



Floor Hockey Rules

Players

Each team shall consist of FIVE players on the floor (including the goalie). Each team will have one team captain. The Captain will be the only individual allowed to discuss with the officials any questions relating to the rules (NO JUDGMENT DISPUTES). Any player other than the captain (on the bench or on the court) whom makes a protest or interferes with play in any way is subject to an ejection. There are no stipulations as to the number of males or females on the floor at any given time, as long as there are only five players on the floor.

Forfeit

Four players are required to avoid a forfeit. If a team drops below four players from an ejection or injury, they may continue to play only if, in the opinions of the officials, they have a reasonable chance to win the game.

Equipment

The equipment shall consist of sticks with plastic blades (wooden, plastic, or aluminum shafts) and a lightweight orange ball. Players and goalies are recommended to wear the following:

- Rubber Soled Shoes
- Knee and Elbow Pads
- Shin Protectors
- Helmet
- Mouth Piece
- Athletic Supports

In addition Goalies **MUST WEAR:**

- Helmet
- Chest Protector
- Glove (baseball glove may be used) on the opposite hand of the stick
- Blocking Guard
- Leg Guards





* If you are playing Goalie and plan to bring your own equipment, it must be approved by the official and/or supervisor (i.e. No plastic goalie pads that can mark the gym floor surface)*

Game

Each game will consist of three 12-minute periods with a 3-minute break between periods. The clock will run continuously until the final two minutes of the game, at which point the clock will stop on all whistles (goal differential of three or less only). Teams will switch goals at the end of each period. A face-off will be used to begin play each time play is stopped or to begin a period. Players must be outside the restraining circle on a face-off. Officials may stop play for injuries or extenuating circumstances.

Time Outs

Each team will receive one (1) time out per game. A time out can only be called during a stoppage of play.

Mercy Rule

With six minutes remaining in the third period, the mercy rule will be in effect. At any point during this time, if one team has at least an eight (8) goal lead on their opponent, the game will be called.

Substitutions

Free substitution is allowed as long as the floor player has completely gone off the court and into the team bench area. First violation of this rule will result in a warning for the offending player - after the first warning the next violation will result in the offending player receiving a two-minute penalty.

No Offside Penalties (exception on Face Offs).

No High Sticking: High sticking is defined as the forward or backward arc of the stick going above waist level. A player must carry the stick at waist level or below. A goal scored from a high stick will not be allowed. ***ANY TIME THE STICK IS ABOVE THE WAIST YOU WILL BE CALLED FOR HIGH STICKING***



No Body Checking: Contact should be minimal. Any moderate to heavy contact with the body or stick will be penalized by the official. Any contact with the intent to harm will warrant the official to eject the player in question. Most contact penalties are two minutes unless a player is doing them often or flagrantly which will result in a five-minute penalty or ejection.

Scoring



A goal shall be scored when the entire puck has completely crossed the back plane of the goal. The puck may deflect off a player or a piece of equipment but cannot be kicked, thrown, or deliberately diverted into the goal by means other than the stick. No offensive player's body may be in the goal crease area, and no offensive player's stick may be in the goal crease area unless the puck has already entered the crease. Contact between the goalie and offensive player (when the goalie is in the crease area) will result in a penalty to the offensive player.

Tie Game

If the game is tied at the end of regulation time then the game will go into a five-minute sudden death period. The first team that scores a goal ends/wins the game. *Regular Season:* If at the end of the five-minute sudden death period no goals have been scored then the game will end in a tie. *Playoffs:* If the game is still tied after the first sudden death period, teams will switch sides and play a second five-minute sudden death period. If no winner is decided, penalty shots will be used. Each team will have three alternating penalty shot attempts using three different players. Teams can only choose from players who were on the floor at the end of the second sudden death period. Whichever team is ahead after these attempts will win the game. If it is tied after the three attempts, the teams will each choose one additional player to take a fourth attempt, then fifth attempt, and so on until a winner is declared.

Handling the Puck and Stick

The goalkeeper may use either hands or stick to clear the puck away from the goal. However, the goalie may not throw the puck across the center line. The goalie is not exempt from penalties when they go outside the goal box to play the puck.

The goalie has only three seconds to play the puck from the crease, once they have full and controlled possession. If they go over the three-second limit, there will be a face-off in their zone.



The goalie is not allowed to have the majority of their body in the goal. On the first offense there will be a warning and a face off in the goalies area. On the second offense it will result in (1) a penalty shot if a goal shot was taken or (2) a two-minute penalty if no goal shots were taken.

The puck may be caught by a player and thrown down immediately as long as an advantage is not gained/the puck is not advanced. Any hand passes will result in a violation and face-off.

Goal Crease



No offensive player or his or her stick may enter the goal or break the plane of the crease at any time during the course of play. Exception: If the puck is in the crease, the players' stick may enter the crease. If a player scores a goal, but their momentum carries them or their stick into the crease, the goal will be disallowed and a running foul will be called.

Face-off

Face - offs will take place at the nearest face-off area (five areas marked with an X; one at center and four inside the basketball boundary lines). A player may cross the plane of the marked X with the blade of their stick. Players must be on their side of the face off dot (plane of the X).

Penalties

	<u>Violation</u>	<u>Minor Penalty</u>	<u>Major Penalty</u>	<u>Flagrant Penalty</u>
Boarding		X	X	X
Butt-Ending			X	X
Charging		X		
Contact with Goalie in Crease		X	X	X
Cross Checking			X	X
Dangerous Play / Sliding	X	X		
Delay of Game		X		
Elbowing		X		
Fighting			X	X



Goalie Possession of Puck	X	X		
Hand Pass	X	X		
High Sticking	X	X	X	
Holding		X		
Hooking		X	X	
Interference		X		
Kicking the Puck	X	X		
Kicking / Kneeing		X		
Player/Stick in Goal Crease	X	X		
Playing with Broken Stick		X	X	
Pushing		X		
Roughing		X	X	X
Slashing			X	X
Spearing			X	X
Stick Between Opponents Legs		X		
*Too Many Players on Floor		X		
Throwing the Stick			X	X
Tripping		X	X	
Unsportsmanlike Conduct			X	X

*Last person out of the game is put in the box for this penalty.

Players may NOT squat down to block a shot/pass or at any time be in an unsafe position in which the official deems as dangerous. **This may result in a warning, minor, or major penalty.

Note: Penalties on the goalies may be served by any designated player on the floor at the time of the infraction.

Penalties

When a penalty shot is being taken, the players on both teams must stand to the sides of the floor behind the center line. The puck shall be placed at the center line. Only one shot allowed - no rebound shots. The backward and forward arc of the stick during the swing of his shot must be kept below the waist. Only one shot permitted.



The goalie must remain in the crease until the puck is touched. The goalie may not throw his stick or glove - a goal shall be scored if he is in violation. If during a penalty shot, any player on the opposing team causes a distraction or interference, a second penalty shot shall be awarded (only if the first attempt was unsuccessful).

Ejections

If a player receives two major penalties or three minor penalties in one game they will be ejected from that contest. Any official who feels a penalty was severe in nature may eject a player at any time. *Fighting will be an automatic ejection and lead to further judicial penalties!*

Power Plays

For all discussion of power plays, the goalie is assumed present, and not included in discussion. The numbers of players discussed in this section refer to the number of **FLOOR players. e.g. "4 on 3" actually refers to 5 players (4 **FLOOR** players and a*



*goalie) vs. 4 players (3 **FLOOR** players and a goalie).**

Minor penalties will result in two-minute power plays. Major penalties will result in five-minute power plays.

If a team commits a minor penalty, the opposing team will receive a 4-on-3 power play. If the same team commits a second penalty while short-handed, the opposing team will have a 4-on-2 penalty (until the first penalty ends, at which time, it becomes 4-on-3 again). If the same team commits a third penalty while short-handed, the third penalty will not begin until the first penalty has been expired. At no time may a team have less than two floor players. If a team on a power play commits penalties, they will lose players, enabling both teams to play with as few as two floor players at a time.

Each goal scored by a team on a power play releases the player who committed the first minor penalty for the team scored on. However, if a player has a major or flagrant penalty, the person is not released until the end of their penalty time, regardless of how many goals are scored by the opposing team. Also, if a goal is scored at even strength (4-on-4, 3-on-3), NO player is released from the penalty box.



Please Note: All final decisions to eligibility and game rules will be at the discretion of the Competitive Sports staff.

FURTHER QUESTIONS OR COMMENTS MAY BE DIRECTED TO:

Cara Caspersen, Coordinator for Competitive Sports

713-348-8810

Email: ims@rice.edu

Website: <http://recreation.rice.edu/ims>