Women’s and Men’s Floor Hockey Rules

I. The Game

A. Five players on the floor—4 players and a dressed goalie. Four players (3 players and a dressed goalie) are required to avoid a forfeit. Game time is forfeit time.

B. **Players can play on one team only!** Teams can have an unlimited number of eligible players on their roster.

C. There is no body checking. Any body checking will result in a penalty.

D. There are no slap shots. The back swing of the stick should not go higher than the player’s knee. If a player takes a slap shot, he/she will receive a two-minute minor penalty for illegal shot (no goal if shot goes in and the ensuing face-off will be in the opposite end zone).

E. There are no offside or icing infractions in IM Floor Hockey. During a face-off, all players must be on-side.

F. **Goal Crease Violations:** Unless the ball is in the goal crease, a player of the attacking team may not stand on the goal crease line or in the goal crease, or hold the stick in the goal crease area or run/walk through the goal crease while the attacking team has possession of the ball. If the ball should enter the goal while such conditions prevail, a goal shall not be allowed. **Violation:** Referee blows whistle and the face-off shall be at center court.

G. IM Supervision: The game shall be played with two referees, a scorekeeper/timer, and a supervisor in charge.

H. Team Captains: Each team must designate a captain and an alternate captain. The C and AC will be the players the referees confer with in regards to rules, decisions, etc…

I. Persons Subject To The Rules: Team representatives, including players, substitutes, coaches, spectators, and other persons affiliated with the teams are subject to the rules of the game, and shall be governed by the officials assigned to the game.

II. The Playing Area

A. The game shall be played on a surface 85” x 114” (Courts 3 & 4 of the Multi-Purpose Gym).

B. Floor Markings:

1. The playing area shall consist of the entire surface, and should be divided by a center line.

2. The floor shall be marked with 5 face-off points; 1 at the center of the floor, and 2 adjacent to the sides of each goal (2” black tape).

3. The goal line and goal crease are marked with 2” black tape.
III. Game Equipment

A. **Players shall not wear anything that, in the opinion of the referee, is dangerous.** This shall include, but is not limited to jewelry, watches, or anything that may cause injury to themselves or any other player. No baseball hats allowed.

B. The goal shall be 6 feet in width and 4 feet in height.

C. The puck shall be an orange floor hockey ball.

D. Floor hockey sticks are provided for all players.

E. **Players cannot bring their own sticks/goalies included.**

F. Goalie Equipment:
   1. All goalies must wear the following equipment:
      - Full face mask or helmet with a cage
      - Chest protector
      - A protective glove or blocker on their stick hand
      - A catching glove
      - Leg pads

   2. All of this equipment, plus goalie sticks, are provided by the IM department.
      - Goalies may bring their own equipment.
      - Goalies should report at least 20 minutes before their scheduled game.
      - Report to the IM supervisor for equipment.

B. All players must wear non-marking rubber soled shoes.

C. Players of opposing teams must wear contrasting colored jerseys, without pockets, numbered on the front and rear. If teams do not have jerseys, the IM department will have pullovers available for them to use.

IV. Player Equipment—Optional

A. It is strongly recommended that all players wear some type of protective eye guards.

B. It is strongly recommended that a mouth and tooth protector be worn by all players.

C. Players may wear shin guards and/or knee pads.

D. Players may wear ice hockey/lacrosse protective gloves.

E. It is strongly recommended that all players wear helmets approved for street or floor hockey.
V. Periods and Time Factors

A. Playing time shall consist of 2 halves of 13 minutes each. The clock will be stopped for timeouts and injuries, otherwise it will be a continuously running clock.

B. Intermission will be 3 minutes between each half.

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

VI. Substitutions:

A. 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. Players may also substitute during a stoppage of play.

VII. Face-offs

A. Face-offs occur when:
   1. A period is to start
   2. A goal is scored
   3. The ball is frozen between two players
   4. The ball leaves the playing surface
   5. A net is dislodged
   6. The ball is frozen by the goalie
   7. An injury occurs
   8. After any other stoppage of play

B. Play is started at the beginning of each half and after a goal has been scored by a face-off at the center floor dot. All other occasions, the face-off will occur at the nearest eligible face-off spot.

C. 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 2 feet apart and on the floor.

VIII. Scoring

A. All goals shall be worth 1 point. A goal is scored when the ball completely crosses the goal line, under the crossbar and between the uprights, before time expires.

B. No offensive player may score a goal by deliberately kicking or throwing the ball into the goal.

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

D. Regular season games may end in a tie.

IX. Tie Games (Playoffs Only)

A. If a playoff game (excluding a championship game) ends in a tie, this overtime procedure will take effect:
   1. Teams do not change ends/goals.
   2. One 5 minute sudden death period with the first team to score being the winner. The last 2 minutes of the overtime period will be stopped time.
   3. If the game remains tied there will be a shootout. Each team chooses 3 players for the shootout (visiting team on scoresheet will shoot first). The team to score the most goals in the shootout wins the game. If the score is tied after the shootout, then there will be a sudden death shootout using the same 3 players in the same shooting order. Again, visitor’s bench goes first. One player from each team shoots until there is a winner. The sudden death shootout procedure is
repeated if necessary. EXAMPLE: In the sudden death shootout team V shoots first and scores, team H shoots next and does not score. Team V wins the game.

4. Championship games will play a **5-minute sudden death** period(s) until a winner is determined. The last 2 minutes of the period will be stopped time. There are **no shootouts** in a championship game.

X. Goalie Rights and Responsibilities

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

B. 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.

C. 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 ball. If a defensive player intentionally freezes the ball, the result shall be a 2-minute minor penalty for delay of game. **If a player intentionally freezes the ball within his/her own goal crease, a penalty shot shall be awarded to the offended team.**

XI. Violations

A. **High Sticking:** A player may not bat the ball above the knee with the stick to themselves or a teammate, or into the offensive goal. The official shall blow the whistle for any high-sticking violation unless the ball is batted to an opponent (play continues), or into the team’s own goal (goal allowed). **The resulting face-off for a high-sticking violation will be at one of the end dots in the offending team’s defensive zone.**

1. **High Sticking Warning:** If a player is alone/not in traffic and their stick is above their waist, the player will be given a verbal warning by the official. If this happens again, the player will receive a two-minute minor penalty for high sticking.

B. A **Hand Pass** shall be defined as passing the ball directly to a teammate with the hand. A player may bat the ball with an open hand, but must be the first to recover it for that team. Catching an airborne ball is considered legal provided that the player drops the ball in a straight line to the floor to his/her stick within one step. The ball may not be batted into the offensive goal. If a batted ball goes into the defensive goal, the goal stands. No hand passes shall be called in the team’s defensive zone, provided that the pass is initiated and completed in the defensive zone. **The resulting face-off for a hand pass violation will be at the point where the pass originated. Neutral zone if in attacking zone.**

C. **Kicking the Ball:** The ball may not be intentionally kicked into the offensive goal. However, the ball may be played with the foot to another player.

D. **Goal Crease Violations:** Unless the ball is in the goal crease, a player of the attacking team may not stand on the goal crease line or in the goal crease, or hold the stick in the goal crease area or run/walk through the goal crease while the attacking team has possession of the ball. If the ball should enter the goal while such conditions prevail, a goal shall not be allowed. **Violation:** Referee blows whistle and the face-off shall be at center court.
E. Goalie Possession of the Ball

1. The goalie may not gain possession of the ball outside of the privileged area unless part of his/her body is touching a portion of the privileged area.

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

XII. Minor Penalties (2 Minutes)

A. **Too Many Players on the Floor** shall be defined as having more than the legal number of players on the floor. Any member of the offending team may serve this penalty.

B. **Interference** shall be defined as checking or making intentional contact with an opponent who is not in possession of the ball in an effort to impede them from getting to the ball or play.

C. **Playing with a Broken Stick** shall be defined as any player who continues to use a stick that is broken. *When a stick breaks, it must be dropped immediately,* and should be removed from the playing surface at the next stoppage in play.

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

E. **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** shall be defined as grabbing an opponent or an opponent’s stick with your hand, arm, or leg to gain an advantage.

G. **Elbowing** shall be defined as hitting or attempting to hit an opponent with your elbow.

H. **Kicking** shall be defined as kicking or attempting to kick an opponent.

I. **Kneeing** shall be defined as hitting or attempting to hit an opponent with your knee.

J. **Pushing** shall be defined as pushing your opponent to gain an advantage.

K. **Illegal Use of the Hands** shall be defined as using hands to gain an advantage over an opponent, i.e., grabbing the stick or jersey.

L. **Charging** shall be defined as a player who runs, jumps into, or charges an opponent.

M. **Checking From Behind** shall be defined as checking or charging an opponent from the blind side.

N. **Body Checking/Roughing** shall be defined as excessive body contact with another player.

O. **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 is not limited to, floor players deliberately freezing the ball, discarding goalie equipment onto the floor to stop a ball or player, intentionally dislodging the net, intentionally taking a running foul to stop a play, or deliberately lying on or pulling the ball into your body.

P. **Hooking** shall be defined as using your stick to slow an opponent, usually from behind. When only sticks come into contact, no penalty shall be called.

Q. **High Sticking** shall be defined as raising the stick above your waist (on the shot and/or in traffic). Lifting the stick of another player above their waist is also a penalty.

R. **Illegal Shot** is when the stick goes higher than the knee on the back swing.
XIII. Major Penalties (5 Minutes)

A. **Personal Misconduct** shall be defined as any of the following:
   1. Disrespect towards an official
   2. Excessive profanity
   3. Abuse of facility or equipment
   4. Actions that incite a fight

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

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

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

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

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

G. Any minor penalty or running foul that is deemed to be excessive and/or with the intent of injuring another player shall be considered a major penalty.

XIV. Penalty Enforcement

In reference to penalty enforcement, the term shorthanded will mean the offending team will be at least 1 player below the number of players of their opponents. At no time shall a team have more than 1 floor player fewer than their opponent.

A. When a team has eligible substitutes, those players are to be used to serve any penalty that would result in that team being more than 1 player shorthanded.

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

C. Minor Penalties:
   1. Minor penalties shall be enforced by requiring the offending player to sit out 2 minutes of play. The team of the offending player must also play shorthanded for the duration of the penalty. A non-coincident minor penalty is over when the 2 minutes have expired or the opposing team scored a goal.
   2. If both teams commit minor penalties at the same time, both players committing 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.
   3. If team A commits a minor penalty and shortly after team B commits a minor penalty, both teams must play shorthanded for the remainder of team A’s penalty. If team A’s penalty expires and then they score a goal, team B’s player will be allowed back on the floor.
   4. If team A has 2 players in the penalty box, and team B has only 1, a goal by team B will result in the first penalty on team A ending. Exception: If players from each team commit coincidental penalties and then a third player is penalized, a goal by the team with the advantage will result in the third penalty ending.
D. Major Penalties:

1. Major penalties shall be enforced by requiring the offending player to sit out 5 minutes of play. The team of the offending player must also play shorthanded for the duration of the penalty, regardless of how many goals their opponents score. Those penalties which also involve an ejection shall be served any member of the offending team.

2. If team A commits a major penalty and shortly after team B commits a minor penalty, both teams shall serve the full time of their penalties.

XV. Penalty Shot

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

B. Penalty shots result from:

1. A player throwing the stick for any reason.

2. If a player has a clean break with the ball and is moving towards the opponent’s goal and is illegally defended or roughed in their attempt to score.

3. Any infraction mentioned elsewhere in these rules that calls for a penalty shot.

C. Process

1. The clock shall stop for all penalty shots.

2. During a penalty shot, the ball 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 an opportunity to score on the goalie one-on-one. The rush on the goalie will start with the referee’s whistle and end with either a goal, a save, or a missed shot.

3. Only the player designated as the goalie may defend against the penalty shot. The goaltender must remain in the crease until the player taking the shot first moves the ball. The goalie may then defend the shot as they would under normal circumstances. A goalie violation shall result in another penalty shot if the attempt fails. A deliberate penalty by the goalie during a penalty shot will result in a goal being awarded on the penalty shot.

4. After the penalty shot, the game shall resume with a center floor face-off if a goal was scored. If a goal was not scored, the face-off will be at either of the face-off spots in the zone where the shot was taken.

XVI. Disqualification from the Game

A. Combination of Minor Penalties

1. An individual player shall be disqualified from the game by accumulating 3 minor penalties during a single game. It will be the IM supervisor’s judgment whether the player will receive a 1 game suspension.

B. Combination of Major Penalties

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

C. Combination of Major and Minor Penalties

1. An individual player shall be disqualified from the game by accumulating 1 major and 2 minor penalties in a single game.
D. Throwing the Stick
1. 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.

XVII. Injuries
A. All injuries should be reported to the **Intramural Supervisor**. The supervisor will provide assistance with injuries. **The Intramural Department is not responsible for injuries sustained during intramural competition.**

XVIII. Disqualification Penalties/Suspensions
A. A **disqualification penalty** (for whatever reason) will consist of the following: 5-minute major penalty, suspension for the remainder of the game, and a **minimum one game suspension**. Penalties/suspensions will be assessed in line with the severity of the infraction. **If the infraction is flagrant with the intent to injure, the suspension will be for the remainder of the season.** All suspensions will be determined by the Intramural Director.

B. A disqualification penalty shall be imposed on a player who **deliberately injures or attempts to injure an opponent in any manner**.

C. A disqualification penalty shall be imposed upon **any player who fights** (fighting is considered any attempt to punch an opponent (gloves on or gloves off)). Also, wrestling is considered fighting.

1. **2 fighting penalties in the season constitutes an automatic season suspension.**

D. The offending player may not go the penalty bench, and may not sit on team/bench. The player must go immediately to the locker room. If further problems arise, the player will be asked to leave the gym.

E. A substitute, other than a spare goalie, must enter the penalty bench in place of the disqualified player and enter the game after the five-minute penalty has elapsed (team shorthanded for 5 minutes). When coincidental disqualification penalties are imposed against an equal number of players of each team, the penalized players shall leave the game; and each team then shall be permitted substitutions on the floor for the penalized players (neither team plays shorthanded.)

F. Anyone entering a fight (third man in) for **any reason** will receive a major, disqualification penalty and a suspension.

G. Any player who leaves the bench to engage in an altercation on the floor will receive a major, disqualification penalty and a suspension.

H. Attack on a coach, official, manager, supervisor or spectator. Penalty - major, disqualification penalty, and suspension for remainder of the season.

XIX. Game Misconduct Penalty
A. A game misconduct penalty involves the suspension of a player, coach or any other team personnel for the balance of the game; however, a substitute is permitted to replace a player immediately. Two game misconducts in a season will result in a one game suspension.

XX. IMPORTANT - READ!
Intramural Sports exist for the enjoyment of the students. Student supervisors, officials and all student personnel provide indispensable services to their fellow students. All IM employees should be treated with respect at all times. These workers are the "backbone" of the Intramural Sports Program. Without their hard work and long hours the IM program does not operate efficiently. Intramural participants and spectators must keep their composure during IM events. Remember this when you are competing!

**Play Fair, Have Fun and Good Luck!**