

Floor Hockey Rules

1. The games will be held in gyms 109 & 127 and sometimes in the Finch Center.
2. Each team will consist of five players and one goalie (6 Total players).
3. Sticks will be provided by the Intramural Office. Players are not permitted to bring their own sticks.
4. The game will start with a mid-court face off. All other players must be at least 10 feet away from center court. The other players must be on their own defensive side of the court.
5. The puck may be advanced by using the blade end of the stick or by kicking the puck. A goal may not be scored by kicking it into the net. The goal must be scored by using the blade end of the stick. A goal may not be scored if any part of an offensive players stick or body is in the crease while the puck is being scored.
6. The game will consist of three 10 minute periods. There will be 2 intermissions between each period. The clock will run constantly. The clock will only stop during injuries.
7. Free substitution is allowed as long as the floor player is within one foot of the team's bench. 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.
8. There will be a 10 goal mercy rule. If a team is up by 10 goals at any time the game is over.

PENALTIES

Running Fouls:

The penalties for running fouls will be a free shot from the nearest free shot point.

1. High sticking, which is raising the stick above the waist at any time, this includes a shot.
2. Hand pass.
3. Kicking puck, goal scored by using your foot.
4. Player or stick in the goal crease.
5. Dangerous play by sliding or not on your feet.
6. Goalie cannot gain possession of the puck outside the crease unless part of his body is touching part of the crease.

Minor Penalties: The penalty for minor penalties is the offending player will be placed in the penalty box for 2 min. The offending team will play short handed during the penalty time. The player may come out of the penalty box if the time expires or the team with the advantage scores a goal. A team cannot have more than 2 people in the penalty box at one time. If a third penalty occurs the player goes into the box and a player off the bench may enter the game.

1. Too many players on the floor.
2. Throwing the stick.
3. Interference, checking or making intentional contact with an opponent who is not in possession of the puck in an effort to impede them from getting to the puck or play.
4. Boarding, ramming an opponent into the walls whether they have the puck or not.
5. Tripping, Holding, Elbowing, Kicking, Kneeing, Pushing, Illegal use of hands, Charging or Checking from behind, Roughing, Body Checking, Delay of game, Hooking.

Major Penalties: These penalties require the offending player to sit in the penalty box for 5 min. no matter how many goals made by the other team. The team will play short handed for the entire penalty.

1. Personal Misconduct.
2. Spearing – stabbing at the other players with the stick.
3. Cross Checking – hitting the opponent with no part of the stick on the floor.
4. Slashing – hitting another player with the stick.

Penalty Shots: One on one confrontation with the goalie.

Results from:

1. Illegally hit while trying to score.
2. Intentional foul that stops a sure goal.
3. After the penalty shot the game will resume with a center court face off.

Disqualification from game:

1. Combination of three fouls
2. Three minor penalties
3. Two major penalties
4. One major and two minor penalties.
5. Fighting