



FLOOR HOCKEY RULES

National Federation Floor Hockey Rules will govern play, with the following modifications:

1. Team Requirements

- 1.1 A team shall consist of no more than six (6) players (one goalie and five floor players) and no less than four (4) players (one goalie and 3 floor players) on the court.
- 1.2 Coed Modifications:
 - a. Coed teams must consist of three (3) females and three (3) males.
 - b. The minimum number of players needed to begin a coed game is two (2) females and two (2) males.
 - c. At no time may a team continue to play with less than four (4) players, two (2) of which must be female.
 - d. Failure to comply will result in a FORFEIT.

2. Equipment and Facilities

- 2.1 All players must wear non-marking athletic shoes. Open toed shoes, and boots are not allowed.
- 2.2 Contrasting jerseys **MUST** be worn. If a team does not have their own the XUIM Program will have jerseys available for use.
- 2.3 It is strongly suggested that players wear some type of protective eye guards, such as those used for racquetball. The XUIM Program will have protective eye guards available for those that wish to use them.
 - a. The use of eye protection is a personal choice.
 - b. The XUIM Program does not claim liability for anyone that sustains an eye injury and chose not to wear eye protection.
- 2.4 Gloves will not be provided but may be worn.
- 2.5 Shin pads will not be provided but may be worn as long as they are covered by long socks or pants.
- 2.6 Players **MUST** use sticks provided by the XUIM Program! **NO EXCEPTIONS!!**
- 2.7 **GOALIE RULES:**
 - a. The following goalie equipment will be provided and must be worn:
 1. Leg pads
 2. Goalie catching glove (left hand)
 3. Helmet with mask
 4. Goalie stick
 - b. Goalies must wear shoes.
 - c. Goalies can wear a glove on their glove hand, but it **CANNOT** have a blocking device.
- 2.8 All jewelry must be removed before participating.

- 2.9 Equipment such as helmets, pads or braces worn above the waist, leg and knee braces made of hard, unyielding substances, or casts is strictly prohibited. Knee braces made of hard, unyielding substances covered on both sides with all edges overlapped and any other hard substances covered with at least 2 inch of slow recovery rubber or similar material will be allowed.
- 2.10 The floor is divided into an attacking zone and a defending zone by a center-line. Goals may be scored from anywhere on the floor. There are NO OFFSIDES.
- 2.11 The entire gym is in play with the following exceptions:
 - a. Basketball goals
 - b. Anything above the “10 foot level/the ledge” of the wall of the entire gym.
 - c. The bench area where scoring personnel and Team Box Area is located.

3. Start of Game and Timing

- 3.1 The game shall consist of three (3) periods of fifteen (15) minutes- running time.
- 3.2 There shall be a one (1) minute break between periods.
- 3.3 Each team is permitted two (2) time outs per game. Time Outs will last thirty (30) seconds, and the clock does stop for time outs.
- 3.4 In coed games a goal scored by a female shall count as two (2) points; a goal scored by a male shall count as one (1) point. If a shot taken by a male deflects into the goal off the body of a female it will count as one (1) point.
- 3.5 Reserve players (substitutions) must remain in the team box area until they enter the game.
- 3.6 If a game ends in a tie the following procedures will be followed:
 - a. Six (6) person penalty shot round (Coed: three (3) males, three (3) females)
 - b. If still tied: Four (4) person penalty shot round (Coed: two (2) males, two (2) females)
 - c. If still tied: Two (2) person penalty shot round (Coed: one (1) male, one (1) female)
 - d. If still tied: Continue with the two (2) person penalty round until the tie is broken.

4. Game Rules

- 4.1 The JUDGMENT of the officials shall be FINAL and CANNOT be questioned or protested.
- 4.2 During a FACE-OFF there shall be no movement until the puck has been dropped.
- 4.3 All players MUST be on their defensive side of the floor during face-offs. A team's defensive side of the floor is determined by an imaginary line that bisects the face-off area. The blades of the players facing off must be perpendicular to the line bisecting the face-off area.
- 4.4 A face-off shall be utilized to begin each period and to resume play after each stoppage. All face-offs shall occur at designated locations.
- 4.5 At the beginning of each period, following scores, and following penalties the face-off shall be at CENTER COURT.
- 4.6 If an official inadvertently blows a whistle, play shall be halted and resumed by a face-off at the nearest face-off location.
- 4.7 Any time the puck is frozen, a face-off will occur at the nearest area unless otherwise specified.

- 4.8 Any time a puck is shot out of play, the face-off will occur from where the puck was last touched by a player.
- 4.9 CREASE PLAY will be regulated as follows:
- a. At no time is a player of the Offensive Team permitted to enter the opposing Goalie's Crease with any portion of their body. If a goal is scored while the player is illegally in the crease the goal will be disallowed and a face-off will occur at the nearest face-off area. ALSO, if the official determines that the goalie was interfered with, an interference penalty will be assessed.
 - b. An offensive player's stick is NOT PERMITTED to enter the opposing Goalie's Crease at any time. If an offensive player places the stick in the crease area, she/he will be penalized for interference. This includes breaking the plane of the crease with the follow through of a shot. If this occurs, the goal will not be permitted. If the official determines that the goalie was interfered with, an interference penalty will be assessed.
 - c. Goalies are permitted to leave the Crease Area to establish a better angle of defense or to play the puck. However, the goalie may not leave the crease for purpose of freezing the puck outside the Crease Area. She/he will promptly be penalized for Delay of Game.
 - d. The Official has the option of declaring a face-off or assessing a penalty for crease violations. If a player or the stick enters the crease without actually interfering with the goalie, a face-off will occur. Any actual interference will be penalized.

5. Other Rules

5.1 PUCK MOVEMENT / ADVANCEMENT / SHOOTING:

- a. The hands may be used ONLY to catch an airborne puck, which must be dropped immediately with no advancement or directional placement. A goalie may catch the puck and MUST immediately (within five (5) seconds) throw the puck to the side. (Top of the crease extended defines the side.) Throwing the puck forward beyond the top of the crease is a violation. *Penalty:* Face-off at nearest area.
- b. A shot can only be taken with a stick. The player's stick must remain below the waist level! Shots that bounce off a player and into the goal will be legal scores.
- c. A goal shall be scored when the puck completely crosses the goal line between the goal posts.
- d. A goalie may move around within his/her own defensive end of the floor. Crossing the Center Court line into the attacking zone constitutes pulling the goalie and the appropriate rules must be followed.
- e. Goals will not be counted if the stick is held and/or brought above waist level. (No full wind-up slap shots)
- f. Goals will not be counted if the puck is intentionally kicked into the goal.
- g. Goals will not be counted if the puck is batted into the goal with the hand.
- h. Goals will not be counted if a player from the offensive team is in the goal crease.

5.2 GENERAL PLAYER CONDUCT:

- a. There shall be no body checking! Only accidental and/or incidental contact shall be permitted. Some contact, especially with the arms, must be anticipated when players and officials are placed in a confined area. However, any excessive contact (whether accidental or incidental) shall not be tolerated. Players must play the puck

with the stick. Using the body against another player to gain an advantage is not permitted and will be penalized with a Roughing Penalty.

- b. Any player charged with fighting shall not only be ejected from the game, but shall also have an automatic one-game suspension and must follow the XUIM reinstatement procedures. XUIM officials and supervisors must report all such incidents to Intramural Sports Director.
- c. Any player ejected from a game for any disciplinary reason shall have a written report filed on the incident and must follow the XUIM reinstatement procedures.
- d. Any player charged with fighting or striking an XUIM official will be automatically suspended from all XUIM Programming and will face legal action.

5.3 SUBSTITUTION & PULLING THE GOALIE:

- a. Free substitutions shall be permitted without stoppage of play. However, the player entering the game during live action must not gain an advantage or become part of the play prior to the player leaving the game being clearly in the team box area.
Violation: Minor Bench Penalty will be assessed.
- b. If a team wishes to pull their goalie, the goalie must go to the bench and obtain a regular hockey stick OR a substitute will reenter the game without gaining an advantage in the play occurring. **Violation:** Minor Bench Penalty will be assessed.

5.4 PENALTIES : DURATION & ADMINISTRATION:

- a. MINOR PENALTY - Two (2) Minutes. For a minor penalty on any player, other than the goalie, the player shall be ruled off the floor for two minutes during which time no substitute will be permitted for that player.
- b. MAJOR PENALTY - Five (5) Minutes. For a major penalty on any player, other than the goalie, the player shall be ruled off the floor for five minutes during which time no substitute will be permitted for that player.
- c. ALL TIME PENALTIES MUST BE SERVED FOR THE ENTIRE TIME PERIOD - Unless a goal is scored by the team that has a power play.
- d. MISCONDUCT PENALTY --- Ten (10) Minutes served by another player. Player assessed the Misconduct Penalty is ejected from the game. ALL GAME EJECTIONS ARE ACCOMPANIED BY A MISCONDUCT PENALTY.
- e. A Goalie may receive any minor or major penalty as if he/she were a player on the floor.
- f. The Team Captain shall designate a player currently on the floor when the penalty occurs to serve the penalty in place of the goalie.
- g. If the Goalie receives a Misconduct Penalty, he/she is ejected from the game. A new Goalie is placed in the game and #6 above is followed to serve the penalty.
- h. A Misconduct Penalty shall be assessed on any player for Obscene, Profane, or abusive Language directed toward the officials, opponents, and/or XUIM Supervisors.
- i. A Misconduct Penalty shall be assessed on any player who persists in disputing or showing disrespect for the rulings of an official.
- j. A Misconduct Penalty shall be assessed on any player who intentionally knocks or shoots the puck out of the reach of an official.
- k. A Misconduct Penalty shall be assessed on any player who deliberately throws any item or equipment prior, during, or after the game. Said player will be immediately ejected from participation in the game and is suspended from the next game.

Reinstatement procedures must be followed. The TEAM will be assessed a \$ 20.00 fine for the player's actions and will not be permitted to play their next game until the fine is paid.

1. A Misconduct Penalty shall be assessed on any player who persists, after a warning by the official, in any conduct (including threatening or abusive language or gestures) designed to intimidate an opponent into obtaining a penalty.

5.5 DESCRIPTION OF PENALTIES:

- a. DELAY OF GAME (Minor Penalty):
 1. A Minor Penalty shall be assessed on the player other than a goalkeeper who intentionally falls on or gathers a puck into his/her body. Any player who drops to his/her knees to block shots should not be penalized if the puck is shot under them or becomes lodged in their clothing or equipment. Any use of the hand to make the puck unplayable will be penalized promptly.
 2. Delay of game shall be called on a goalkeeper that (when his/her body is entirely outside the boundaries of his/her own crease line) deliberately falls on or gathers the puck into his/her body when the puck was not a shot on the goal.
 3. Delay of game shall be called on any players (including goalkeeper) that delays the game by deliberately displacing a goal from its normal position. The Official shall stop play immediately when a goal has been displaced.
 4. Delay of game shall be called on any player, including the goalkeeper, that holds or freezes the puck with his/her stick, feet, or body along the wall in such a manner as to cause a stoppage of play.
- b. Elbowing & Kneeing are considered a MAJOR PENALTY and will be called on any player who uses his/her elbow or knee in such a manner as to foul an opponent. Floor Hockey in a Non-Contact Activity. *No Intentional Contact!*
- c. Slashing is considered a MAJOR PENALTY and will be called on any player who impedes or seeks to impede the progress of an opponent by slashing with the stick. Flagrant slashing will constitute a Misconduct Penalty. Any player who swings his/her stick at another player in the course of any altercation shall be subject to a game Misconduct Penalty.
- d. Spearing is considered a MAJOR PENALTY and will be called on any player who spears or attempts to spear an opponent. SPEARING shall be defined as stabbing at an opponent with the point of the stick blade while the stick is being carried with one hand or both hands.
- e. Tripping is considered a MAJOR PENALTY and will be called on any player who intentionally places his/her stick, knee, foot, arm, hand, or elbow in such a manner that it shall cause an opponent to trip or fall.
- f. Hooking is considered a MAJOR PENALTY and will be called on any player who intentionally impedes or seeks to impede the progress of an opponent by "HOOKING" with his stick.
- g. INTERFERENCE:
 1. Interference is considered a MINOR PENALTY and will be called on any player who intentionally interferes with or impeded the progress on an opponent who is not in the possession of the puck.
 2. Interference will be called on any player who intentionally knocks a stick out of an opponent's hand.

3. Interference will be called on any player who intentionally prevents an opponent from regaining his/her stick once it has been dropped
 4. Interference will be called on any player who intentionally throws the stick towards an opposing player with the puck in a manner that would distract said opponent. Also, a MISCONDUCT PENALTY will be assessed.
 5. Interference will be called on any player who intentionally fouls from behind thus preventing a reasonable scoring opportunity. The violating player shall be automatically ejected with a designated player from the floor serving a five (5) minute MAJOR PENALTY. There are No Penalty Shots.
- h. Holding is considered a MINOR PENALTY and will be called on any player who intentionally holds an opponent with hands or stick or in any other manner.
 - i. Butt Ending & Cross Checking are considered a MAJOR PENALTY and will be called on any player who intentionally “cross checks or butt-ends” or attempts to “butt-end” an opponent. NOTE: Attempts to butt-end shall include all cases where a “butt-end” gesture is made regardless whether body contact is made or not.
 - j. Charging is considered a MAJOR PENALTY and will be called on any player who intentionally runs, jumps, or charges into an opponent.
 - k. Roughing is defined as any type of unnecessary and/or intentional contact. Players must play the puck with the stick at all times. Using the body to gain an advantage, or playing against an opponent’s body and not the puck, is not permitted. A MAJOR PENALTY will be assessed for a Roughing Violation.
 - l. BROKEN STICK:
 1. A player whose stick is broken may not participate in the game until the broken portions are dropped and a new stick obtained. A Minor Penalty shall be imposed for an infraction of this rule.
 2. A goalkeeper may continue to play with a broken stick until stoppage of play provided the broken stick is placed in the back of the goal until stoppage of play.
 3. A goalkeeper whose stick is broken may not go to the bench for a replacement until stoppage of play. If the goalkeeper goes to the players’ bench or receives another goalie stick in any way while play is in action the goalkeeper will receive a Minor Penalty for Delay of Game. (A goalie may be given the stick of a floor player until a play stoppage occurs.)
 - m. HIGH STICKING:
 1. The carrying of a stick above the normal standing height of the waist is prohibited and a MINOR PENALTY will be assessed.
 2. A Minor Penalty will be assessed any time the stick rises above the waist level. This includes infractions that occur during the process of a shot, including the follow through. Any goal scored from a shot where the stick rises above the waist will be disallowed.
- 5.6 In all instances not covered by the above rules, National Federation Floor Hockey Rules shall be invoked. The officials shall have full discretionary power to enforce the rules as he shall see fit in order to conduct a proper game.