

Floor Hockey Rules

1. Play starts with the placing or dropping of a puck, for a face-off, at the center of the playing area, by the referee.
2. One player from each team lines up at the center for the face-off. Sticks are placed in a straight line 4" from the puck.
3. At the face-off, players must be on their own side of the face-off spot.
4. There is no offside rule (except for face-off positioning).
5. Substitutions may be made at any time during play. Players entering the game must wait until the player leaving the floor is completely from the playing surface before entering.
 - a. Should any player be injured during the game, a referee shall stop play and the injured player shall be compelled to leave the court. A substitute shall immediately take place of the injured player.

Play is resumed by a face-off (both players must have the blade of their stick resting on the floor when the referee drops the ball) when play is stopped for:

Penalties - at point of infraction.

- b. Goals - at center.
 - c. Pucks held by goalie in the crease or against the net.
 - d. Pucks which land on the back mesh of the net.
 - e. Puck passed using hands.
 - f. Pucks which land behind designated court boundaries
6. Goalies:
 - a. May assume any position, except to fall on their knees without pressure being applied.
 - b. May catch, hold, or cover the ball while in the crease or on the side of the net.
 - c. May hold the puck outside the crease but may not cause a delay in game.
 - d. Once the ball is covered by the goalie, the opposing team may not play it. All attacking team players must clear the zone to give the goalie room to release the ball.
 - e. After the opponents have cleared the zone and the official has blown the whistle, the ball must be released into play immediately.
 - f. The goalie may throw the ball to the side and not beyond the center line or put it on the floor and pass it anywhere with his/her stick.
7. Goal Crease:
 - a. Goals are disallowed if:
 - i. The player or team-mate has any part of his/her body in the crease area when a goal is scored.
 - ii. If an attacking player is pushed into the crease and a goal is scored.
8. Equipment:
 - a. Sticks: shafts can be wood, but all sticks must have plastic blades. Sticks can be signed out prior to the start of each game.
 - b. FFH ball will be used.

- c. Goalie: Personal mask and gloves **must** be worn. It is recommended that shin guards and/or tube socks also be worn.
 - d. Player: Recommendation- mouthguards, gloves, shin guards and/or tube socks.
9. Penalties:
- a. No more than 2 players penalized at one time per team (two players off the floor).
 - b. Two minutes for minor infractions.
 - c. Five minutes for major infractions.
 - d. Severity of an infraction (minor vs major) is determined by the referee.
 - e. Infractions:
 - i. Slashing.
 - ii. Holding.
 - iii. Roughing or body checking.
 - iv. Disputing a referee's call.
 - v. Unsportsmanlike behavior.
 - vi. High sticking (a raised stick - tip of blade or more above waist - should be called anywhere). A goalie may also be given a penalty for a high stick if, in the opinion of the referee, it was dangerous to an opposing player.
 - vii. Freezing the puck. No player, other than the goalie exercising his/her privileges, shall pickup, cover, or trap the ball with his/her hand(s) or body.
 - viii. Passing the ball with hand (the ball may only be played with the stick if the ball is below the player's standing waist level). If caught, it has to be immediately dropped.
 - ix. Too many players on the floor.
 - x. An offensive player hitting the goalie's glove with the stick if the goalie has his/her glove on the puck.
10. Length of Game:
- a. The game consists of three 14-minute periods.
 - b. A 1-minute rest between periods.
 - c. During the regular season, any game that is tied after the 3rd period shall be recorded as a tie.
 - d. During the playoffs, any game that is tied after the 3rd period shall continue to overtime.
 - e. After the end of the 3rd period, play shall continue with a sudden-death overtime period. This period shall be a maximum of 5 minutes in length.
 - f. If the game is still tied after the overtime period, subsequent overtime periods shall be played until a winner is determined.
11. Players per Team:
- a. 4v4 (including GK)
 - b. A team must have at least 3 players to start a game. Teams that start a game with only 3 players must have a goalie.
 - c. Each team shall designate one player as the team captain.
 - d. All participants must be listed on the official team roster either as a fully registered player or as a paid sub.
 - e. Each team must have a minimum of 7 registered players on their roster.

RULE 1- OPTIONAL/RECOMMENDED EQUIPMENT

Article 1.

Players may wear:

- a. Protective shin guards /leg guards.
- b. Protective gloves.
- c. Mouth guards.

Article 2.

Goalies may wear:

- a. Leg guards.
- b. Protective gloves.
- c. Helmet.
- d. Chest protector.

RULE 2 –TEAMS, PLAYERS, AND SUBSTITUTES

SECTION 1 –TEAMS

Article 1. A team consists of 4 players on the floor at once (3 players and a goalie).

Article 2. A team must have at least 3 players to start a game. Teams that start a game with only 3 players must have a goalie.

Article 3. All participants must be listed on the official team roster either as a fully registered player or as a paid sub.

SECTION 2 –TEAM CAPTAINS

Article 1. Each team shall designate one player as the team captain. The captain should be the only person questioning official calls at a proper time/place.

SECTION 3 –SUBSTITUTES

Article 1. Substitutions may be made at any time during play. Players entering the game must wait until the player leaving the floor is completely from the playing surface before entering.

PENALTY: Minor (on the incoming player)

Article 1.

Should any player be injured during the game, a referee shall stop play and the injured player shall be compelled to leave the court. A substitute shall immediately take place of the injured player.

Article 2.

If, at any time, a team has too many players on the floor, it shall immediately send the extra player(s) off the court.

PENALTY: Minor (Captain's choice from the remaining legal players on the court).

Article 3.

If an extra player from the team bench or the penalty box prevents, or attempts to prevent, a breakaway attempt at goal, there shall be a penalty.

PENALTY: Major and Disqualification of the offending player, Penalty Shot to the offended team.

RULE 3 –TIME FACTORS

SECTION 1 –LENGTH OF PERIODS AND INTERMISSIONS

Article 1.

The game shall consist of three periods, each consisting of 14 minutes.

Article 2.

There shall be intermission of 1 minute between periods.

Article 3.

During the regular season, any game that is tied after the 3rd period shall be recorded as a tie.

SECTION 2 –OVERTIME PROCEDURE

Article 1.

During the playoffs, any game that is tied after the 3rd period shall continue to overtime.

Article 2.

After the end of the 3rd period, play shall continue with a sudden-death overtime period. This period shall be a maximum of 5 minutes in length.

Article 3.

If the game is still tied after the overtime period, subsequent overtime periods shall be played until a winner is determined.

RULE 4 – FACE OFFS

Article 1.

Both players must have the blade of their stick resting on the floor when the referee drops the ball.

RULE 5 –PLAYING THE BALL

SECTION 1 –USE OF THE STICK

Article 1.

Except for the goalie making a save, the ball may only be played with the stick if the ball is below the player's standing waist level.

PENALTY (1 AND 2):

Violation, face-off at the nearest face-off spot

SECTION 2 –DIVING FOR, TRAPPING THE PUCK

Article 1.

No player, other than the goalie exercising his/her privileges, shall pickup, cover, or trap the ball with his/her hand(s) or body.

PENALTY: Violation, face-off in offending team's defensive zone.

SECTION 3 –GOALIE RIGHTS

Article 1.

The goalie may catch, hold, or cover the ball while in the crease.

Article 2.

Once the ball is covered by the goalie, the opposing team may not play it. All attacking team players must clear the zone to give the goalie room to release the ball.

Article 3.

After the opponents have cleared the zone and the official has blown the whistle, the ball must be released into play immediately.

Article 4.

The goalie may throw the ball to the side and not beyond the center line or put it on the floor and pass it anywhere with his/her stick.

SECTION 4 –STALLING OR DELAYING THE GAME

Article 1.

No player shall deliberately hold (freeze) the ball against the walls with a stick, foot, or any other part of the body without attempting to advance the ball.

PENALTY: Violation, face-off at nearest face-off spot

SECTION 5 –INTERFERENCE

Article 1.

A player, whether in the act of covering or being covered, may never hook, hold, trip, slash, or rough an opponent. A player may, however, guard, cover or maintain position against an opponent not playing the ball by standing in front of that player, even touch the opponent with some part of the body.

PENALTY: Minor. If flagrant, Major.

Article 2.

A player, whether in the act of covering or being covered, may never cross-check, spear, board, or charge an opponent.

PENALTY: Major. If the officials deem the action to be flagrant, ejection.

Article 3.

No part of any attacking player's body shall enter the crease at any time. Such players can put their stick in the crease when attempting to retrieve a loose ball but they still shall not interfere with the goalie.

PENALTY: Violation, face-off at the nearest face-off spot.

SECTION 6 –GOALIE PROVISIONS

Article 1.

Each team shall have only one goalie or player with goalie's equipment and privileges on the court at any one time. In case a player is substituted for the goalie, he/she shall be given the same privileges as the goalie and he/she must report to the referee as the goalie.

Article 2.

Within the goal crease, the goalie has certain privileges. The goalie:

- a. May, in stopping the ball, catch, trap, cover, kick, or bat it with his/her hands, feet, or stick in any direction. In clearing the ball, the goalie may pick it up, play it out of the crease with his/her stick, or throw it anywhere short of the center line. In doing these things, the goalie shall move immediately to play the ball or play shall be stopped;
- b. May not deliberately conceal the ball in his/her equipment;
- c. May not deliberately throw the ball across the center line;
- d. May not deliberately throw the ball out of play;

- e. May not interfere with an opponent who is playing the ball;
- f. May not intentionally displace the goal to disrupt or delay play;
- g. May not use stick (regardless if contact is made) to intimidate or harass an opponent;
- h. May play the ball with his/her stick at any height, but if contact results from the goalie's high stick, he/she shall be penalized.

PENALTY: In (a) through (c), violation and face-off at nearest face-off spot. In (d) through (h), minor.

NOTE: Any minor time penalty incurred by a goalie shall be served by a teammate on the court at the time of the infraction and chosen by the offending team's captain.

Article 3.

When outside the goal crease, the goalie does not have the privileges of Article 2 shall play the ball in the same manner as prescribed for other players. In this case, the goalie is subject to the same penalties as other players.

SECTION 7 –DANGEROUS PLAY

Article 1.

Players may not lift the stick above the waist. This includes the wind-up and follow-through during a shot. Players must make the conscious effort to keep the stick below the waist always.

PENALTY:

If a player allows the stick to rise above the waist:

- a. And the player is not within the general vicinity of any other player, violation and face-off in the offending team's defensive zone.
- b. And the player is within the general vicinity of any other player, minor.
- c. And the stick makes contact with another player above the shoulders, major.

RULE 6 –SCORING

SECTION 1 –GOALS

Article 1.

A goal is counted when:

- a. The ball, entering from the front, passes between the goal posts, below the crossbar and across the goal line in its entirety;

EXCEPTION: A goal is disallowed when a high-sticking penalty is committed by the attacking team.

- b. The ball is deflected into the goal from the shot of an attacking player after striking any part of a teammate or teammate's equipment.

Article 2.

A goal shall be disallowed when:

- a. The ball is kicked, thrown or otherwise deliberately directed into the goal by an attacking player with any means other than his/her stick;
- b. The attacking team has committed a foul immediately before, during, or after the shot;
- c. The attacking team has too many players on the court at the time the goal was made;
- d. The ball hits an official and goes directly into the net;
- e. An attacking player carries the ball into the goal while it is resting upon any part of his/her body;
- f. An attacking player interferes with the goalie;

g. A goal has made after time has expired.

RULE 7 –CONDUCT OF PLAYERS & OTHERS

SECTION 1 –ADDRESSING OFFICIALS

Article 1.

No player shall show disrespect for an official, nor, when penalized, fail to go directly and immediately to the penalty box.

PENALTY: Major. (If disrespect continues, ejection).

Article 2.

No player, coach, or other bench personnel shall use foul or abusive language or gestures toward officials or others or otherwise try to influence an official's decisions while play is in progress or during an intermission.

PENALTY: Major.

Article 3.

No team personnel shall intentionally touch, trip, hold, push, or in any other way make physical contact with an official before, during, or after a game.

PENALTY: Major and ejection.

SECTION 2 –PERSONAL FOULS/CONDUCT

Article 1.

No player shall check an opponent with his/her body at any time or in any manner. This includes:

- a. Pushing,
- b. Shoving,
- c. Elbowing,
- d. Holding,
- e. Charging,
- f. Jumping at, or
- g. Playing the body in any other manner.

PENALTY: Minor. If flagrant, Major.

NOTE: Incidental contact between two players playing the ball should not be penalized if it is not excessive and neither player gains an advantage.

Article 2.

No player shall:

- a. Thrust the stick into an opponent with both hands unless part of the stick is on the floor and the primary effort is toward the ball, not the opponent (cross-checking);
- b. Swing the stick at an opponent with unnecessary force, regardless of height (slashing);
- c. Force an elbow or knee into an opponent (elbowing);
- d. Trip or slash at an opponent (including the opponent's stick above the blade) with a stick, leg, foot, or sliding body-block (hooking/tripping/slashing).

PENALTY: Minor. If flagrant, Major.

Article 3.

Play interpreted as dangerous by the officials shall always be penalized regardless of whether or not injury occurs.

PENALTY: Minor. If flagrant, Major.

Article 4.

No player shall commit any of the following acts at any time:

- a. Fighting,
- b. Spearing (stabbing an opponent with the stick while the stick is being carried with one or both hands),
- c. Butt-ending or maliciously using the stick at any height,
- d. Kicking,
- e. Head-butting,
- f. Any other act which deliberately injures or attempts to injure

PENALTY: Major and disqualification of offending player(s) for the remainder of the game, and no substitution on the court for such player(s) until after the expiration of the major penalty. Such disqualified player(s) shall not enter the penalty box and may not occupy any area designated or reserved for players.

Article 5.

A player shall not act in a way that incites an opposing player into incurring a penalty (e.g., threatening or abusive language, gestures, waving or banging sticks on the floor).

PENALTY: Minor. If conduct continues, Major.

Article 6.

There shall be no holding of an opponent or an opponent's stick with the hand, arm, leg or stick. It shall be permissible for a player to lift the stick of an opponent with their own stick. Such a "stick lift" shall be only momentarily and for the sole purpose of obtaining the ball or preventing the opponent from playing it. This does not permit lifting or raising near the hands of an opponent or with the stick across and against the opponent's body or raising the opponent's stick so high that it rises above the player's waist.

PENALTY: Minor. If a "stick lift" causes an opponent's stick to rise above, his/her waist, the high-sticking penalty shall be charged to the player who committed the "stick lift."

SECTION 3 –DISPLACING THE GOAL

Article 1.

No player shall deliberately displace a goal.

PENALTY: Minor. If deemed to prevent a goal-scoring opportunity, penalty shot. If deemed incidental and unintentional, face-off at the nearest face-off spot.

SECTION 4 –RETURNING TO THE COURT

Article 1.

No player who is serving a penalty in the penalty box may return to the court, without permission of the Intramural Sports staff or officials, until expiration of the penalty.

PENALTY: Minor.

SECTION 7 –BENCH CONDUCT

Article 1.

There shall be no whistles blown or other mechanical devices used to signal by anyone other than game officials.

PENALTY: Minor upon a player (captain's choice) on the court at the time of the incident.

Article 2.

No bench personnel shall throw any type of equipment onto the court at any time.

PENALTY: Minor upon a player (captain's choice) on the court at the time of the incident.

RULE 8 –PENALTIES SECTION 1 –TIME PENALTIES

Article 1.

Time penalties are:

- a. Minor –2 minutes of game time;
- b. Major –3 minutes of game time;
- c. Major and Disqualification –3 minutes of game time and disqualification from game;
- d. Major and Ejection –3 minutes of game time served by a substitute and ejection from game.

Article 2.

The time shall be served by the offending player unless otherwise specified. That player shall report immediately to the penalty box and remain there until the Intramural Sports staff indicates the penalty time has expired. If a game disqualification penalty is also imposed on the player, that player shall be represented by a teammate in the penalty box.

Article 3.

If the penalty time has not expired by the time a period ends, the penalty time carries over into the next regular period or overtime.

Article 4.

During play, a team shall not be reduced by time penalties so that it has fewer than three players, including the goalie, on the court at any time.

NOTE: When two players of the same team are serving penalties and a third player of that team is penalized, the time of the third player begins immediately. However, the offending team may not return a player to the court until only one player is serving a penalty. When the time from the first penalty expires, the player who committed that penalty may return to the bench, but the team must still play two players short until the next penalty time expires.

Article 5.

A player's second minor penalty automatically becomes a Major penalty. A player's second Major penalty will result in disqualification from the game.

SECTION 2 –MINOR PENALTIES

Article 1.

A minor penalty shall be assessed for:

- a. A goalie holding the ball while entirely outside of the crease;
- b. Failure to take the court promptly at the start of a period;
- c. A substitute taking the court before the departing player is off the court;
- d. Too many players on the court;
- e. Extra player from team or penalty box prevents or attempts to prevent an obvious goal-scoring opportunity (penalty shot, and misconduct included);
- f. Lifting the stick above the waist when in the general vicinity of any other players;
- g. Contacting a player who is ready to participate in a face-off;
- h. Playing the ball above shoulder level;
- i. Withholding an opponent's stick;
- j. Stalling;
- k. Intentionally causing the ball to leave the playing area;
- l. Interference;
- m. A goalie interfering with a player who is not playing the ball;

- n. Body checking an opponent;
- o. Personal fouls (unless otherwise noted in these rules);
- p. Failure to leave the court when directed to do so during an altercation;
- q. Holding;
- r. Returning to the court before penalty time expires;

Article 2.

If a goal is scored while a team has fewer players on the court than the opposing team because of one or more minor penalties, the first minor penalty shall terminate.

Article 3.

When a minor penalty is assessed to a goalie, the penalty time shall be served by a teammate on the court at the time of the infraction and that teammate shall be chosen by the captain of that goalie's team.

SECTION 3 –MAJOR PENALTIES

Article 1.

A major penalty shall be assessed for:

- a. Charging into, roughing, physically interfering with, or any foul against a goalie who is in his/her own goal crease;
- b. Flagrantly lifting the stick on a face-off;
- c. Use of the stick to cause or attempt to cause injury
- d. Flagrant throwing of the stick;
- e. Refusal to obey a referee's/Intramural Sports staff's decision;
- f. Flagrant personal fouls;
- g. Deliberately injuring or attempting to injure an opponent (and Ejection);
- h. Leaving the bench during an on-court altercation (and Ejection);
- i. A penalized player's continued disrespect or refusal to proceed directly to the penalty box;
- j. Unsportsmanlike conduct;
- k. A second minor penalty.

Article 2.

When a major penalty is assessed to a goalie, the time shall be served by the goalie. A replacement goalie on the court shall be allowed for the penalized goalie. The penalized goalie shall not go on the court until a stoppage of play, at which time the goalie declares goalie privileges. A team which has a penalized goalie must play short-handed.

Article 3.

When disqualification accompanies a major penalty, the disqualified player may no longer participate, but he/she may remain in the team area for the duration of the game.

Article 4.

When an ejection accompanies a major penalty, the ejected player may no longer participate and he/she must leave the gym.

SECTION 4 –PENALTY SHOT

Article 1.

A penalty shot is awarded when:

- a. An extra player attempts to stop an obvious goal-scoring opportunity;
- b. A stick or equipment is thrown by any player in his/her defensive zone;

- c. A defending player other than the goalie traps or covers the ball in the goal crease;
- d. A player deliberately displaces the goal to prevent a goal-scoring opportunity;
- e. A player fouls from behind an opponent who is in possession of the ball in the attacking zone when there are no defending players except the goalie between the attacker and the defending team's goal.

Article 2.

A penalty shot should be conducted as follows:

1. The puck shall be placed at center court.
 2. The player fouled, when directed, plays the ball forward and attempts to score.
- NOTE: If no player has been fouled, the shot may be taken by any player of the offended team who is not serving a penalty when play is stopped for a penalty shot (captain's choice).
3. Once the ball is touched by the shooter, he/she must keep the ball in motion toward the opponent's goal until he/she shoots. Should the forward motion of the ball stop, an immediate shot must be taken.
 4. After the shot, the play shall be considered complete. A goal cannot be scored from a rebound.
 5. The goalie may stop the ball in any legal manner.
 6. If the goalie commits an infraction and the shot attempt is unsuccessful, the player can retake the penalty shot.

Article 3.

All player shall move behind the center line and remain there until the shot has been completed. If a player other than the defending goalie causes the penalty shot by another player to fail, a second attempt shall be awarded (a misconduct penalty will also be assessed to the player who interfered with or distracted the shooter).