



Floor Hockey Rules

The Game Men & Women

The game shall be played between two (2) teams of five (5) players each, including a goalie. Four (4) players are required to avoid a forfeit.

* Each team will designate one speaking captain to make all decisions for their team.

Co-Ed

Co-ed game shall be played between two teams of six (6), with three men (3) and three Women (3) or a difference within one.

*Each team will designate one speaking captain to make all decisions for their team.

Equipment/ Playing Area

-Goal Area- The crease will be 5 feet across by 4 feet out. The goal shall be 5 feet in width by 4 feet in height.

- The puck/ball- a tennis ball will be used as the “puck”.

- The Stick- We will provide sticks for all games.

-Goalie Equipment- All goalies must wear full facemasks or helmet with a cage. It is recommended but not required to wear when legal: chest protector, protective glove or blocker, catching glove, and leg guards/pads. Extra pads must be worn under clothing.

-Intramurals will provide the jerseys and helmets.

Illegal Equipment

Any ice hockey equipment

Jewelry

Any stick that does not meet the specifications

Timing of the Game

There will be three twelve-minute periods. Run time unless an injury, penalty shot, or timeout. There will be a two minute intermissions in between each period.

*Each team will be granted one timeout per period. Timeouts do not carry over.

-Floor Player substitutions- May substitute any time during the game but players must enter and exit in defensive end of the floor and cannot enter until the other player has FULLY exited.

-Goalie substitutions- Goalies can only be substituted for during a timeout, during intermission, due to an injury, after a goal, or if an equipment change is necessary.



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Overtime Procedures

In the regular season any game ending in a tie, will remain a tie. During the playoffs a five minute run time extra period will be played. If it is still tied a 3v3 shootout will occur. Captains will paper, rock, scissors, to decide the order. If still tied 3 new players from each team will shoot. Everyone must shoot once before someone shoots again. Each team will receive the same amount of shots until a winner is decided.

Starting Play

Putting the puck in play- Every time the whistle is blown, the puck is put into play when:

- a period is to start
- a goal is scored
- the puck is frozen by players
- the puck leaves the playing area
- A net is dislodged
- the puck is frozen by goalie
- an injury occurs
- a penalty or violation
- Goalie passes puck beyond half court

Play is started at the center of the floor with a faceoff to begin each period. All players besides the two involved must be ten feet away. The individuals taking the faceoff must be at least two feet apart.

Advancing the puck- The puck may be advanced by blade of stick or by kicking. However you cannot score by kicking the puck in.

Players must play the puck and not the body at all times.

Goalie Rights

- The goalie may use any means necessary to stop the puck with their body, glove, or stick except throwing their stick. If a goalie throws any piece of equipment, play will be stopped and a penalty shot will be awarded.
- The goalie has 3 seconds after complete control of the puck to get rid of it or a faceoff will occur.
- The goalie may leave the crease at anytime but then they must follow all rules that apply to floor players.
- Goalies may not pass the puck beyond half court.

Pulling the goalie- You may pull the goalie anytime. Defensive players can stop the puck in the crease but cannot freeze the puck. If this happens a 2 minute delay of game minor penalty will be assessed.

Goal Scored

A goal is worth one point for males and females. A goal is scored when the puck/ball goes completely across the line.

Disallowed goals: If the puck/ball is kicked in. Or if an offensive player is inside the crease when the puck goes in. (Only the stick of an offensive player may enter the crease)



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Mercy Rule- At any time if there is a ten goal differential, or if there is a four goal lead with two minutes or less left in the 3rd period.

Violations and Minor Penalties

The referee will decide if the penalty was either a violation or a minor penalty due to the degree of the penalty. If it is a violation, that will result in an indirect shot. If it is a minor, it will result in a two minute minor penalty.

Violations/Minor Penalties

- High sticking- Raising the stick above the waist.
- Hand passing
- Kicking the puck into the goal
- Player in goalie crease when goal is scored.
- Dangerous play/sliding
- Too many players on the floor
- Interference
- Playing with a broken stick
- Tripping, holding, elbowing, kicking, kneeing, pushing, illegal use of hands, checking
- Delay of game
- Hooking

When a minor penalty is given, the team serving the penalty must play a player down for two minutes or until scored upon. Then the team is back to the regular amount of players.

Major Penalties

Personal Misconduct: Swearing, disrespect shown towards an official, abuse of facility or equipment, or actions that incite a fight.

Spearing- Stabbing an opponent with the tip of the blade.

Butt-Ending- Stabbing an opponent with the end of the stick

Checking

Slashing- Hitting or attempting to hit your opponent with your stick.

Fighting

If a player receives a major penalty, the player committing the penalty has to sit out for five minutes even if his or her team is scored upon. Although, the team serving the penalty when scored upon may enter a substitute to enter, but the player who committed the penalty must sit the entire five minutes. If one player gets two major penalties in one game they will be ejected from the game.



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Penalty Shot

These occur when:

- A player has a clean breakaway to the goal with the puck and illegally defended or roughed during their attempt to score
- An intentional violation or penalty that stops a sure goal.
- If a goalie throws any piece of equipment
- If a defensive player freezes the puck in the crease.
- If a defensive player intentionally moves the goal.

Process of a Penalty Shot- The clock shall stop. The puck is placed on the center dot of the floor. It is just the player who was obstructed and the goalie. The goalie can defend the shot as a normal circumstance. After the penalty shot the game is resumed with a faceoff.