



ICE HOCKEY RULES

ELIGIBILITY

- Each participant must have **one (1)** of the following:
 - Valid Student ID card.
 - Proof of payment of appropriate team player fee.
- **All participants must be registered on the official roster, must check in with the supervisor for each game and have picture ID at all times. Additions are permitted up to the second last week of the regular season (wk 5). No additions are allowed from week 6 to the end of Playoffs.**
- All participants on the official team roster must play at least **two (2)** regular season games to be eligible to play in play offs.
- **Six (6) players** (including goaltender) per team are permitted on the ice at the same time.
- **Co-Ed Rule** – Preferred but not applicable.

Inclusivity

At the University of Lethbridge, we value equity, inclusion and diversity. University of Lethbridge acknowledges the commitment to representing the diverse communities we serve. And while we have gender-based leagues, they are inclusive of the LGBTQ2S+ community, transgender and genderqueer persons. We encourage participants to play where they feel comfortable.

GAME

1. Each game will consist of two **twenty-five (25) minute** halves – running time; with a **three (3) minute** intermission between each half.
2. All regular season games **may** end in a tie. In case of a tie, after regulation time during a playoff game, a shoot-out will occur. **Five (5)** members from each team will alternate taking breakaway shots, originating at center ice. The team to score the most goals will win. If still tied, each team will alternate shots until one team prevails – each shot must be taken by a different player and all eligible players must take a shot before any player can take a second shot.
3. For **play off games only**, the clock will be stop-timed for the final **two (2) minutes** of the **SECOND** half if the **goal difference is two (2) goals or less**.
4. A **ten (10) minute** default rule will be enforced. Therefore, each game must start by ten minutes past the hour.

STANDINGS

1. League standings will be determined by **the results in Fusion Play**.

EQUIPMENT

1. Goalie **may** use any standard goaltender equipment.
2. Players **may** use any standard protective equipment they desire. **Helmets, with mandatory half visor, must be worn and the chinstraps must be done up or the individual will not be allowed on the ice.**

RULES

1. **There is no red line.**
2. **All minor penalties** will result in a **three (3) minute running time penalty** assessed to the offending team. An individual who persistently infringes upon the rules will receive an automatic disqualification, for the remainder of the game, (refer to rules of disqualification for further details). The maximum a team may play short-handed is two (2) players at any given time.
3. Body checking or intentional body contact is not permitted; a **three (3) minute penalty** will be assessed.
4. The throwing of a stick at the puck will result in an **automatic penalty shot** for the non-offending team.
5. **Endangerment with the stick.** This infraction will cover all careless or inappropriate uses of the hockey stick. Any player who uses his/her stick in a manner that endangers, or potentially could endanger, the safety of an opponent (i.e. slash, spear, crosscheck, or high stick) will be penalized for endangerment with the stick. **REMEMBER: all players are responsible for their action with their hockey stick.**
6. Slap shots are only allowed with the stick at waist level. High stick slap shots will be penalized.
7. **Only** the goalie may stand in the crease. Opposing players may not stand in the crease area, or, interfere with the goaltender within the crease area. (Penalty: **three (3)** minute interference penalty.)
8. **DISRESPECT TO THE SUPERVISORS OR REFS, FIGHTING, UNSPORTING CONDUCT, OR DELIBERATE INTENT TO INJURE WILL NOT BE TOLERATED AND WILL RESULT IN AN AUTOMATIC EXPULSION FROM OUR LEAGUES.**

WINNING IS NOT EVERYTHING – PARTICIPATE AND HAVE FUN!!

scott.whiteside@uleth.ca
Phone: 317-2856

Location: PE121



[Horns Recreation](#)
4401 University Drive
Lethbridge, Alberta
T1K 3M4 , Canada