League Registration:
All intramural registration will take place on IMLeagues through the UWRF Intramural Sports website. During team registration, captains will select the league and division they wish for their team to participate in. The league and division will indicate the nights and times of the contests for the regular season.

Captain’s Quiz:
During registration, team captains will take a short quiz related to the general intramural rules and rules of the specific sport they are registering for. Successful completion of the quiz ensures the captain knows the rules and policies prior to the start of the intramural league. Online quizzes have replaced the mandatory in-person captains meeting.

Entry Fee:
The team entry fee of $35 must be paid online with a credit/debit card after the successful completion of the quiz. Payment will not be accepted in any other form. Teams cannot register without payment.

Schedules, Results, and Standings:
Schedules, results, and standings for league play and playoffs will be on IMLeagues. Please go to the UWRF Intramural Sports website at www.uwrf.edu/campusrec and click on the Intramurals Sports and IMLeagues to access IMLeagues.

Forfeit/Default:
If your team is unable to compete in a contest, please notify the campus recreation staff by phone (715.425.4289) before 1pm on the day of your contest to avoid a forfeit fee. If you do not notify the campus recreation staff before the deadline or you do not show up for the contest, your team will be charged a forfeit fee of $5.

Questions:
Please contact the Campus Recreation Staff with any questions or concerns.

<table>
<thead>
<tr>
<th>Contact Name</th>
<th>Position</th>
<th>Phone Number</th>
<th>Email Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Campus Rec Staff</td>
<td>General Information</td>
<td>715.425.4289</td>
<td><a href="mailto:campusrec@uwrf.edu">campusrec@uwrf.edu</a></td>
</tr>
<tr>
<td>Rachael Harrington</td>
<td>Student Manager</td>
<td>715.425.4289</td>
<td><a href="mailto:rachael.harrington@my.uwrf.edu">rachael.harrington@my.uwrf.edu</a></td>
</tr>
<tr>
<td>Ryan Rudesill</td>
<td>Assistant Director of Recreation</td>
<td>715.425.4717</td>
<td><a href="mailto:ryan.rudesill@uwrf.edu">ryan.rudesill@uwrf.edu</a></td>
</tr>
</tbody>
</table>

General Procedures:
Please refer to the Intramural Sports Handbook for all policies and procedures related to intramural contests.
1. Each participant must present a valid UWRF ID to the intramural supervisor or scorekeeper at every contest. No other form of ID will be accepted.
2. All participants must be on the team roster. Any member not on the roster may complete an add sheet at the time of the contest. No participant may play on two teams in the same league or a forfeit will be charged to the second team he/she participated on.
3. Each participant must wear appropriate apparel and athletic footwear.
4. Minor first aid treatment is available during intramural contests. Any bleeding must be stopped and cleaned up before participant can re-enter the contest.
5. All visible jewelry, watches, and bracelets must be removed prior to participation.
RULES:

1. GAME SETUP:
   a. Two intramural officials will keep track of the score and run the clock.
   b. Games will consist of three (3) periods of ten (10) minutes with running clock and 1-minute intermissions. The clock will only stop for timeouts.
   c. Each team will have one timeout of 30 seconds per game which may only be taken when the puck is not in play.
   d. In the event of overtime, each team will have one timeout of 30 seconds.
   e. A timeout may only be called by a player on the court.

2. PARTICIPATION:
   a. Teams will consist of six players, one of which will be goalie.
   b. Teams may start with as few as four players.
   c. If a team is reduced to less than four players at any time during the contest, a default will result.
   d. Co-Rec teams are encouraged to play with an equal number of males and females. At no time may there be more males than females in the contest.
   e. Co-Rec teams must have 1 male and 2 females in the contest at all times.

3. EQUIPMENT:
   a. Team jerseys are available for rent at the Knowles Front Desk prior to the contest. Participants must wear a sleeved shirt (no cut-offs) underneath any rented jersey.
   b. Team members may provide their own jerseys; however, teams must wear the same or similar color jerseys.
   c. The officials may request a team to rent jerseys if the colors are too random, both teams have similar colored jerseys, or for any other reason he/she deems necessary.
   d. Players must use sticks provided by Campus Recreation.
   e. Game balls will be provided.
   f. Protective eyewear and use of mouth guards are highly recommended, though not required.

4. GAME PLAY:
   a. Face-offs will be used at the beginning of each period and after each goal.
   b. All players must remain on their half of the court prior to the puck being touched.
   c. The puck may never be kicked, thrown or deliberately diverted by any means other than a stick unless immediately acted on by the person making the kick or throw.
   d. A goal will not count on a penalty by the offensive team.
   e. A goal scored with high sticking will result in no goal.
   f. Offense may NOT be in the free throw lane of the basketball court for more than 3 seconds, similar to the 3 second violation in basketball. The result will be a faceoff from the nearest faceoff mark.
   g. No part of any player’s body or stick other than the goaltenders may enter the crease for any reason.
      i. The result is a penalty in which the opposing team gains possession, inbounded from the goaltender.
   h. Slap shots are allowed.
      i. Forward and backward arc must be kept below the waist. If the stick breaks the waistline, high-sticking will be called.

5. GOALIE RULES:
   a. The goaltender is required to wear the provided helmet and glove.
      i. Goalies have the option to bring shin pads, non-bulky chest protector, and/or a blocker.
      ii. Large hockey goalie shin pads will not be allowed!
      iii. All plastic knee guards must be coved by pants or hockey socks as to not scratch the floor.
   b. The goalkeeper must play the ball out of the crease within 3 seconds after a save.
      i. If the goaltender maintains possession longer than 3 seconds a faceoff will occur.
   c. The goaltender must have possession of a goalie stick in their hands at all times.
   d. Once the goaltender leaves the crease they must obey all rules applicable to the rest of the players.
   e. The crease shall be 8 feet wide by 4 feet deep and will be clearly marked on the floor.

6. MERCY RULE:
a. If a team is ahead by 7 or more goals with 5 minutes or less remaining in the third period, the game will be ruled a victory for the team in the lead.

7. OVERTIME:
   a. In the event of a tie, a 1-minute rest period is followed by a 5-minute sudden victory overtime.
   b. Teams remain on the side they finished the 3rd period.
   c. Each team is awarded 1 timeout for the overtime session.
   d. If the score is still tied after the overtime session, a shootout will occur.
   e. **Shootout Regulations:**
      i. Three (3) alternating penalty shots taken by three (3) different players from each team.
      ii. The ball will be placed on the center line and each player will have ten (10) seconds to complete their attempt.
      iii. If after three (3) rounds the score is still tied, a round-by-round sudden victory shootout will determine the winner.
      iv. All players on a team must shoot once before a shooter can repeat.
      v. Co-rec teams must alternate shots between male and female shooters.

8. PENALTIES:
   a. **Running penalties** – result in opposing team’s possession from the nearest spot.
      i. Player slides or dives after the puck.
      ii. A player enters the crease.
      iii. High stick with no players around you.
      iv. The goaltender throws the puck past half court.
   b. **Minor Penalties** – result in the offending player sitting out for 2 minutes of play. The offending team will play shorthanded for the duration of the penalty or until the opposing team scores.
      i. High-sticking with players in the area.
      ii. Too many players on the court.
      iii. Boarding, tripping, holding, pushing, checking, hooking or any other illegal contact.
      iv. Intentional lifting of an opposing players stick above the knee.
      v. Intentional placing of a stick between another players legs.
      vi. Bending the blade of the stick.
   c. **Major Penalties** – result in the offending player sitting out for 5 minutes of play. The offending team will play shorthanded for the duration of the penalty regardless of how many goals the opposing team scores.
      i. Use of profane language directed at another player or official.
      ii. Continued unnecessary roughness.
   d. **Automatic ejections** – result in ejection from the facility and suspension for next game.
      i. Fighting.
      ii. Deliberately throwing or breaking a stick.
      iii. Hitting or shoving an official.
   e. **Penalty Shots** – A penalty shot will occur if a player has a clean break with the puck and is moving towards the opponent’s goal and is illegally defended or roughed during their attempt to score.
      i. Penalty shots will begin from the center line.
   f. **Any combination of three minor or major penalties will result in disqualification from the remainder of the game.***