

## **Floor Hockey Rules**

Notice: Gameplay is 5 v. 5 including the goalie. There is no gender requirement.

### **PERIODS, TIME FACTORS AND SUBSTITUTIONS**

#### Section 1: Timing of the Game

##### Article 1:

Playing time shall consist of three (3) periods of twelve (12) minutes each. The clock will be stopped only if an injury or penalty shot occurs, otherwise it will be a continuously running clock until the final two (2) minutes of the game, at which time it will stop on every whistle, unless a team is winning by four (4) or more goals.

##### Article 2: Intermission

Intermission will be three (3) minutes between each period.

##### Article 3: Game Timer

The scorekeeper/timer will be the official source of time for the game. The scorekeeper/timer may also be consulted by the game officials concerning penalties, violations, and goals.

##### Article 4: Time-Outs

Each team will be granted one (1) one minute time-out per game.

#### Section 2: Substitutions

##### Article 1: Floor Players

Substitutions may be made at any time during play.

Players entering the game must wait until the player leaving the floor is completely off the playing surface before entering.

\*Note: Due to facility limitations free substitutions may be changed or omitted.

##### Article 2: Goalies

Goalies may only be substituted for during a time-out, during intermission, due to an injury, or if an equipment change is necessary.

#### Section 3: Tie Game

##### Article 1: Overtime Procedures

Any game ending in a tie during league play will remain a tie. During the playoffs and tournament play, a five (5) minute running clock sudden death period will be played.

If the score is still tied, the deadlock will be broken by three (3) alternating penalty shots taken by three (3) different players from each team. Whichever team is ahead after these shots will win the game. If it is tied after the penalty shots, the two teams will choose different players, and will shoot by alternating

teams until one misses and the other scores. Each team will receive the same amount of shots on goal. Once every member of a team has taken a penalty shot, that team can choose anyone to take the next shot.

## **PLAYING THE GAME**

### Section 1: Starting Play

#### Article 1: Rock, Paper, Scissors

The two captains will play rock, paper, scissors at the beginning of the game to determine choice of side. The teams will switch sides after each period, including overtime, for the remainder of the game. The game will start with a center floor face-off.

#### Article 2: Putting the Puck in Play

Every time the whistle is blown, the puck is put into play by a face-off

A. Face-offs occur when:

1. A period is to start
2. A goal is scored
3. The puck is frozen between two players
4. The puck leaves the playing surface
5. A net is dislodged
6. The puck is frozen by the goalie
7. An injury occurs
8. A penalty or violation

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.

All players (except the two (2) involved in the face-off) must be at least ten (10) feet away from the faceoff spot, and must be on their defensive side of the face-off spot.

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

### Section 2: Playing the Puck

#### Article 1: Offside

All players must be in position and onside for face-offs.

The game is otherwise free of any traditional offside restrictions of player position or puck movement. The game is kept simple by not having rules for off sides and icing.

#### Article 2: Playing the Body

Players must play the puck at all times. Any player checking another player will be penalized. (See Minor Penalties)

## **GOALIE RIGHTS AND RESPONSIBILITIES**

### Section 1: Rights

#### Article 1: Designating a Goalie

One (1) player may be designated as the goalie for each team. This player is required to wear a mask, and is the only player to have goalie rights within the goal crease.

#### Article 2: Stopping the Puck

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. 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.

#### Article 3: Possession of the Puck

Upon gaining control of the puck, the goalie has three (3) seconds to play the puck to the side or behind the net.

If the goalie does not distribute the puck, a face-off will be called. The goalie may not throw the puck forward, or a violation will occur.

#### Article 4: Leaving the Crease

The goalie may leave the crease at any time, however, once out of the goal area, they must follow all rules that apply to court players.

#### Article 5: Dislodged Net

In the case that the net becomes dislodged, but is not involved in the ensuing play, the referee shall allow play to continue and will replace the net. If it is dislodged and is in the play, the referee shall blow the play dead and a face-off will restart play at the nearest face-off dot. An intentionally dislodged net will result in a penalty, or a penalty shot. A referee may award a goal if the shot was headed into the net when the net was dislodged.

### Section 2: Pulling the Goalie

#### Article 1: Adding a Floor Player

If a team wishes to pull their goalie and add a floor player, this team relinquishes all of their goalie rights.

Defensive players may enter the crease to stop a shot on goal; they may not however freeze the puck. If a defensive player freezes the puck, the result shall be a two (2) minute delay of game penalty. Note: if the defensive player freezes the puck in the crease, the result shall be a penalty shot.

## **SCORING**

## Section 1: Goal Scored

### Article 1: Goal Awarded

All goals shall be worth one (1) point. A goal is scored when the puck completely crosses the goal line before time expires.

### Article 2: Goal Disallowed

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 crease and the puck is shot in from outside the crease. Only an offensive player's stick may enter the crease if there is a loose puck in the crease.

### Article 3: Mercy Rule

If a team is ahead by ten (10) goals at any point in the game, the game will immediately end, with that team being declared the winner.

## **VIOLATIONS AND PENALTIES**

If any of the following acts are malicious and with the intent to injury another player, the official holds the right to immediately disqualify the player for the remainder of the contest.

### Section 1: Violations

#### Article 1: High Sticking (Also see Minor Penalties Article 2; Section 16)

High Sticking shall be defined as raising the stick above the WAIST at any point during play, including the shot.

#### Article 2: Hand Pass

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.

#### Article 3: Kicking the Puck

The puck may not be intentionally kicked into the offensive goal. However, the puck may be played with the foot to another player.

#### Article 4: Player in the Goal Crease

No offensive player may enter the goal or break the plane of the crease at any time during the course of play except their stick may enter the goal crease if there is a loose puck in the crease. If a player scores a goal, but their momentum carries them into the crease, the goal will be disallowed and a violation will occur.

#### Article 5: Dangerous Play/Sliding

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 your feet. This shall include a floor player leaving their feet in an attempt to stop a play or the puck.

## Article 6: 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 crease.

B. The goalie may not gain possession of the puck within the crease, drop the puck outside of the crease to put it in play, and intentionally bring it back into the crease without another player first touching the puck.

## Section 2: Minor Penalties

### Article 1: Too Many Players on the Floor

### Article 2: Interference

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.

### Article 3: Playing with a Broken Stick

### Article 4: Boarding

Boarding shall be defined as ramming an opponent into the boards or walls, whether they have the puck or not.

### Article 5: Tripping

### Article 6: Holding

### Article 7: Elbowing

### Article 8: Kicking

### Article 9: Kneeing

### Article 10: Pushing

### Article 11: Illegal Use of the Hands

Illegal use of the hands shall be defined as using hands to gain an advantage over an opponent.

Example: Grabbing the stick or jersey.

### Article 12: Body Checking/Roughing

### Article 13: Delay of the Game

Delay of the game shall be defined as any action that hinders the completion of the game under its normal time. This shall include, but not be limited to, floor player deliberately freezing the puck, discarding goalie equipment onto the playing surface to stop a puck or player, intentionally dislodging the net, intentionally taking a violation to stop a play, or deliberately lying on or pulling the puck into your body.

### Article 14: Hooking

Hooking shall be defined as using your stick to slow an opponent, usually from behind. When only the sticks come in contact, NO penalty shall be called.

Article 15: High Sticking (Also see Violations Section 1; Article 1)

High sticking shall be defined as raising the stick above your waist at any point during a play.

Section 3: Major Penalties

Article 1: Personal Misconduct

Personal misconduct shall be defined as any of the following: Disrespect to an official, excessive profanity, abuse of facility or equipment, or actions that incite a fight.

Article 2: Spearing

Spearing shall be defined as stabbing at an opponent with the tip of the blade end of the stick.

Article 3: Butt-Ending

Butt-ending shall be defined as stabbing at an opponent with the butt-end of the stick.

Article 4: Cross Checking

Cross checking shall be defined as thrusting your stick shaft across an opponent with no part of the stick on the floor.

Article 5: Slashing

Slashing shall be defined as hitting or attempting to hit your opponent with your stick in a chopping or swinging motion.

Article 6: Fighting

Fighting shall be defined as any acts of aggressive physical violence towards another player or official.

Section 4: Penalty Enforcement

In reference to penalty enforcement, the term shorthanded will mean: the offending team will be at least one (1) player below the number of players of their opponent.

At no time may a team have more than two (2) floor players fewer than their opponent.

A. When a team has eligible substitutes, those players are required to be used to serve any penalty which would result in that team being more than two (2) players shorthanded.

B. If a team has no substitutes, the third penalty will be served by the offending player. In this instance, the player who receives the third penalty will also serve the remaining time on the first penalty in addition to the time of his/her own penalty. The player who he/she replaces in the penalty box will return as an eligible floor player.

Article 1: Violations

When a violation occurs, play will be stopped immediately and a violation charged to the guilty player. The offended team will receive a free possession from the center floor face-off (Optional) or face-off at the nearest spot. No additional penalty will be assessed.

#### Article 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.

EXCEPTION: If two players receive coincidental penalties and then a third player is penalized, a goal by the team with the advantage would result in the penalty on the third player ending.

E. During a co-recreational game any minor penalty committed by a male against a female will result in a four (4) minute penalty.

F. There will be a face-off at the nearest spot or offended team will receive a free shot from the center floor face-off (optional).

#### Article 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 be served by any individual on the offending team.

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. If team A commits a major penalty and shortly afterwards team B commits a minor penalty, both teams will have to serve the full time of their penalties.

C. There will be a face-off at the nearest spot or offended team will receive a free shot from the center floor face-off (optional).

## Section 5: Penalty Shot

### Article 1: Definition

A penalty shot is a one-on-one opportunity against the goalie for the individual of the opposing team which was obstructed.

### Article 2: Penalty shots result from:

- A. A player throwing the stick for any reason.
- B. 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.
- C. An intentional violation or penalty that stops a sure goal.
- D. If the goalie throws any piece of equipment to try to stop the puck.
- E. If a defensive player freezes the puck in the crease.
- F. If a defensive player intentionally moves the goal.

### Article 3: 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 a goal, a save, or a shot wide of the goal.
- C. Only the player designated as goalie may defend against the penalty shot. The goal tender 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.

### Article 4: Resuming Play

After the penalty shot, the game shall resume with a center floor face-off.

## Section 6: Disqualification from Game

### Article 1: Combination of Five (5) Violations

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.

### Article 2: Combination of Minor Penalties

An individual player shall be disqualified from the game by accumulating three (3) minor penalties during a single game.

#### Article 3: Combination of Major Penalties

An individual player shall be disqualified from the game by accumulating two (2) major penalties during a single game.

#### Article 4: Combination of Major and Minor

An individual player shall be disqualified from the game by accumulating one (1) major penalty and two (2) minor penalties in a single game.

#### Article 5: Throwing the Stick

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.