

Arkansas State University

Intramural Sports

Floor Hockey Rules

**Game format and timing:**

1. Matches will consist of 2 twelve minute halves. If at the end of regulation time the score remains tied, during pool play it will end in a tie. During tournament play if at the end of regulation the score remains tied, we will go into 2 five minute golden goal halves. If it still remains tied then we will go to a shoot out.
2. Game time is forfeit time. If a team has the minimum amount of players (4) to begin a game and their opponent does not AT GAME TIME the game shall be forfeited.
3. The clock will stop on:
   1. Goals
   2. Penalties
   3. Injuries
4. No time outs
5. There will be no more than 3 minutes given for half time.
6. Substitutions are unlimited as to how many time’s players that have not been ejected are switched for one another.
7. Substitutions may be made at any time as long as they don’t interfere with an attacking play.
8. Goalie substitutions must always be reported to the referee. No substitutions will be allowed for a team defending against a penalty shot, unless the players going into the goal is already on the floor at the time of the foul or if the goalie is hurt.

**Scoring and face offs:**

1. Scoring: A goal is scored when the whole puck has passed completely over the goal line. A goal cannot be scored if it has been intentionally thrown, carried or propelled by hand, arm or foot.
2. Mercy rule: If a team is 5 or more goals ahead at the 2 minute mark in the second period the game shall be called. If a team is winning by 10 goals at any time the game shall be called.
3. Face-off is used when:
   1. A period is to start
   2. A goal is scored
   3. The puck leaves the playing surface
   4. The puck is caught in the back part of the netting of the goal
   5. A net is dislodged
   6. The puck is frozen by the goalie
   7. An injury occurs
   8. Face-offs may take place at 1 of 5 spots. The officials will drop the puck into the center for a face-off. At this point only 1 player from each team may be in the face-of circle.
4. Free shots: A free shot occurs when a play is stopped due to a foul or penalty. The free shot will be taken from the nearest face-off circle. Any player from the opposing team may take the free shot. Players may pass, shoot, or carry the puck. All other players must be 5-7 feet away from the shooter who shall have 3 seconds to play the puck after the referee’s whistle. If the player plays the puck before the whistle, or delays longer than 3 seconds allowed, it is a turnover and the other team will get a free shot from the same spot.

**Playing the puck:**

1. Offside: there are no offside
2. Advancing the puck: The puck may be advanced by the blade of the stick. No goal may be scored by kicking the puck directly into the opponent’s net. Players may not bat or throw the puck at any time. Players may pass the puck via their lower limbs to their teammates. Players may use their hands to pass the puck to themselves but not to others.
3. Playing the puck from your zone: Before the puck leaves the defensive zone it must touch another player in that zone. This mostly effects the puck being put back into play via the goalie. **Penalty: 2 line pass (minor foul)**
4. Playing the body: Players must play the puck at all times. Any player checking another player will be penalized and possibly ejected from the game and/or tournament.

**Goalie rights and responsibilities:**

1. Designating a goalie: One player may be designated as the goalie for each team. The goalie is the only player to have rights within the goal crease. Wearing a mask, chest protector and shin guards are required.
2. Stopping the puck: The goalie may use any means possible to stop the puck with their body, glove or stick. This includes leaving their feet to play a puck within their crease. Goalies may not slide into the opposing players. The goalie may only smother or freeze the puck inside his/her crease. The goalie may not use his/her/ hands to pick up and throw the puck outside of his/her crease.
3. Possession of the puck: Upon gaining control of the puck, the goalie has 3 seconds to play the puck to the side or behind the net. If the goalie does not distribute the puck, a face-off will be called. The goalie may throw the puck forward but it must be under hand and the puck must be played by another player before it crosses the second furthest line. **Penalty-2 line pass (minor foul)**
4. Leaving the crease: The goalie may leave the crease at any time. However, once out of the crease, they must follow all rules that apply to court players.
5. Dislodged net: If the net becomes dislodged but is not involved in the ensuing play, the referee shall allow play to continue and will replace the net. If it is dislodged and is in play, the referee shall blow the play dead and a face-off will restart at the nearest face-off circle. An intentionally dislodged net will result in a penalty, or a penalty shot. A referee may award a goal if the shot was headed into the net when the net was intentionally dislodged.
6. Pulling the goalie: For safety purposes teams may not pull their goalie with the intent of having an extra attacker.

**Fouls and penalties:**

1. Minor fouls: results in the loss of the puck and a free shot at the nearest center circle
   1. Interference of face-off
   2. Hand pass
   3. 2 line pass
   4. Goalie throwing the puck above waist height
   5. Player in the crease or breaking the plane crease with stick or body. When the offensive team violates this rule the referee shall stop play immediately and award the indirect shot. **When the defensive team violates this rule the referee shall blow the whistle and issue a penalty shot.**
   6. High sticking (non-contact)-blade comes above the waist (on an open shot or just carrying the stick down the floor). During the shot this includes the back swing and the follow through.
   7. Goalie violation-playing puck forward (2 line pass), holding the puck for more than 3 seconds
   8. Kicking or throwing the puck into the net
   9. **A player who continuously fouls will receive minor penalty**

**Minor Penalties:**

1. All roughing penalties will result in the player serving a 2 minute penalty. Play will start with a free hit awarded to the offended team.
   1. Equipment abuse-any beating or bending the equipment
   2. **NOTE: players can be held responsible to pay for damage to equipment not associated with the normal wear and tear from playing**
   3. High sticking (contact)-blade comes above the waist (on an open shot or just carrying the stick down the floor). During the shot this includes the back swing and the follow through.
   4. Holding
   5. Persistent infringements
   6. Interference-slowing down the progress of an opponent who is not in possession of the puck, or knocks the stick out of the opponent’s hand, or who prevents a player from regaining possession of a dropped stick.
   7. Illegal substitution
   8. Kicking or throwing the puck at opponent
   9. Moving the net by the defensive team with no shot on goal (if intentional act with a shot on goal, it will result in a penalty shot)
   10. Contact with the goalie inside the crease whether accidental or not
   11. Intentional delay of game not applicable to the goalie 3 second rule
   12. Slashing-stick to stick contact

**Major Penalties:**

1. All major penalties will result in the players serving a 4 minute penalty. Play will start with a free hit awarded to the offended team.
   1. Tripping-intentional tripping with the stick or any body part
   2. Elbowing-use of the elbow to impede an opponent
   3. Throwing the stick-intentional throwing of the stick to gain an advantage
   4. Hooking-wrapping the stick around a player
   5. Checking/Roughness-any unnecessary body contact
   6. Intentional holding of a player from scoring on a breakaway
   7. Constant questioning of referee’s judgement-unsportsmanlike conduct
   8. Two charging (with intent to harm) fouls

**Player Misconduct:**

1. Misconduct penalties will result in a player ejection
   1. Excessive use of profanity
   2. Extensive abuse of the facility and/or equipment
   3. Slashing (stick to body)
   4. Unnecessary rough play
   5. Fighting
   6. Deliberate roughing/checking
   7. Verbal or physical abuse towards an official, opponent, or intramural staff
   8. Any unsportsmanlike conduct that in the opinion of the referee warrants an ejection
   9. Spearing
   10. Checking from behind
   11. Cross checking
   12. Charging with intent to harm

**Penalty enforcement:**

1. Minor penalties will expire if a goal is scored by the team playing with the advantage. Penalty minutes will carry over into the next period. If 2 or more players are penalized one 1 player may return per goal scored against their team. The player who has the least amount of time left on their penalty will return.
2. When a violation occurs, a delayed penalty (held whistle) will be called if the offended player/team retains possession of the puck and has a clear opportunity to score.
3. Player fouls shall be recorded as in the game of basketball. A player who receives 5 fouls of any combination shall be disqualified from the remainder of the game. In addition, any player who receives 2 major penalties shall be disqualified.
4. Any player ejected from a game must make an appointment with the Intramural Coordinator, the next business day to be reinstated for any intramural events.

**Penalty shot (shoot out):**

1. A penalty shot will be awarded to a player who, in the referee’s judgement had a clear opportunity to shoot a goal and was prevented from doing so by an opponent tripping, holding, etc.
2. All players except the goalie and player attempting the shot will move to the opposite half of the floor.
3. The shooting player will place the puck anywhere on the penalty mark. The shot must be taken within 5 seconds, following the referee’s whistle. It must be a shot with no interruptions, i.e. no pauses prior to the hit or fakes. If the puck is moved prior to the shot, a face-off will be called by the referee.
4. The goalie must be stationary inside their crease, with both feet on or near the goal line until the puck is played.
5. If the shot is missed, play will immediately be dead and a face-off will occur at the nearest circle on the floor. If the shot is made a face-off will occur at center court.

**CoRec modifications:**

1. Players:
   1. Minimum number of players to start a game is 4
      1. 5 players-3 men and 2 women or 2 men and 3 women
      2. 4 players-2 men and 2 women
2. Scoring: Women who score a goal will receive 2 points, men who score a goal will receive 1 point.
3. All Intramural floor hockey rules will be in effect with the exception of these modifications.