

Competitive Non-Checking Ice Hockey

Canadian Hockey Association Rules shall be applied whenever possible, unless otherwise indicated.

Revised July 2025

General Intramural Sports Regulations:

- There is no warm up equipment provided.
- Games that start late will finish on time. Halves will be shortened to accommodate the scheduled end time. There will be no extra time added.
- Team rosters are to be submitted and completed online by the team captain (individual who registered the team) prior to league start date. To complete your roster you will need to know each players UCID number and associated email address. All players who do not have a UCID number must contact Client Services at 403-220-7749 to request a UCID number.
 - Input your roster online at <http://www.ucalgary.ca/activeliving/> (Click on your name, drop down to 'My Teams', add email).
- All players must be added to the roster no later than 24hrs before the league play commences. Players may be added after at the Coordinator's discretion.
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- Captains are expected to:
 - a) Function as the exclusive point of contact for all communication between IMS and players
 - b) Appoint an alternate captain, who will function as a second contact if the captain is unavailable.
 - c) Contact Active Living Client Services with any playing preferences or requests prior to their sports registration deadline. Requests will not be accepted after the registration deadline.
 - d) Share the League Introduction email and all relevant documents with your team.
 - e) Review all documents, resources, and policies related to their sport in detail.
 - f) Complete the captains quiz (found in the league introduction email) 24h prior to the league start date.
 - g) Ensure that all teammates are aware of all IMS policies and rules relating to their sport.
 - h) Ensure that all teammates are registered and have their online waivers signed.
 - i) Maintain control of your team and spectator behavior in terms of conduct, safety, and sportsmanship before, during, and after all matches.
 - j) Ensure that any player(s) or spectator(s) exit the vicinity if they are ejected or otherwise asked to leave.
- All players **must complete an online waiver before they are allowed to play**. Instructions on how to sign online waivers can be found at <http://www.ucalgary.ca/activeliving/how-to-register> (Click on shopping cart next to name, waivers). No paper waivers will be accepted
- All players who have not signed their waivers prior to league play **will be removed** from their rosters.
- All players **must provide photo identification** to the supervisor before they may begin their matches.
- In Competitive Leagues, to be eligible for playoffs, a player must:
 - Be on the team roster.
 - Sign the online waiver.
 - Compete in at least (1) regular season match.
- Teams must meet the Fair Play requirements (3.5 average) to be eligible to compete in playoffs.
- **Suspended players may not be present during scheduled games, if so, the entire team shall be suspended indefinitely.**
- **Three suspensions by a single player in the league are subject to their indefinite suspension from IMS**

- Any games that end after 30 minutes or 1 half of play of scheduled playing time will be considered a completed game and will not be rescheduled.
- Intramural Sports has a **Zero-Tolerance policy** for **fighting** and **abuse** of staff and other intramural participants. This will be strictly enforced.
- Ineligible players include but are not limited to:
 - Current intercollegiate varsity athletes while in season (in the same or similar sport)
 - Current professional athletes (in the same or similar sport)
 - Current national team/Olympic athletes (in the same or similar sport)
 - Individuals under the age of 18 and not currently enrolled at the University of Calgary
 - Suspended and or delinquent participants.

For a complete list, see [Intramurals policies and procedures](#)

Defaults:

- A default will occur when a team fails to appear or fails to have a minimum of Six (**6**) players (1 of the opposite gender in mixed) on the field within ten (10) minutes of the start of the game time. Failing to do so will result in a default.
- Defaults will result in the loss of the \$60 Default Bond, and a second \$120 bond will be due before the next match. A second default will result in the loss of this second bond and may result in removal from the league.
- Defaults will be recorded as a **5-0 loss**, resulting in 0 Fair play Points, and are -1 points in the standings.
- Teams that give Intramural Sports a minimum of twenty-four (24) hours' notice that they will not be able to field a team will not be charged with a default; the game will be declared a forfeit.
- Forfeits will also be recorded as a **5-0 loss**; fair play rating will be awarded at the coordinator's discretion.
- If a team falls below the minimum number of players (due to penalties, injuries, etc.) throughout the game, it will be canceled. Games that are cancelled after 30 minutes or 1 half of play of scheduled playing will be considered a completed game and the score will be upheld. If the game is cancelled before the 30 minutes or 1 half of play of scheduled playing, it will be considered a forfeit.
- Players must be on the roster to play. Players may only be on one team roster per division (ie. Men's, Women's or Mixed). If a team is short players, they may **NOT** pick up players from another team. A forfeit will be declared if a team has used an ineligible player. This may also involve removal from the league, as outlined in the Intramural Sports policies and procedures.

Playing Rules:

- PLAYERS MUST WEAR A CSA APPROVED HOCKEY **HELMET WITH A CSA APPROVED FULL FACE SHIELD AND NECK GUARD**, securely attached while on the ice or bench. FULL EQUIPMENT IS ALSO MANDATORY.
- Cat Eye masks not approved by CSA are not permitted for goaltenders.
- **Players are not allowed to skate on the oval speed skating ice.**
- During floods players and equipment must stay off the ice until the maintenance staff has left the ice surface and the rink doors have been closed. An unsportsmanlike penalty will be called should any player go on the ice before the doors have been closed.
- Captains must pick up the locker room keys from the on-site supervisor and are the captain's responsibility.
- Players need to report their jersey numbers on the game sheet when they sign in.
- Current Intercollegiate ice hockey players are not permitted to play.
- Each team is required to supply two pucks minimum for the game.

- Each team will be allowed to dress a maximum of 16 skaters, including the goalie. All of the players MUST be listed on the team roster, have their waiver signed and be on the game sheet.
- A team must have 6 players on the ice in order to start the game. Should a team be short players, they have 5 minutes (the warm-up period) after the official start time for their missing players to show up. Should the 6th player be missing by the end of this 5 minute period the game will be declared a default. The time spent waiting for the extra players will be subtracted from the total game time. All games are to start and end on the scheduled times. A goalie does not need to be one of the 6 players on the ice to start the game.
- Game times are a 5 minute warm-up followed by three (3) fifteen (15) minute running time periods with a one (1) minute break between periods (referees' discretion).
- Each team is allowed 1 (30 second) time out per game. Referees reserve the right to call additional time outs as needed.
- If at any time teams cannot provide 5 players on the ice due to penalties etc then the game will be declared a default.
- Teams are to wear the colours they are assigned by the supervisor, Dark or Light, no exceptions unless a complete set of matching team jerseys is provided by the team.
- **In the C and D divisions, slap shots (where the stick is raised to or above the knee) are not permitted during seeding rounds. In the regular season, C division permits slapshots, but D division does not.**
- The last two minutes shall be stop time if the score is within two (2) goals.
- If the penalty box is left open by an exiting player, play will be stopped and a faceoff will occur in the guilty team's zone.
- No overtime will be played in the regular season.
- In Playoffs a tie will be decided by a shootout with teams picking three shooters. If nothing is decided after the first three shooters, a new shooter from each team will shoot. No shooter is allowed to shoot more than once.
- In Playoffs the last minute of play will be stop time.
- We reserve the right to invoke the 'Mercy Rule' if there is a difference of seven (7) or more goals between both teams in the last five (5) minutes of the game.
- Standings will reflect a maximum 7 goal win (ie if the score is 12-3, it will be recorded as 10-3).

1. Penalties: may be assessed at any time before during or after a game, even when play is not in progress.
 - Minor Penalties are 3 minutes
 - Major Penalties are 7 minutes
 - Any player receiving a major penalty or 3 minor penalties shall be assessed a Game Misconduct penalty as well, resulting in ejection for the remainder of that game and an automatic one game suspension for the following scheduled game.
 - Any Misconduct penalty shall be recorded and reviewed. A misconduct penalty in the last 10 minutes or a misconduct penalty associated with a major penalty shall result in a minimum of a one game suspension.
 - Misconduct Penalties can also be assessed for any actions deemed disrespectful of the game, the officials, or the participants.
 - At the sixth (to the eighth) penalty against a single team there will be a penalty shot awarded to the fouled team as well as a power play. If any penalties six through eight are coincidental then no penalty shot will be awarded.
 - **The ninth penalty by any team will be considered a forfeit regardless of if coincidental or not.**
2. No touch Icing shall be called.
3. Two-line passes across the red line are permitted.

4. In case of injury during a power play, if the injured player is on the penalized team, at least one minute shall remain on the power play from the drop of the puck, after the injured player is removed from the ice.
5. If goalie is hit in the head with the puck, the referee will blow the whistle and play will be stopped.