportunity. The violating player shall be automatically ejected. A penalty shot will be awarded.

Holding

A penalty shall be imposed on any player who holds an opponent or their stick with hands or stick in any other manner.

Butt Ending and cross-checking

The offending player shall be permanently banned from participation.

NOTE: Attempts to butt end shall include all cases where a butt end gesture is made regardless whether body contact is made or not.

Charging

If the official determines that a player makes body contact with another player for any purpose not in the proper spirit of the game, a charging penalty may be assessed.

Body Checking

The offending player shall be permanently banned from participation.

High Sticking

1. The carrying of the stick above the normal standing height of the waist is prohibited, and a penalty shall be imposed.

2. A penalty will occur if a stick rises above the waist level during the process of a shot, this includes the follow through. If a goal is scored, the goal will be disallowed.

3. A penalty will occur if a stick makes any contact whatsoever with another player above the waist of the player the stick contacts.

Roughing

1. Any type of unnecessary contact will be considered roughing. If the official determines the action carries the intent to injure or flagrant disregard for the safety of another player, it may result in the offending player being permanently banned from participation.

2. Players must play the ball with the stick at all times. Using the body to gain an advantage in a manner that causes dangerous contact is not permitted and is considered roughing.

3. A penalty will be imposed.

GOALIE LIMITATIONS AND PRIVILEGES

1. Goalie cannot throw the ball in a forward direction more than 10 feet

2. If the Goalie maintains possession of the ball for more than three seconds and it is without merit in the opinion of the official, a delay of game penalty may result.

3. The goalie may use any part of the body to stop the ball

The following actions will result in automatic ejection from the game:

1. Continuous unnecessary roughness.
2. Hitting or shoving of any participant or officials.
3. Any other unsportsmanlike conduct in the opinion of the officials.
4. Any action not consistent with the spirit of respecting the safety of other players.
5. Three penalties by the same player within the same game.

MERCY RULE

There is no mercy rule, as everyone comes out to have a good time and play. However, the maximum margin is 7 goals. So if a team is leading 7-0 and they score, the score remains 7-0.

SPORTSMANSHIP

1. Team captains are responsible for the eligibility and conduct of all their players. Officials are instructed to speak with designated **team captains only!** The Official may eject players who choose to ignore this rule.
2. The Official may forfeit the game if physically or verbally abused by any team member or spectator. The Official may also remove any offender from the premises to preserve the experience and fun atmosphere for other players.
3. If a player is ejected from a contest for any reason, the official and/or supervisor will document the reason for ejection on a daily report. Once on report, a player must meet with an Intramural Director before being reinstated for competition.

EQUIPMENT

1. Players must use the sticks supplied by AAC. Players do have the option to wear gloves and shin guards if they want.
2. Teams are required to wear their designated shirts provide by the league
3. No black tape is allowed. We do not want to leave scuff marks on the gym floors.
4. Use proper judgment with Jewelry. Please don't wear anything that might be a danger to others. The Official may remove a player that is wearing jewelry that may be considered dangerous.

Any rule not specifically enumerated above may be enforced in the spirit of USA Hockey rules for the purpose of maintaining a positive experience for all.