

# UND WELLNESS & HEALTH PROMOTION

UNIVERSITY OF NORTH DAKOTA

## 3v3 ICE HOCKEY ODR RULES

### General

The *RecSports Participant Handbook* will govern all aspects of play not considered playing rules of the sport. Participants are expected to follow the Handbook rules of conduct as well as the sport-specific rules outlined below. The Handbook is available at [und.edu/RecSports](http://und.edu/RecSports). Key Handbook items include:

- **Updates for 2023-2024'** - Handbook pg. 4
- **Alcohol, Tobacco, and Illegal Drugs** – Handbook pg. 6
- **Participant Eligibility/ID Requirements** – Handbook pg. 7
- **Playoff Requirements** – Handbook pg. 9
- **Captain Responsibilities** – Handbook pg. 10
- **Team Name Requirements** – Handbook pg. 12
- **Registration & Payment** – Handbook pg. 14
- **Default/Forfeit Instructions and Consequences** – Handbook pg. 17
- **Adding Players to Roster/Participation Limits** – Handbook pg. 18
- **Appropriate Attire** – Handbook pg. 19
- **Team/Participant Conduct** – Handbook pg. 21

### Schedules

This tournament will be played on February 3<sup>rd</sup> at University Park Outdoor Rink.

### Facility

All games will be played at the Outdoor Rink at University Park ( 320 North 25th Street Grand Forks, ND 58201.)

### Questions

Please feel free to contact RecSports with any questions or concerns.

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Wellness Center	701-777-9355		

### Rules

- Current US Pond Hockey Rules, minor adaptations if needed

### Players, Rosters, and Substitutions

- Teams will consist of 3 players. This is an Open event meaning there are no gender-related rules regarding play or rosters.
- Roster minimum is 2 players
- Roster maximum is 5 players
- Games can begin with 2 players
- Teams will play 3v3 unless the captains of both teams agree to play 2v2 before the game begins.
- Individuals may be added to the roster at any time once payment through the site is confirmed

- A teams rosters will be frozen once the teams first game is played
- Unlimited substitutions are allowed during the game.
- All players must sign the waiver, and pass the quiz
- Players may only play for one team.

### **Equipment**

- Required equipment:
  - Helmet with full-face shield (If non-cage shield, must be clear. No tinting or coloring.)
  - Helmets must always be securely strapped during play (grounds for minor penalty if not followed).
  - Hockey jersey must be worn during game play, street clothes will not be allowed on the ice, athletic (sweatpants) will be permitted
  - Hockey gloves
  - Shin pads
- The RecSports program has limited equipment available for check out prior to games. Players should make arrangements to provide their own equipment.
  - Equipment available includes helmets with facemasks
  - RecSports equipment will be checked out on a first-come, first-served basis
  - A UND ID card or Wellness Center membership card must be provided in exchange for checking out any of the RecSports equipment. A sign out sheet will also be present for participants to sign out equipment borrowed for the scheduled contest
  - If the equipment is not returned after the game, you will be charged for the replacement cost of the equipment not returned.
- All teams are encouraged to play in matching jerseys. Matching jerseys make it easier for the officials to identify and separate the teams on the ice. Numbers are also encouraged.
  - If two teams have the same color jersey, it is the away team's obligation to change jerseys, therefore it is recommended to always have two different colored jerseys.

## The Game

### Game Time

- 2 – **Ten (10)** minute periods with a running clock.
  - The clock will not stop at any point in the game, unless there is an injury
- One Thirty (30) second intermission is used between the first and second period

#### **Officials' time-outs:**

- Injury - charged to official - player must leave the ice and be replaced.
- Injury with bleeding must leave the ice and may not return until inspected by a supervisor, bleeding is stopped, and wound is covered. Blood-soaked clothing must be removed.
- In all injury cases, the clock will be stopped.
- Protest - charged to official if the ruling is changed; charged to the team if the ruling is upheld.

### Overtime

- If the game ends in a tie
  - The game will move to a 2v2 golden goal format until a winner is declared.
    - If a team loses a player to an ejection, they will be able to replace that player if they have an additional player

### Mercy Rule

- If at any time during a game a team secures a lead of 10 goals the game will be halted with the team having the 10-goal lead declared the winner.

### Playing Rules

- Rule Protest: Must be done at time of incident.
- Putting the puck in play
  - All games start with a possession from their own net
- The possession will be taken from their own net area with all their teammates in their own half of the ice
  - The defensive team will be allowed to skate towards the opposing team once the puck has been passed
  - All general rules from USA Pond Hockey will be enforced
  - The game will start with a rock, paper, scissors to determine possession
    - The team that wins can take possession or defer to the second half
- If a puck goes out of play
  - The team that last team that touched it loses possession
  - During the restart, the defender will give the opponent two stick lengths of space
  - The location of the restart is nearest spot from where the puck went out of play
- After a goal is scored
  - The team that was scored on will start with possession from their goal
    - The defensive team will be behind half ice until the offensive team passes the puck
- **NO SLAP SHOTS ARE ALLOWED**
  - **This will result in a minor penalty**
- Substitutions will be on the fly

### Scoring

- A goal is made when the puck, entering from the front, passes between the goal posts, below the top of the net and completely crosses the plane from the post to post
- A goal shall not be allowed if:
  - The puck is kicked, thrown, carried or otherwise deliberately directed into the goal by any means other than a stick, or propelling illegally with the stick, even if the puck bounds or deflects off the person or equipment or any defensive player into the net;
  - The attacking team commits a penalty, which assists in the making of a goal including too many players on the ice.

## Penalties

**Any penalty information not covered here will be taken from the official NFHS rule book**

Minor Penalties Only	Major (Expelled from event)	Major (Expelled from event continued)
Holding	Checking	Fighting
Hooking	Boarding	Instigation
Interference	Butt Ending	Intent to Injure
Tripping	Charging	Intentional Contact of an Official
Too Many Players	Checking From Behind	Leaving Bench to Join Altercation
Slashing	Head Contact	Reckless Endangerment
	Leaving Bench to Watch Altercation	
	Spearing	

**\*Any player receiving four (4) penalties will automatically be ejected and suspended from the next game.**

**\*\*Players can be given a Major Plus Ejection or Expulsion for Unsportsmanlike Conduct**

## Ejections

- Any player who is ejected will not be allowed to return for the tournament
- Any player that is ejected from a game must meet with the Coordinator of RecSports and the Hockey Supervisor before returning to play.

## Penalty Shot

- Penalty Shots are awarded from the supervisor working the event
- A penalty shot is awarded when:
  - A stick or other equipment is thrown at any point during the game.
  - A minor penalty is deemed to be flagrant
  - The opposing team is consistently playing in a reckless manner
  - A player deliberately displaces the cage to prevent a goal.
  - A player eliminates a scoring chance by committing a penalty from behind or the side of a player clearly ahead of them where the offensive player has no other defenders between them and the net.

## Penalties

- When a minor penalty is called it results in a turnover of possession
  - The team that gains possession will get the puck starting at their own net
    - There is no removal of the player for minor penalties.
- When a major penalty is called it results in a penalty shot from mid ice on an empty net
  - The penalty shot is a shot attempt from mid ice, uncontested
    - Regardless of the outcome of the shot, the team taking the shot will get possession from their own net after the conclusion of the shot
- If a player is expelled from the event, and the team does not have another player to substitute in, that team will continue to play 2v3 for the duration of the event

## Miscellaneous

- **All officials' calls are final!**
- The scorekeeper's record is the official record. Scorekeepers will be responsible for keeping score, penalties, and timeouts.
- No pop, chew or seeds are allowed.
- After each game, please try to leave as quickly as possible so that the next teams can get ready.