

California State University, Northridge
SRC INTRAMURAL SPORTS



FLOOR HOCKEY RULES

(Updated 01/12)

1. PLAYERS

- a.) Each team shall consist of five players, including the goalie.
- b.) Each team will have one team captain. The captain is the only individual who is allowed to discuss with the officials any questions relating to the rules.
- c.) Four players are needed, including the goalie, to start and continue a game.

2. EQUIPMENT

- a.) The equipment shall consist of sticks with plastic blades and a lightweight floor hockey ball. This equipment will be provided by the intramural sports program.
- b.) Players and goalies are recommended to wear the following:
 - Rubber soled shoes
 - Knee and elbow pads
 - Shin protectors
 - Goalies may wear a baseball glove on the hand opposite the hand of the stick

3. THE GAME

- a.) Games will start at their designated time.
- b.) A game will consist of two 20-minute periods with a 2-minute intermission.
- c.) Teams will switch goals at the end of each period.
- d.) Each team will receive a one-minute time-out per period. Time outs do not carry over.
- e.) A face-off will be used to begin play each time play is stopped or to begin a period
- f.) Players must be outside the restraining circle on a face-off.
- g.) Officials may stop play for injuries or extenuating circumstances.
- h.) Free substitution is allowed as long as the floor player is within one foot of the team's bench. First violation of this rule is a warning for the offending player. Any further violations will result in the offending player receiving a two-minute penalty.
- i.) If the game is tied at the end of regulation, then the game will go into a 3-minute sudden death overtime period. The first team that scores a goal ends/wins the game. If no team scores, the game will continue until one team scores.

4. SCORING

- a.) A goal shall be scored when the entire puck has completely crossed the plane of the goal.
- b.) 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.

- c.) No offensive player's body/stick may be in the goal crease area. Contact between the goalie and the offensive player when the goalie is in the crease area, will result in a two-minute penalty for the offensive player.

5. HANDLING THE PUCK AND THE STICK

- a.) Goalies
 - 1.) The goalie may use either hands or stick to clear the puck away from the goal.
 - 2.) The goalie may not throw the puck across the centerline.
 - 3.) The goalie is not exempt from penalties when they go outside the goal box to play the puck.
 - 4.) The goalie has 3 seconds to play the puck from the crease, once they have full and controlled possession. If they go over the 3-second limit there will be a face-off in their zone.
 - 5.) 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 goal area. On the second offense it will result in:
 - A.) A penalty shot if a goal shot was taken.
 - B.) A two-minute penalty if no shots were taken.

6. FACE-OFFS

- a.) Face-offs will take place at the nearest face-off area (marked with an X).
- b.) A player may cross the plane of the marked X with the blade of their stick.
- c.) Players must be on their sides of the face-off area.
- d.) 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.

7. PENALTIES

- a.) There are no offside penalties, except on face-offs.
- b.) No high sticking is allowed. 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. A goal scored from a high stick will not be counted. **ANY TIME THE STICK IS ABOVE THE WAIST YOU WILL BE CALLED FOR HIGH STICKING.**
- c.) 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 under the official's discretion.
- d.) 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. If they do it will be a warning or a two-minute penalty under the official's discretion.
- e.) Penalties on the goalie may be served by any designated player on the floor at the time of the infraction.
- f.) Minor penalties will result in two-minutes in the penalty box and a power play for the opposing team. If a team commits a minor penalty, the opposing team will receive a 4 on 3 power play (number of players does not include goalie, only floor players). 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 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.
- g.) Major penalties will result in five-minute power plays. Power play rules are the same as for minor penalties with one exception: if a player has committed a major penalty, the person is not released until the end of their penalty time, regardless of how many goals are scored by the opposing team.
- h.) Flagrant penalties will result in five-minute power plays and disqualification of the guilty player if the official deems necessary. Power play rules are the same for flagrant penalties as they are for minor penalties with one exception: if a player has committed a flagrant penalty and received a five-minute penalty, the person is not released until the end of their penalty time, regardless of how many goals are scored by the opposing team. If a player is ejected due to a flagrant penalty, the team may replace the player only after serving the penalty time.
- i.) The following chart shows the types of penalties. All penalties are assessed at the discretion of the officials.

Penalty	Two minutes	Five minutes	Flagrant
Slashing	X	X	
Hooking	X	X	
High Sticking	X	X	
Roughness	X	X	
Stick between opponents legs	X	X	X
Tripping	X	X	
Holding	X	X	
Too many people on the floor		X	X
Contact with the goalie		X	X
Illegal substitution		X	X
Throwing stick	X	X	
Unsportsmanlike Conduct		X	X
In the crease	X	X	
Sliding (being on the floor)		X	X

- j.) Any person(s) involved in a physical altercation (fighting) with other players, officials, spectators, will be immediately ejected from the game and will sit out at least their following game and will need to meet with the intramural coordinator to discuss his/her conduct.

8. PENALTY SHOTS

- a.) When a penalty shot is being taken, the players on both teams must stand to the sides of the floor behind the centerline.
- b.) The puck shall be placed at the centerline.
- c.) Only one shot is allowed – there are no rebound shots.
- d.) The backward and forward arc of the stick during the swing of the shot must be kept below the waist.
- e.) The goalie must remain in the crease until the puck is touched. The goalie may not throw his stick or glove. A goal will result in the case of such a violation.
- f.) If during a penalty shot, any player on the opposing team causes a distraction or interference, a second penalty shot shall be awarded (providing the first attempt was unsuccessful).