Co-ed Deck Hockey Rules

Unsportsmanlike conduct will not be tolerated. Excessive swearing, fighting, arguing with the referee, and excessive or repeated personal fouls will be treated as unsportsmanlike conduct. For the first instance of unsportsmanlike conduct, the team will be penalized one player for 5 minutes. After the second unsportsmanlike conduct the person will be ejected and suspended for the next game. At the league’s discretion, a player may be further suspended or removed from the league for any unsportsmanlike conduct. No refunds will be provided.

1. Waiver of Liability - All participants must complete a waiver of liability form. All participants in the league assume the risk of injury. The IAB, its volunteers, and employees shall not be held liable for injury to person, loss or damage to personal property arising from or in any way resulting from participation in the league.

2. Teams

SUBMITTING A ROSTER: Each team must submit a roster with a maximum of 15 players. No player may register for more than 1 team. Rosters must be submitted and a waiver form must be signed before any player may take the deck. Rosters must be finalized and no changes are allowed after the 2nd week of play, except by special approval of the IAB. The IAB may allow changes to a team roster if that team would otherwise not be able to field enough players each week due to injury, illness, players moving, or other special circumstances. The IAB may also choose to deny a team's request if the addition of a replacement player would significantly improve a team's level of play. A player must be on the roster and have signed a waiver form to play in the league. No more than 2 Varsity Ice Hockey players will be permitted to play on one team.

PLAYERS

1. There will be no more than 6 players per team on the deck (5 + the goalie).

2. Four players (3+the goalie) are required to avoid forfeit. If a team drops below four players for reasons of ejection or injury, they may continue to play only if, in the opinions of the official, they have a reasonable chance to win the game.

3. The teams are co-ed optional, therefore you do not have to have a female or male on the team but it is recommended that you mix the teams.

4. A team may have as many substitutes as it desires and may freely substitute. A substitute may not enter the deck until the player coming off the deck is out of the play. No substitute may be made for a player who is sent to the penalty box.

5. Each team will have one team captain. The captain will be the only individual allowed to discuss with the official any questions relating to the rules.
6. A team may pick up a maximum of 2 players from another Intramural team if they do not have the minimum of 4 players. If a player from the team arrives late, that player must be substituted immediately for the player from the other team. Teams may NOT pick up players during the playoffs.

7. Players must be listed on team in order to be eligible to play in the play-offs and final.

EQUIPMENT

1. Sticks and balls will be provided by the IAB. Players may provide their own sticks, but they must be street hockey sticks. Wooden blades are permitted. Players may not bend the blades of IAB sticks. Any player bending one of our sticks will be assessed a minor penalty.

2. Goalie equipment will be provided. Goalie equipment consists of a stick, leg pads, a waffle, a goalie glove and a helmet with a full-face mask. Goalies may also wear a chest protector, arm pads, protective hockey pants or street/ice hockey goalie equipment.

3. The IAB does not provide shin pads and helmets to players other than the goalie. Participants will be allowed to wear any other street/ice hockey equipment as long as it is approved by the officials. The officials have the right to deny players of the use of any unsafe or illegal equipment.

Game Schedule

1. The game consists of two 20 minute running time periods, with 3 minutes between periods. All games will start at their scheduled time. If after ten minutes any team is not ready to play, a forfeit will be called.

2. Teams will switch goals at the end of each period.

3. The clock only stops for a time-out or a player injury.

4. Each team is permitted one 1-minute time-out per game. Each team will be given an additional time-out during the last two minutes of the third period. However, this only applies to games where there is a two-goal difference. Any unused time-outs may be carried over into the two-minute period of the third period. A time-out can only be called during a stoppage of play. A face-off will be used to begin play each time play is stopped or to begin a period. Players must be outside the restraining circle on a face-off. Officials
may stop play for injuries or extenuating circumstances.

5. A team will receive 2 points for a win, 1 point for a tie, and 1 point for a shoot-out loss.

6. During the regular season, there will be a 5-minute "sudden-death" overtime period if the score is tied at the end of regulation. If tied after sudden death overtime, it will go to a shootout. Each team will be awarded four penalty shots. Teams must choose 4 players to take shots. The teams must alternate taking the penalty shots. The teams must shoot in the order that they select. If still tied, the eight players will shoot another round. If still tied, the game is a declared a tie.

7. If there is a tie at the end of regulation during the playoffs, there will be a 5-minute overtime period. If it is still a tie, both teams will go into a sudden death shoot-out. Teams must choose 5 players to take shots. The teams must shoot in the order that they select.

Playing Rules

1. The game will begin with a face-off at center. All players must begin on their own side.

2. During the game, face-offs will take place at the nearest face-off area. A player may cross the plane with their feet. Players must be on their side of the face off dot (plane of the X).

3. The centerline is the blue line for offside purposes. When an offensive team is offside, all the players from the offensive team must be outside the blue line at the same time, then they may re-enter the zone. Offsides will be called as soon as a player from the team that is offside touches the ball while he or she is still inside the zone. Offsides will be faced off ON the offending team's blue line.

4. Icing will be called. Automatic icing is also in effect.

5. Players may advance the ball by hitting it with their sticks or their feet. However, if the ball is played with the feet, it must be played to oneself and not as a pass or as a shot on goal. Players may knock down airborne balls with their hand as long as it is immediately played by the same individual.

6. If the ball is hit out of play, the opposing team is awarded the ball, and a delay of game penalty will be assessed if it is done intentionally.
7. If two players from opposite teams tie up the ball, a face-off will occur at the point of infraction. If a single player ties up the ball, he/she will be assessed a minor penalty.

8. Players are never allowed in the crease of the opposing team, even if the ball is in the crease. Violation of this rule will result in a penalty. Players are allowed in the crease of their own team.

9. If a goal is scored while an offensive player is in the crease, the goal is disallowed and the defense is awarded a penalty.

10. If a player’s stick breaks during the game, he/she must drop it immediately or receive a minor penalty. Exception: Goalies are allowed to play with broken sticks.

11. If the net becomes dislodged, a face-off will occur. If the net is intentionally dislodged, the offending player shall receive a minor penalty.

12. The goalie may come out of the crease and play the ball, but then he/she is subject to all penalties of regular players. The goalie must also stay in the defensive zone.

**Scoring**

1. A goal shall be scored when the entire ball has completely crossed the back plane of the goal. The ball may deflect off a player or a piece of equipment but cannot be kicked, thrown, or deliberately diverted into the goal by means other than the stick. No offensive players body/stick may be in the goal crease area. Contact between the goalie and offensive player (when the goalie is in the crease area) will result in a two-minute penalty for the offensive player.

**The Goalkeeper**

1. The goalkeeper may use either hands or stick to clear the ball away from the goal. However, the goalie may not throw the ball across the center line.

2. The goalie has only three seconds to play the ball from the crease, once they have full and controlled possession. If they go over the three-second limit, there will be a face-off in their zone.

3. The goalie is not allowed to have the majority of their body in the goal. On the first offense there will be a warning and a face off in the goalies area. On the second offense it will result in (1) a penalty shot if a goal shot was taken or (2) a two-minute penalty if no goal shots were taken.

**Penalties and Violations**
1. Contact should be minimal. The official will penalize any moderate to heavy contact with the body or stick. Any contact with the intent to harm will warrant the official to eject the player in question. Most contact penalties are two minutes unless a player is doing them often or flagrantly which will result in a five-minute penalty or ejection.

2. Any player accumulating 8 or more minutes of penalties will be ejected from the game. Any team accumulating 20 or more penalty minutes will automatically forfeit the contest.

3. At no time shall a team be required to play more than two players short of its starting strength. If two players are serving penalties and another one is called, it shall begin when the first of the other two expires.

4. The penalties are called with delays whereby the whistle is held until the offending team, including the goalie, touches the ball next.

5. Any player ejected, for any reason, will automatically be ineligible for participation in the next scheduled game.

6. Teams may not substitute for an ejected player for the remainder of the game (if two players on one team are ejected then the game will be called because they will not have the minimum of five players to play).

7. Minor Penalties: Players are sent to the penalty box for a 2-minute penalty.

8. Major Penalties: Player shall be ejected from the game without a substitution.

9. If the team with the advantage scores before the two minutes have passed, the penalty shall expire immediately. If the shorthanded team scores, the penalty must still be served.

10. If two players on the same team are serving a penalty and a goal is scored against them, only the first penalty expires. If a second goal is then scored, the second penalty will also expire.

11. Goalies are not subject to serve minor penalties. If the official assesses a minor penalty to a goalie, then the team shall appoint another player on the deck at the time of the call to serve the penalty.

12. On penalties, the offending team may play with only one female.

**High Sticking**

The blade of the stick is never to be raised above the waist (including on the backswing of a slapshot). A player must carry the stick at waist level or below. A goal scored from a high stick will not be allowed. Any time the stick is above the waist you will be called for high sticking.
If the blade is unintentionally raised above the waist the team will receive a warning. The next incident will result in a minor penalty. This will always be to the discretion of the official.

If the blade is unintentionally raised above the waist and comes in contact or just avoids contact with another player then a minor penalty will be assessed.

Any time the blade of the stick is intentionally brought above the waist to make contact with another person, a major penalty will be assessed, the player will be ejected, and the team will not be allowed to substitute for that player.

**Penalty Shots**

A penalty shot shall be awarded to any player who, in the opinion of the official, is illegally interrupted, interfered with, or otherwise prevented from following through on what was a clear breakaway for a shot on goal. Furthermore, the opposing player who creates the penalty shot situation by an illegal play shall receive a two-minute penalty (regardless of whether or not the player scores on the penalty shot).

The goalie must remain in the crease until the ball is touched. The goalie may not throw his stick or glove - a goal shall be scored if he is in violation. If during a penalty shot, any player on the opposing team causes a distraction or interference, a second penalty shot shall be awarded (providing the first attempt was unsuccessful).

**Officials**

All calls made by the official are final.

If a team wishes to discuss the application of a rule with the official, the captain may do so in a polite manner. The official is allowed to consult the rules during the games. Whatever decisions the official reaches is final.

Acts of unsportsmanlike conduct will not be tolerated. The official(s) retain full latitude to identify and penalize improper conduct with warnings, ejecting players and/or forfeiting contests.

**Playoffs**

The top 4 teams based on the following point system will advance to the playoffs. Teams are awarded 2 points for a win, 1 point for a tie and 1 point for a shoot-out loss.

If there are ties, the following tie-breakers will be used:

- Head-to-head score
- Seasonal Goal Differential (total goals scored – total goals allowed)
- Least number of forfeits
- Least goals allowed (entire season)
- Most goals scored (entire season)
- Coin toss

Teams that forfeit 3 or more games will not be eligible for the playoffs.

**Rainouts (outdoor leagues)**

Due to the limited number of days available to make up postponed games, we will endeavor to play in mildly inclement weather. If unfavorable weather or field conditions appear likely, the team captains will be called by a member of the IAB before the scheduled game to hear if the game is to be played (if the situation permits). If the game is postponed, captains are responsible for informing their team. Note that rainouts will not be called unless conditions on the field are extremely poor or the weather is deemed dangerous. The decision to call a rainout will be made 1 hour prior to game time if possible. If rainouts are called at the start of a game, this decision is made by the IAB, and is independent of whether either team can field enough players. A team cannot forfeit a game due to lack of players if a weather cancellation is called before the start of play.