



# FLOOR HOCKEY RULES

## Mission Statement

To Serve, Educate and Promote Wellness

## Vision Statement

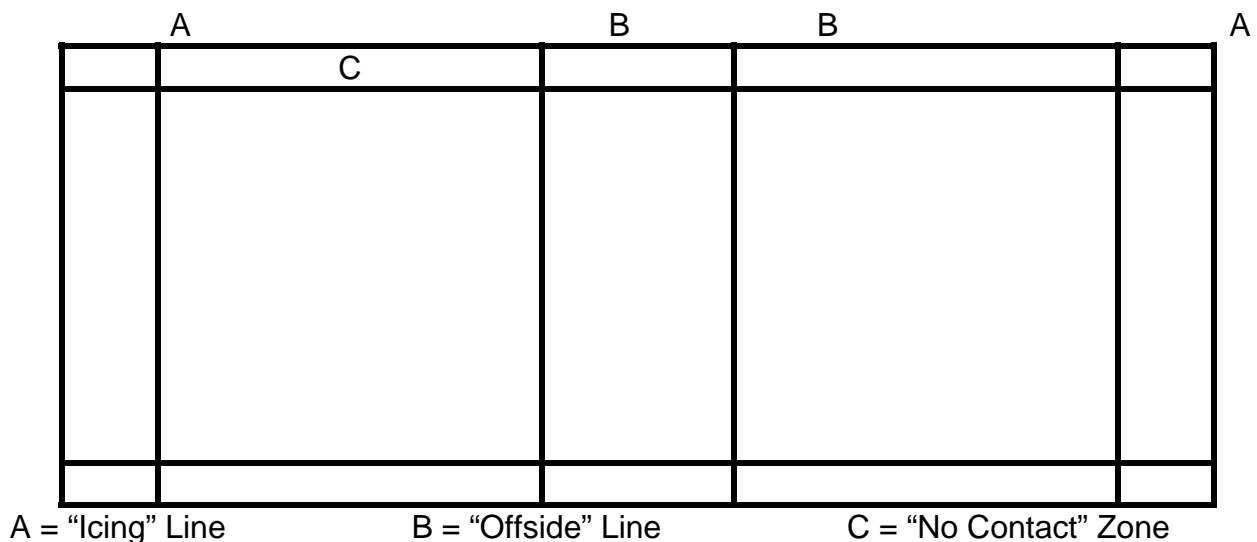
We are a service-oriented department dedicated to excellent fitness, and recreation programs that enhance the university experience.

1. All participants subject to Eligibility Rules which are listed in the current Intramural Sports Handbook.
2. Current U of A Student ID must be presented before every game. No ID - No Play - No Exceptions.
3. Shorts with pockets are not allowed! NO SHORTS OR WARM-UPS WITH POCKETS OF ANY TYPE OR STYLE! NO TEAR-AWAY SHORTS, NO TEAR-AWAY WARM-UP, NO SHORTS WITH SNAPS OR BUTTONS. Players “must” wear shorts/athletic pants without pockets, belt loops or exposed buttons/snaps. Tear-away pants/shorts or pants/shorts with exposed metal or hard plastic buttons/snaps are also prohibited.
4. The Arizona Intramural Sports Program reserves the right to enforce, apply or act upon any rule, policy or procedure not specifically covered in this document or the current Intramural Sports Handbook.

## II. THE GAME, PLAYERS AND EQUIPMENT

1. A team consists of seven players on the court. However, a team may start or continue play with a total of five players. A team is allowed to have a maximum of 14 players.

### PLAYING AREA



1. Players must provide their own personal equipment. Game balls, goals and goalie equipment will be provided.
2. \* All sticks must have **flexible plastic blades**. **Wooden and or Aluminum shafts are allowed! If you have questions about your hockey stick please see the Director of Intramural Sports.**
3. \* Goalies must wear a protective **Face Mask**. They must also wear a **baseball glove** and use a **goalie stick**. **Knee pads** and **chest protectors** must be worn. All other equipment is optional and must be approved by the Director of Intramural Sports.
4. All players must wear non-marking rubber soled court shoes.
5. Substitutions can be made "**on the fly**". Player leaving floor must be across the line within bench area and not involved in the play before the entering player can come on floor.
6. The goal crease is taped directly in front of the goal.
7. Any contact outside the lined center square will result in a minor penalty.
8. **Teams must wear numbered shirts of the same color.**

### III. TIME FACTORS

1. The game shall consist of three periods of ten minutes running time each. Break between each period will be two minutes.
2. There are no time-outs, except for injury or emergency.
3. Each period is started with a "**face-off**" at center court.

### IV. OVERTIME PERIODS

1. If the score is tied at the end of regulation play, the game shall be decided by a 5 minute overtime period. If the score is tied at the end of overtime, the game shall be decided by a shoot-out.
2. A coin toss will determine choice of shooting first or second.
3. Each team will be awarded five alternating penalty shots.
4. Each penalty shot must be taken by a different player on each team.
5. The same goal cage will be used throughout the overtime.
6. The goalie selected to defend for each team must remain throughout the entire overtime. (This does not mean the same goalie used during regulation must defend in the overtime).
7. The team ahead at the conclusion of the ten overtime penalty shots shall be declared the winner.
8. If the score is still tied after the overtime, the procedure will be repeated.

### V. PENALTY SHOTS

1. A team will be awarded a penalty shot under the following circumstances:
  - A) When a player in control of the ball on the opponents side of the center line, and having no opponent between himself/herself and the goalie, is tripped or otherwise fouled from behind. The official shall not stop play until the attacking team has lost possession of the ball to the defending team.
  - B) When a defending player, except the goalie, freezes the ball by holding it or falling on it when it is within the goal crease.
    1. The penalty shot is conducted in the following manner:
      - A) The ball will be placed approximately 25 feet from the goal.

- B) A penalty shot may be taken from as close to the crease as desired, however the player must continue forward and through.
- C) The shooter may move and fake before reaching the line.
- D) The goalie is permitted to move but must remain in the penalty box.
- E) The shot must be attempted within 5 seconds (counts).
- F) All other players must remain behind the center line.
- G) To begin play following either a successful or an unsuccessful penalty shot, a face-off will be taken at center court.

## VI. SCORING

1. Whenever the ball crosses the goal line, a goal is scored and counts one point.
2. Goals may be scored only from the stick held below the waist or by deflection from players other than the shooter. A goal is not scored when kicked, or tatted with the hand or arm. A goal shall be scored if the ball is put into the goal in any way by the defending team.
3. Once the ball penetrates inside the crease, it cannot be played by any player except the goalie. Defensive players shall be allowed in their own crease only when play is not in that area.

## VII. VIOLATIONS

1. The following violations will result in a face-off:
  - A) Players offside by entering their offensive zone ahead of the ball. (If the ball leaves the offensive zone, all offensive team players must clear the zone before the ball may re-enter the zone).
  - B) Players "**icing**" the ball by shooting it from behind their own blue line or defensive zone so it crosses their opponent's icing line and is first touched by an opponent other than the goalie. (There is no icing if the defending team is shorthanded).
  - C) Shooting the ball out of play.
  - D) Hand pass. (Pushing or batting the ball to a teammate with hand).
  - E) Substitute entering floor before the player he/she is replacing is within bench range.
  - F) Goalie throwing the ball forward. It may be thrown laterally or backward and may be advanced in any direction with the stick.
  - G) Goalie holding the ball when opponents are near for more than three seconds.
  - H) A player, or players, traps the ball under His/Her body or against the wall for more than three seconds.
  - I) Passive High Sticking-stick above the waist other than during a shot.

## VIII. PENALTIES

1. Minor penalties : The following infractions will be considered a minor penalty with the offending player sent to the penalty box for two minutes. The team of the offending player must also play "**shorthanded**" for the duration of the penalty, unless the opposing team scores during a minor penalty at which time the penalty is over. NOTE: Only two players from the same team can sit in the penalty box at the same time. If a third penalty occurs, the offending player goes to the penalty box, replacement comes on ice until one of the other player's penalty time expires at which time the third player's time begins.

- A) Body Checking - no body contact is allowed. The body contact should be officiated as in basketball.
- B) Playing with a Broken Stick - when a stick breaks it should be immediately carried to player's bench. NOTE : A player whose stick is broken may not receive a stick thrown on the floor, but must obtain it at His/Her bench. A goalie whose stick is broken may not receive a stick thrown on the floor, but may receive a stick from a teammate without proceeding to the bench. **penalty:** misconduct penalty. Violation of the "**crease**" as outlined in Section VI, d.
- C) Grabbing the ball - no player, except the goalie may close His/Her hand on the ball. Interference - a player who interferes with or impedes the progress of an opponent who is not in possession of the ball, or who deliberately knocks a stick out of an opponent's hand, or who prevents a player who has dropped His/Her stick from regaining possession of it.
- D) Slashing - no player shall swing His/Her stick at an opponent whether contact is made or not. It is also illegal to bring the stick down on an opponent's stick, or up from under an opponent's stick.
- E) Leaving Feet - no player, except the goalie, is permitted to leave His/Her feet in order to intentionally block or play the puck.
- F) Hooking
- G) Tripping
- H) Holding
- I) Spearing
- J) Elbowing
- K) Kicking
- L) Kneeing

## • MAJOR PENALTIES

The following will be considered major penalties with the offending player sent to the penalty box for four minutes. The offending team must play short handed the entire four minutes regardless of goals scored during the penalty time.

- A) Board Checking - any illegal contact which causes an opponent to propel into the wall.
- B) Charging - any illegal body contact occurring from deliberate running or jumping into an opponent.
- C) Active High Sticking - shots taken when the arc of the forward or backward swing is above the waist.
- D) Throwing Stick
- E) Roughing - pushing, shoving, or "**squaring off**".
- F) Blood Drawn - any infraction that causes an opponent to be cut.
- G) Flagrant Minor Penalty - any minor penalty judged to be excessively flagrant or rough.
- H) Unsportsmanlike Conduct (including spectators).

## • MISCONDUCT PENALTIES

The following infractions will result in automatic ejection from the game, offending player leaving playing area, possible further disciplinary action, and a four minute major penalty to be served by another team member.

- A) Fighting - throwing a punch.
- B) Deliberate Roughing
- C) Deliberately swinging a stick at a Person

- D) Attempting to Injure a Player
- E) Leaving the Bench to Join an Altercation

1. Delayed Penalty - when a player in possession of the ball is fouled the referee shall not stop play until the attacking team has lost possession of the ball.
2. Any player who accumulates more than six penalty minutes in any one game will be ineligible to play the remainder of that game or the next scheduled game.
3. Any team (including spectators) which accumulates more than 20 penalty minutes in any one game will default that game.
4. Any team (including spectators) which accumulates more than 60 penalty minutes during the season will be suspended for the remainder of the season.

## CO-REC. MODIFICATIONS

1. A co-rec. team consists of seven players. Three females, three males and a goalie of either gender. A team may start or continue play with two female and two males and a goalie of either gender.
2. At least two females must play offensive positions at all times.
3. In overtime "**shoot-outs**" at least two females must shoot.
4. A female goal equals two points (this also applies to shoot-outs).

### ADDITIONAL INFORMATION

1. There are no animals allowed in the indoor/outdoor facilities.
  - Exception: Assisted living animals
2. Forfeit Policy:
  - If a team does not have the minimum number of players to start a contest at the scheduled time, they will be given 10 minutes to secure the correct number before the game is declared a forfeit.
  - The Sport Assistant will declare a forfeit and award a "win" to the team that is ready to play with the correct number of players after they have properly entered their team on the scorecard.
  - If neither team is ready to play with the minimum number of players after the 10-minute forfeit period then both teams will receive a forfeit.
  - A team that does not have the minimum number of players after the 10-minute forfeit period shall forfeit the game. Example: game time is at 6pm, the game will be declared a forfeit at 6:10pm. In all cases the game must remain within the time period allotted, this means that the game clock will start at the time the game is scheduled to be played so that the 10 minutes will be deducted from normal playing time.
  - A team must start and continue the game with the minimum number of players as stated in the rules for that sport or a forfeit will be declared.
  - A team may receive a forfeit due to improper team attire.

- Teams found to have ineligible players in the game or on the game roster may forfeit that game, depending upon time of discovery and the player's effect on the game's outcome.
- Any Intramural Staff may assess forfeits for the use of an ineligible player or for player/spectator misconduct.
- Forfeited games will not be rescheduled.
- If a team forfeits ONCE the first team on the waiting list may replace it (without a refund). If there is no waiting list, the team may continue to play by paying a \$20.00 Re-entry fee at the Intramural Office within 48 hour of the forfeit.
- If a team forfeits or defaults twice (in league) it is dropped without notice.
- A contest completed prior to a team being dropped from the league is official. A contest not played is recorded as a "win" for the opposing team.
- A team will receive a forfeit if a game cannot be continued due to misconduct. The team will also be assessed the re-entry fee.

### 3. Forfeit Penalties:

- Lose right to protest the game
- Lose the option with regard to the coin flip
- Start the game with a 3 goal deficit

### 4. Default Policies:

- As a courtesy to their opponents and to avoid a forfeit, a team may request to receive default for any game they will be unable to attend. In order to do so they must notify the Intramural Office at 621-8723 during normal business hours at least 24 hours prior to that game (Sunday games notification deadline is Friday at 4pm).
- Default is recorded as a loss but does not require a fee payment.

### 5. ID Policy:

Why must a participant have an ID for each and every game? This is an often-asked question during the early part of the activity season. The answer is quite simple. During any and all transactions with the university you student ID officially recognizes you. This is what defines your status as a member of the student body or the campus community. The Department of Campus Recreation, Intramural Sports Program wants to provide the very best services to "OUR" participants. If outside people participate in the program, they are putting participants and the university at risk. The other reason is: if an outside person is allowed to participate, these ineligible individuals would be, in essence, taking the opportunity to participate away from an eligible participant who we are here to serve. Before each game players must present their Cat Card ID so that they may be signed in on the scorecard. Only the names of those players present will be placed on the game score card. Any player arriving after that game has started must present their Cat Card ID to the game official and have their name added to the game score card before entering the game. **NO ID, NO PLAY, NO EXCEPTIONS!**