

Intramural floor hockey rules

The Game, Court, Players and Equipment

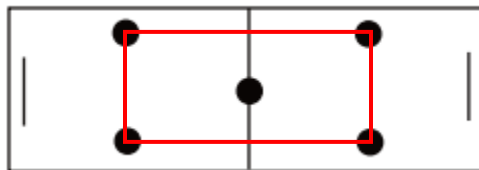
General Provisions

The Game – Open League

- A. Max four (4) players with one (1) goalie.
- B. Min three (3) players with one (1) goalie.
- C. Teams need at least four (4) players to avoid forfeiture. There is no gender requirement for teams as this is an open league for all.
- D. Supervision
 - a. The game will be officiated by two (2) referees. The program assistant will hold the score and time.
- E. Captains
 - a. Each team will select one captain to speak for that team during game time, captain's meetings, etc. This captain will be responsible for both controlling and representing their team.
- F. Persons Subject to the Rules
 - a. Team representatives, including players, substitutes, replaced players, and other persons affiliated with the team are subject to the rules of the game, and shall be governed by decisions of the officials assigned to the game.
- G. Participant Eligibility
 - a. All participants must be listed on the Official Team Roster prior to their participation in any Intramural Sports activity. To participate in playoffs a player must play in a regular season game. Players must have their Rebel Card to check in before the game.

The Playing Area

- A. The Floor
 - a. The game shall be played on a surface the size of a standard enclosed basketball court. All games will be held on the MAC courts in the SRWC.
- B. Floor Markings
 - a. The play area shall consist of the entire surface, and divided by a center line. The five Face-off spots will be the center court, and each of the four corners of the volleyball court (red lining).



Player Equipment

- A. Jersey
 - a. Players of opposing teams must wear different colored jerseys. Numbers are required and can be on the front or back of the jersey.
- B. Shoes
 - a. Each player must wear athletic shoes. They must be made of soft, pliable upper material that covers the entire foot. Cleats or turf shoes are not allowed.
- C. Goalie Equipment
 - a. All goalies must wear a full facemask or helmet with a cage, leg pads, chest protector, and a protective glove. These will be provided. The goalie is required to wear pants during the game.

Floor Player Equipment

- A. Floor Ball
 - a. Sticks will be provided by the SRWC. Personal sticks are not allowed.
 - b. Helmets must be worn. Helmets will be provided by the SRWC.
- B. Floor Hockey:
 - a. Personal Sticks may be brought and used pending an inspection by the Intramural Staff. Sticks will also be provided by the SRWC
 - b. Helmets must be worn. Helmets will be provided by the SRWC. Personal helmets must be a Full Shield Helmet.

Player Illegal Equipment

- A. A player wearing illegal equipment shall not be permitted to play. This applies to any equipment which, in the opinion of the referee, is dangerous. Types of equipment which shall be declared illegal include, but are not limited to:
 - a. Any ice hockey equipment except for gloves.
 - b. Jewelry.
 - c. Any stick not provided by the intramural program. **(Floor Ball)**
 - d. Any stick not approved by the intramural staff. **(Floor Hockey)**

Periods, Time Factors, and Substitutions

Timing of the Game

- A. Playing Time
 - a. Playing time shall consist of three (3) periods of twelve (12) minutes. It will be a continuously running clock until the last two (2) minutes of the game unless there is a penalty shot or injury. In the last two (2) minutes, the clock will only stop on an official's whistle.
- B. Intermission
 - a. There will be a two (2) minute intermission between each period.
- C. Game Timer
 - a. The PA will be the official source of time for the game. They will also keep track of penalties, violations, and goals.
- D. Time-Outs
 - a. Each team will be granted **one (1) one minute time-outs per game.**

Substitutions

- A. Floor Players
 - a. Substitutions can be made during active play ("on the fly") or on any dead ball situation. There is no limitation as to which team can substitute during any substitution opportunity.
 - b. During an "on the fly" substitution, the player coming off must be in contact, using one/both hand(s), with the team bench area before the substitute may enter the field.
 - c. If during "on the fly" substitutions a team has more than 5 players on the field at one time, any oncoming additional players will receive a yellow card.
- B. Goalies
 - a. Goalies may be substituted for during a time-out, during intermission, due to an injury, or if an equipment change is necessary.

Tie Game

- A. Overtime Procedures
 - a. Any game ending in a tie during regular season will result in a tie.
 - b. During playoffs and tournament play:
 - i. a five (5) minute running clock Golden Goal period will be played.

- ii. If the score is still tied, there will be three (3) alternating penalty shots taken by three (3) different players from each team.
- iii. If still tied the penalty shots will continue until one person misses and the other scores.

B. Coin Toss

- a. In case of a game ending in a tie, the officials shall bring the two captains to the center of the floor. They will discuss tie-breaker procedures and answer all questions regarding overtime period. After this meeting the players will switch sides and begin play. If the overtime period ends in a tie, a coin toss will determine which team will go first in the shootout.

Playing the Game

Starting Play

A. Delay Time

- a. If, at game time, one team does not have enough players, but their opponents do, then the team with not enough players will be given a 10 minute grace period.
- b. During this 10-minute grace period time will run off the game clock and the team with the minimum number of players will be rewarded 1 point for every minute (rounded up) their opponents do not have enough people to play. Once enough players arrive with gear on, the game clock will stop, the points will be awarded to the ready team, and play will begin.

B. Coin Toss (Rock, Paper, Scissors)

- a. The referee will have the players do rock, paper, scissors to determine choice of side. The teams will switch sides after each period, including overtime.
- b. The game will start with a center floor face-off.

C. Putting the Puck in Play

- a. Every time play is stopped with a whistle, goal, or puck out of play, play will resume with a face-off.

D. Face-offs occur when

- a. A period is to start
- b. A goal is scored
- c. The puck is frozen between two players
- d. The puck leaves the field of play, hitting the nets above the boards, or entering the benches or penalty boxes.
- e. The puck is frozen by the goalie
 - i. Freezing the puck is when the goalie holds a saved puck for (1-3 seconds) at the referees discretion.
- f. An injury occurs
- g. A penalty or violation

E. Play is started at the beginning of each period and after a goal has been scored by a face-off at the center floor dot. All other occasions the face-off should be at the nearest face-off dot on the floor.

F. All players (except the two involved in the face-off) must be at least 3-yards feet away from the face-off spot, and must be on their defensive side of the face-off spot.

G. The individuals taking the face-off shall stand with both feet and body square to their opponent, with the tips of their sticks no less than two (2) feet apart and on the floor.

Playing the Puck

A. Offside

- a. All players must be in position and onside for face-offs. There are no rules for off sides and icing during the course of normal play.

B. Advancing the Puck

- a. The puck may be advanced by the blade of the stick or by kicking the puck. However, no goal may be scored by kicking the puck directly into the opponent's net. Players may not bat or throw the puck at any time.
- C. Playing the Body
 - a. Players must play the puck at all times. Any player checking another player will be ejected.

Goalie Rights and Responsibilities

Rights

- A. Designating a Goalie
 - a. One (1) player may be designated as the goalie for each team. The player is required to wear a mask, and is the only player to have goalie rights within the goal crease.
- B. Stopping the Puck
 - a. The goalie may use any means possible to stop the puck with their body, glove, or stick. This includes leaving their feet to play a puck.
 - b. Goalies may not throw equipment to stop the puck. If a goalie throws any piece of equipment to try to stop the puck, play will be stopped and a penalty shot will be awarded to the opposing team.
- C. Possession of the Puck
 - a. Upon gaining control of the puck, the goalie will be given a chance to play the puck or cover it. If the goalie does not play the puck, a face off will be called.
- D. Leaving the Crease
 - a. The goalie may leave the goal at any time, however, once out of the goal area, they must follow all rules that apply to court players.

Pulling the Goalie

- A. Adding a Floor Player
 - a. If a team wishes to pull their goalie and add a floor player, this team relinquishes all of their goalie rights.
 - b. Defensive players may enter the crease to stop a shot on goal but they may not freeze the puck.
 - i. If a defensive player freezes the puck, the result shall be a two (2) minute delay of game penalty.
- B. Equipment
 - a. The goalie must keep all equipment on at all times.
 - b. If a goalie intentionally removes equipment that is not broken a Delay of Game penalty or a Penalty Shot will be assessed.

Scoring

Goal Scored

- A. Goal Awarded
 - a. All goals shall be worth one (1) point.
 - b. A goal is scored when the puck completely crosses the goal line before time expires.
- B. Goal disallowed
 - a. No offensive player may score a goal by kicking or throwing the puck into the net. A goal will be disallowed if an offensive player is in the goal crease when the puck crosses the goal line.
 - b. Only an offensive player's stick may enter the goal if there is a loose puck in the goal.
- C. Mercy Rule
 - a. If a team is ahead by ten (10) goals at any point after the second period, the game will immediately end, with that team being declared the winner.

Violations and Penalties

Violations

- A. High Sticking
 - a. High Sticking shall be defined as raising the stick above the WAIST at any point during play, including the shot.
- B. Hand pass
 - a. A hand pass shall be defined as passing the puck directly to a teammate with your hand. Catching an airborne puck is considered legal provided the player drops the puck in a straight line down to the floor to his or her stick.
- C. Player in the Goal
 - a. No offensive player may enter the goal or break the plane of the crease at any time during the course of play **with the exception that their stick may enter the goal crease if there is a loose puck in the crease.**
 - b. **If a player scores a goal, but their momentum carries them into the crease, the goal will be disallowed and a violation will occur.**
- D. Dangerous Play/ Sliding
 - a. Playing the puck from your knees and sliding lead to dangerous play, and shall be defined as either playing or attempting to play the puck while not being on you feet. This shall include a floor player leaving their feet in an attempt to stop a play or the puck.
- E. Goalie Possession of the Puck
 - a. The goalie may not gain possession of the puck outside of the crease unless part of his body is touching a portion of the goal crease.
 - b. **The goalie may not play the puck outside of the crease and then bring the puck back into the crease in order to freeze the puck for a face-off.**

Minor Penalties – 2 Minutes

- A. Too Many Players on the Floor
 - a. Too many players on the floor shall be defined as having more than the legal number of players on the floor. This penalty may be served by any member of the offending team that was on the floor at the time of the penalty.
- B. Interference
 - a. Interference shall be defined as checking or making intentional contact with an opponent who is not in possession of the puck in an effort to impede them from getting to the puck or play.
- C. Playing with a Broken Stick
 - a. Playing with a broken stick shall be defined as any player who continues to use a stick which is broken. **When a stick breaks it should be dropped immediately, and should be removed from the playing surface at the next stop in play.**
- D. Boarding – can be assessed as a Major Penalty with ejection
 - a. Boarding shall be defined as ramming an opponent into the boards or walls, whether they have the puck or not.
- E. Tripping
 - a. Tripping shall be defined as using or attempting to use any part of your body or stick to cause an opponent to fall.
- F. Holding
 - a. Holding shall be defined as grabbing a opponent or an opponent's stick/ jersey with your hand, arm, or leg to gain an advantage.
- G. Roughing / Body checking –
 - a. Roughing shall be defined as excessive contact with another player. This can include, but is not limited to: pushing, kicking, and intimidating or taunting behavior.
 - b. can be assessed as a Major Penalty with ejection
- H. Delay of Game

- a. Delay of the game shall be defined as any action that hinders the completion of the game under its normal time.
 - i. This shall include, but not be limited to:
 - 1. floor player deliberately freezing the puck,
 - 2. discarding goalie equipment onto the playing surface to stop a puck or player
 - 3. intentionally moving the net
 - 4. continuous intentional violations to stop a play
 - 5. deliberately lying on or pulling the puck into your body.
- I. Hooking
 - a. Hooking shall be defined as using your stick to slow an opponent, usually from behind.

Major Penalties – 5 minutes with possible ejection

- A. Personal Misconduct
 - a. Personal misconduct shall be defined as any of the following:
 - i. Disrespect to an official
 - ii. excessive profanity
 - iii. abuse of facility or equipment
 - iv. actions that incite a fight.
- B. Spearing
 - a. Spearing shall be defined as stabbing at an opponent with the tip of the blade end of the stick.
- C. Butt-Ending
 - a. Butt-ending shall be defined as stabbing at an opponent with the butt-end of the stick.
- D. Cross Checking
 - a. Cross checking shall be defined as thrusting your stick shaft across an opponent with no part of the stick on the floor.
- E. Slashing
 - a. Slashing shall be defined as hitting or attempting to hit your opponent with your stick in a chopping or swinging motion.
 - b.

Penalty Enforcement

1. Violations

When a violation occurs, play will be stopped immediately and a violation charged to the player. A **face – off will occur in the offending team's closest defensive face – off spot.**

2. Minor Penalties

- A. Minor penalties shall be enforced by requiring the offending player to sit out two (2) minutes of play. The team of the offending player must also play shorthanded for the duration of the penalty. A minor penalty is over when the two (2) minutes has expired or the opposing team scores a goal.
- B. If both teams commit minor penalties at the same time, both players committing the penalties will sit out for the full length of their penalties, but neither team will play shorthanded. Players may only return to the bench at the first stoppage of play after their penalty time has expired. **If either team does not have an eligible substitute remaining, both teams will play a player short for the duration of the penalty.**
- C. If team A commits a minor penalty and shortly after team B commits a minor penalty, both teams must play shorthanded for the duration of team A's penalty. If team A's penalty expires and then they score a goal, team B's player will then be allowed back on the floor.
- D. If team A has two (2) players in the penalty box, and team B has only one (1), a goal by team B will result in the first penalty against team A ending.
- E. There will be a face-off at the nearest spot of the penalty.

3. Major Penalties

- A. Major penalties shall be enforced by requiring the offending player to sit out five (5) minutes of play. The team of the offending player must also play shorthanded for the duration of the penalty, regardless of the number of goals their opponents score. Penalties which also involve an ejection shall result in that player being ejected from both the game and the facility. If the major penalty was due to a personal misconduct penalty, the team will not be shorthanded, only the offending player will have to serve the penalty.
- B. There will be a face-off at the nearest spot.

Penalty Shot

- A. Definition
 - a. A penalty shot is a one-on-one opportunity against the goalie for the individual of the opposing team which was obstructed.
- B. Penalty shots result from
 - a. If a player has a clean break with the puck and is moving towards the opponent's goal and is illegally defended or roughed (i.e tripping, pushing) during their attempt to score.
 - b. An intentional violation or penalty that stops a sure goal.
 - c. If the goalie throws any piece of equipment to try to stop the puck.
- C. Process
 - a. The clock shall stop on all penalty shots.
 - b. During a penalty shot, the puck is placed on the center dot and the player who was obstructed (or any player as a result of throwing the stick) shall be given the opportunity to score on the goalie one-on-one. The rush on the goalie will start with the referee's whistle and end with the puck stopping its forward momentum, a goal, a save, or a shot wide of the goal.
 - c. Only the player designated as the goalie when the penalty occurred may defend against the penalty shot. The goalie must remain in the crease until the player taking the penalty shot first moves the puck. The goalie may then defend the shot as they would under normal circumstances. A goalie violation shall result in another penalty shot. A deliberate penalty by the goalie during a penalty shot will result in a goal being awarded on the penalty shot.
- D. No additional penalty will be assessed except when a major penalty has been called, time shall be served.
- E. Resuming Play
 - a. After the penalty shot, the game shall resume with a center floor face-off.

Disqualification from Game

- A. Combination of Five (5) Violations
 - a. An individual player shall be disqualified from the game by accumulating any combination of five (5) violations, minor, or major penalties during a single game.
- B. Combination of Minor Penalties
 - a. An individual player shall be disqualified from the game by accumulating three (3) minor penalties during a single game.
- C. Combination of Major Penalties
 - a. An individual player shall be disqualified from the game by accumulating two (2) major penalties during a single game.
- D. Combination of Major and Minor
 - a. An individual player shall be disqualified from the game by accumulating one (1) major penalty and two (2) minor penalties in a single game.
- E. Throwing the stick
 - a. Throwing the stick is a dangerous act that can cause serious injury. For this reason when any player throws their stick (for any reason), the other team will receive an automatic penalty shot and that individual will be ejected from the game.
- F. Other Examples of Disqualifications
 - a. Three (3) violations and two (2) minor penalties.
 - b. Four (4) violations and one (1) minor penalty.

- c. Five (5) violations.
- d. Three (3) violations, one (1) minor penalty, and one (1) major penalty.