Floor Hockey
Rules
Revised December 2014

Current NIRSA Rules will govern play. Intramural policies, procedures, eligibility requirements, etc., and specific rule modifications will take precedent. Captains are encouraged to share these rules as well as program policies and procedures with teammates and spectators. Captains are encouraged to read complete rulebooks, available for sign out at SRC 250.

GENERAL - THE GAME
1. The game shall consist of three (3), ten (10) minute periods. The clock will run continuously until the last minute of the third period except for injuries, time outs, and officials’ time outs.
2. During the last minute of the third period, the clock will stop for goals, face-offs, out of bounds, penalties, injuries, time outs, and officials’ time outs.
3. One 1-minute time-out per period is allowed per team. Time-outs can only be called when the puck is not in play. The game clock will stop for all time-outs.
4. Regular season - If the game is tied, no overtime will be played. The game will be recorded as a tie.
5. Tournament - The overtime period will be five (5) minutes with the clock running continuously, except for the last minute, which will be stopped like the end of third period. This period will be sudden death, meaning the first team to score wins. If the score is tied after this period, a shootout will be used to determine the winner.
   1. Only players on the floor at the time of the final whistle are eligible to participate in the shootout.
   2. Four shots will be taken by each team, alternating shots. Each shot must be taken by a different player.
   3. If, after four shots have been taken by each team, the score is tied, alternating shots will be taken, sudden death until a winner is determined. Teams may have the same player repeatedly take the penalty shot.
6. Each intermission will be two (2) minutes.
7. When one team is 8 goals or more at any point after the end of the second period the game will be over.
9. Any player who is bleeding must be substituted for until the bleeding stops. An intramural staff member or game official has the authority to remove the player. If by removing the player who is bleeding, the team falls below the minimum number necessary to play (Men’s, Women’s, and Coed 3 players, the following will apply: The game clock will stop and a maximum of five (5) minutes will be allowed for the player to stop the bleeding. Either an intramural staff member or game official must approve the player to re-enter. If the bleeding is not stopped within the allotted five (5) minutes the team will forfeit the game. THE TIME ALLOWANCE IS ONLY FOR PLAYERS WHO ARE BLEEDING, AND THE TEAM CANNOT CONTINUE TO PLAY WITHOUT THEM.

REGULATIONS - PLAYERS
1. Players can only play on ONE men’s/women’s team and ONE coed team.
2. Each team must have three (3) players on the court at the designated starting time or the team will forfeit the game. GAME TIME IS FORFEIT TIME. Teams may continue with no fewer than three (3) players or the game will be declared a forfeit.
3. Substitutes may enter the game at any time. Illegal participation will be called if a substituting player plays the puck or obstructs an opponent during the substitution.
4. Each team will consist of five (5) players (4 “skaters” and 1 goalie).
5. Line-up including first and last names and numbers must be clearly printed on the scoresheet prior to the start of the game. If a player enters the game without first having their name and number on the score sheet a technical foul will be assessed to the team (limit of one technical foul charged to the team, regardless of the number of violations).

EQUIPMENT
1. Hockey Sticks
   1. All players must use sticks provided by the Intramural Program.
      1. Sticks can be signed out at the Smith Gym.
   2. Any player that uses a stick, that in the opinion of the referee is broken, will be assessed a minor penalty.
   3. If, during the course of play a player breaks her stick, she must immediately drop the stick or place it on the floor. She may not continue to participate in the play in any fashion with the broken stick or parts thereof.
   4. Only a player designated as goaltender may use a goaltenders’ stick.
      1. If a player other than the goaltender uses a goaltenders’ stick she shall be assessed a minor penalty.
2. Helmets
   1. All players must wear a helmet provided by the Intramural Program.
   2. Helmets can be signed out at the Smith Gym.
   3. If, during the course of play a player’s helmet comes undone or comes off, the player must immediately put on the helmet and secure all straps or proceed immediately to the bench for a substitution. Any player that plays without a helmet or with straps undone shall be assessed a minor penalty.
   4. If, during the course of play the goaltenders’ helmet comes undone, or falls off, play shall be immediately stopped.
      If a goaltender intentional removes or unstraps a helmet she shall be assessed a minor penalty.
      If a goaltender intentionally removes or unstraps a helmet in the course of a penalty shot a goal shall be awarded and the goaltender shall be assessed a major penalty.
   4. Helmets must be worn at all times, including when players are at their respective benches, and during warm-ups.
3. Goaltenders’ Equipment
   1. The goaltender may wear goaltending equipment provided by the Intramural Program.
      1. Equipment can be signed out at the Smith Gym.
   2. A goaltender may wear a softball or baseball glove on one hand and a hockey or lacrosse glove on the other.
      1. Both types of glove can be provided by the player (with approval by the game referee) or supplied by the Intramural Program.
4. Other Equipment
   1. Any player wearing illegal equipment shall be assessed a minor penalty and shall be directed to not return to play with the illegal piece of equipment.
      1. If the player returns to play with the illegal piece of equipment she shall be assessed a Red Card penalty.
   2. Players may not wear jewelry of any kind.
   3. Players may not wear baseball type hats.
   4. Players must wear athletic, non-marking footwear. Open toed shoes, work boots, or cleated footwear of any kind are not permitted.
   5. Players may wear pants or shorts.
   6. Teams listed first on the schedule shall wear light colored shirts, and team listed second shall wear dark colored shirts.

The Court

1. Smith Gym
   a. All IM Floor Hockey Games are Played at Smith Gym
      i. The floor will be marked with a ‘safety zone’ around the outside of the court. It is a violation for any player to occupy this zone. A player may reach into this zone to play the puck, but may not actually travel into the safety zone.
      ii. Any player that makes contact with another player in the safety zone shall be assessed a major penalty.
      iii. An area in front of the goal, known as the ‘Goal Crease’ will be marked off.
2. The Goaltender
   a. The goaltender may close her hand on the puck in the Goal Crease.
      i. The goaltender does not have these privileges unless she is in contact with the goal crease.
   b. 2.2 The goaltender may not participate in the play beyond the center line.

Penalties

1. Violations
   a. When a player is assessed a violation the opposing team will gain possession at the nearest free shot spot.
   b. There is no cumulative penalty for violations.
   c. The Free Shot:
      i. The non-offending team must wait for the referees’ whistle before putting the puck into play.
      ii. The player taking the free shot may shoot the puck in any direction.
      iii. It is a violation for the player taking the shot to touch the puck again before it has touched another player.
      iv. The defending team must remain ten (10) feet away from the puck until the shot has been taken.
      v. It is a violation to shoot the free shot directly into the goal. The puck must touch another player on the floor, not including the goaltender before entering the goal.
      vi. Any player other than the goaltender may take the free shot.
2. Minor Penalties
   a. When a player is assessed a minor penalty the opposing team will take a penalty shot.
   b. Any player that is assessed three (3) or more minor penalties shall be disqualified from the game.
c. In the case of Too Many Players on the Floor or if the referee is unable to identify a player to be assessed a penalty, a ‘bench minor’ may be assessed. This effect is the same, but a ‘bench minor’ will not count against any players’ 3-penalty limit.

d. If players from opposite teams are assessed minor penalties at the same time no penalty shots shall be taken.
   i. If players from opposite teams are assessed a different amount of penalties at the same time, only the difference in minor penalties shall result in penalty shots.
      1. Example: Team A is assessed 2 Minor Penalties while Team B is assessed 1. Team B would take ONE penalty shot.

3. Major (Yellow Card) Penalties
   a. When a player is assessed a major penalty the opposing team will be awarded a penalty shot, and the player will be ineligible to return to play for a period of five (5) minutes (of game time). This includes goaltenders.
   b. Any player that is assessed two (2) or more major penalties shall be ejected from the game.
   c. See 2.4 for penalty shot procedures when more than one major penalty is assessed.
      i. Note: A Major penalty is the equivalent of a Yellow Card for purposes of sportsmanship ratings. See the Intramural Handbook for more details.

4. Disqualifications
   a. A player that receives three (3) or more minor or major penalties shall be disqualified.
      i. Note: This is not the equivalent of a Red Card for purposes of sportsmanship ratios.

5. Red Card Penalties
   a. When a player is assessed a Red Card penalty the opposing team will take a penalty shot and the player will be ineligible for the remainder of the game.
   b. Any player that is assessed a Red Card penalty is ineligible to participate in any Intramural activity for the remainder of that day, and will be suspended for a minimum of one (1) game. After being assessed a Red Card penalty, a player must vacate the Smith Gym area within three (3) minutes. Failure to do so will result in a forfeit, and possible further disciplinary action.

6. Penalty Shots
   a. Penalty Shots may be taken by anyone on the floor, except the goaltender at the time the penalty was assessed.
   b. For a penalty shot the puck will be placed at the center of the floor. The shot shall begin when the referee blows her whistle.
   c. At the end of the penalty shot, the referee shall blow her whistle. A faceoff at center ice will proceed the penalty shot.
   d. The attacking player:
      i. Must keep the play moving in the direction of the goal at all times during the shot.
      ii. Must use only a legal shooting technique.
      iii. Must shoot the puck only once, not scoring on a rebound of any kind.
      1. If the defensive player commits a violation of any of the above during the course of the shot the shot shall be stopped immediately.
   e. The goaltender:
      i. Must have both feet in the goaltenders’ crease until the shot commences.
      ii. May use any legal means to stop the puck.
      iii. Must not commit any other playing foul during the course of the shot.
      1. If the goaltender commits a violation of any of the above and the offensive player does not score the shot shall be re-taken. If the offensive player does score, no action shall be taken.
   f. All other players must remain in the immediate vicinity of their respective bench areas during the shot.
   g. If the offensive player commits a foul during the shot the shot shall be stopped immediately and the appropriate penalties shall be assessed at that time.
   h. If the goaltender commits a foul during the shot the shot shall continue. If the offensive player scores the goal shall count and appropriate penalties shall be assessed. If the offensive player does not score the shot shall be re-taken and the appropriate penalties shall be assessed.
   i. If the goaltender throws her stick or otherwise fouls the shooter in a way that takes away a sure goal, the goal shall be awarded and the shot shall not be re-taken.

7. Awarded Goals
   a. Whenever a penalty is assessed on a player that erases a sure goal, while the offending team is playing without a goaltender, or during a penalty shot a goal shall be awarded.
   b. In Coed play the goal shall be credited to the person to last touch the puck for the attacking team. If it cannot be determined, the goal shall be worth one point.

Moving the Puck

1. Goals
   a. A goal is scored when the entire puck completely crosses the goal line.
      i. A goal scored by a man is worth one point.
ii. In Coed, a goal scored by a woman is worth two points.
   b. A goal can be scored by legally shooting the puck with the hockey stick. A goal propelled unintentionally by any means is legal.
   c. A goal scored in any other manner is not legal.

2. Passing the Puck
   a. The puck may be passed from any part of the floor to any other.
   b. A pass is completed when another player touches the puck.
   c. It is a violation to complete a pass using the hand.

3. Kicking the Puck
   a. The puck may be kicked at any point on the floor.
   b. A puck kicked directly into the goal is not allowed.
   c. It is a violation to intentionally step on the puck.

4. Handling the Puck
   a. A player may use their hand to catch a puck so long as they immediately return the puck to the floor and do not gain advantage from closing her hand on the puck.
   b. A minor penalty shall be assessed to any player that advances a puck while it is in the hand, or closes their hand on the puck in the goal crease.

5. Puck Out of Play/Unplayable
   a. Play shall be stopped immediately if the referee determines that the puck is out of play or it is unsafe to play the puck from its current position. A violation will be assessed to the team to last touch the puck before it becomes unplayable.

6. Goaltenders’ Puck
   a. The goaltender may intentionally close her hand on the puck provided she is in contact with the crease.
   b. If the goaltender closes her hand on the puck the referee shall immediately blow the whistle. At this time, all attacking players must move ten (10) feet away from the puck. The goaltender may then move the puck behind them to a teammate, or forward, using her stick.
   c. If the puck is played backwards, the defensive team may not encroach on the ten (10) foot zone until the puck has been touched by a teammate of the goaltender.
      i. Early encroachment of the zone is a violation.
      ii. Failure of the attacking team to take possession in a timely manner is a violation.

Playing Rules

1. Abuse of Officials and Other Misconduct
   i. Note: Sportsmanship matters. All participants, including spectators are expected to conduct themselves in a sportsmanlike manner at all times.
   b. Any player that berates, trash talks, or in any other way abuses an official, teammate, opponent or spectator shall be assessed a minor, major or Red Card penalty, depending on the severity of the incident.

2. Adjustment to Clothing and Equipment
   a. The onus is on the player to ensure that all equipment is properly adjusted. A player that delays the game by adjusting equipment may be assessed a minor penalty.

3. Body Checking and Contact
   a. Any player that intentionally, or through carelessness body checks, pushes, elbows, knees or shoves and opponent shall be assessed a minor, major or Red Card penalty.
      i. Any of the above committed in the safety zone shall result in no less than a major penalty.
      ii. Any of the above committed from behind shall result in no less than a major penalty. If the check is from behind and propels the player into any other player or object a Red Card must be assessed.
      iii. Any of the above committed on the goaltender, in the goal crease, shall result in no less than a major penalty.

4. Stick Infractions
   a. A major or Red Card penalty shall be assessed to any player that strikes an opponent with any part of their stick.
   b. If the contact is at or about the head area a Red Card penalty must be assessed.

5. Delaying the Game
   a. A minor penalty shall be assessed to any player that unnecessarily delays the game.
      i. This may include:
         1. Intentionally dislodging the net
         2. Intentionally holding the puck or shooting the puck out of play.
         3. Intentionally taking an unreasonable amount of time to place the correct amount of players on the floor.

6. High Sticks
a. It is a violation to have the stick above the normal height of the waist at any time. This includes the wind-up and follow through of a shot.
b. Any player that contacts another player with the stick above the normal height of the waist shall be assessed a minor or major penalty. Any such contact at or about the head area shall result in a Red Card.
c. A minor penalty shall be assessed to any player that contacts, or attempts to contact the puck with the stick above the normal height of the waist.
d. A Red Card shall be assessed to any player that intentionally contacts another player with the stick above the normal height of the waist.

7. Holding
   a. Any player that impedes the progress of another playing by holding, clutching or grabbing the equipment, clothing, stick or person of another player shall be assessed a minor, major, or Red Card penalty.

8. Interference
   a. A major or minor penalty shall be assessed to any player that interferes with the progress of another player not in possession of the puck.
      i. Picks or screens are not permitted.

9. Interference with the Goaltender
   a. It is a violation for an attacking player to enter the goaltenders’ crease.
   b. Any player that makes contact with the goaltender through carelessness, shall be assessed a minor or major penalty.
   c. Any player that intentionally contacts the goaltender in the crease shall be assessed a major penalty or Red Card.
   d. Any player that contacts the goaltender in any way, through carelessness or intentionally while the goaltender is attempting to stop a shot shall be assessed a minor or major penalty.
   e. None of the above provisions take precedent over other body contact regulations, but supplement them.

10. Puck Striking An Official
    a. Play shall not stop if the puck strikes an official.
    b. A goal may not be scored if the puck enters the goal directly after striking an official.
    c. Roughing
    d. Any player that engages in rough play shall be assessed a minor, major or Red Card penalty.
    e. Any player that engages in rough play or attempts to entice another player into rough play during a stoppage in play shall be assessed a major or Red Card penalty.

11. Face-offs
    a. A faceoff will occur in the following situations:
       i. At the start of each period (center)
       ii. After every goal (center)
       iii. If an injury occurs (nearest circle)
       iv. When the puck becomes unplayable (nearest circle)
       v. Trapping/Standoff Occurs-When two opposing players are competing for a puck and no progress is made, an official can declare a faceoff (nearest circle)
    b. For a faceoff one player from each team shall place their sticks at the faceoff dot at center.
    c. All other players must stay on their defending side and shall remain ten feet away from the center dot until the puck is dropped.
    d. The players taking the faceoff may not move their sticks until the whistle is blown.
    e. If, in the opinion of the referee, the faceoff has been conducted unfairly or improperly it shall be taken again.

12. Throwing the Stick
    a. A Major Penalty shall be assessed to any player that throws her stick. This includes throwing the stick at an opponent, the puck, or to a teammate. This also includes broken sticks. Broken sticks must be dropped to the floor.
    b. A Red Card penalty must be assessed to any player that intentionally throws her stick at an opposing player.

13. Too Many Players on the Floor and Substitution
    a. Substitutions may occur at any time.
    b. A player may change ‘on the fly’ if the player coming off the floor is completely off the floor before the player coming on enters the game.
       i. In Coed, regardless of changes, the ratio of male: female players must remain in tact. A bench minor penalty shall be assessed to any team that fails to maintain this ratio during the game.
       ii. A bench minor penalty shall be assessed to any team that plays with too many players on the floor.
    c. Goaltenders may substitute at any time.
       i. A team is not required to play with a goaltender.
       ii. In order to be eligible as a goaltender, players must wear all goaltending equipment.

Coed Rules

1. The number of females and males participating on the court may not differ by more than one (3:2, 2:3, 2:2, 2:1, 1:2)
2. A player serving a penalty is considered to be a player on the court for the purpose of gender differential